

TogetheriCan

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OBESITY AND MEDICATIONS

Medications: A substance used for medical treatment, especially a medicine or drug. Treatment using drugs.

Michael's layman's term, an explanation:

Chemicals combined by a formula for alleviating symptoms - **A substance foreign to the body, which typically has unwanted side effects.**

Research establishes the connection between many diseases and how they can be attributed to a person being overweight, obese or morbidly obese.

Statistics show that people who are overweight, obese or morbidly obese have a greater propensity for insulin resistance, type II diabetes, and heart-related problems.

Many individuals, instead of looking for a solution (those who don't see excess fat or being overweight as a problem) take medications—I would call that masking the symptoms.

Metformin, or insulin, are both used to mediate the symptoms of type II diabetes. As the prominence of type II diabetes becomes more common, more and more people will be able to relate to these drugs.

But **ask any doctor: Do these drugs cure type II diabetes?**

His answer: **"Absolutely not.** They treat the symptoms and, hopefully, reduce the progression of type II diabetes.

Having type II diabetes begins the progression towards *circulation problems*, many times leading to amputation of a limb. Type II diabetes leads to *nerve conditions*, called neuropathy. Type II diabetes can lead to *blindness*. Type II diabetes is tied into *heart disease* and *stroke*, sometimes leading to *death*.

So stopping the progression is extremely important.

However, using medications, it never gets cured! It just progresses at a much slower pace.

"If we continue to do what we've always done, we will continue to get what we've always got!"

Research shows that most of those who have type II diabetes and are overweight, obese, or morbidly obese, **can receive beneficial effects** and reduce their dependence on medications **by losing weight.**

The problem that many people have is that it takes time while losing weight to gain the side benefits of clearing up Dis-Ease and getting off medications. Losing weight is **not a "instant gratification process."** **It would fall under something called "delayed gratification."**

It all depends on how long you've had the condition. The longer you've had the condition, the longer the period of recuperation and returning to balance will take.

We can continue to **list the conditions** that research indicates could be **reduced or alleviated by just losing weight**.

1. Migraines 57% resolved with weight loss
2. Non-alcoholic fatty liver disease 90% improved, 37% resolution of the inflammation, and 20% resolution fibrosis; metabolic syndrome 80% resolved
3. Type II diabetes mellitus 83% resolved
4. Cardiovascular disease 82% risk reduction
5. Hypertension 52 to 92% resolved
6. Polycystic ovary and syndrome 79% resolution of hirsutism and 100% resolution of menstrual dysfunction
7. Venous stasis disease 95% resolved; depression 55% resolved
8. Obstructive sleep apnea 74 to 98% resolved
9. Asthma 82% improved or result
10. Gerd 72 to 98% resolved
11. Stress urinary incontinence 44 to 88 % resolved
12. Degenerative joint disease 41 to 76% resolved
13. Gout 77% resolved

Of course, if any of the above conditions listed show improvement while losing weight, then the following statistic must be true: **Quality of life improved in patients 95%**

Doctors have medications for each of the above conditions. Very seldom do those medications cure anything. Many times the **side effects of those medications** are worse than the condition we are experiencing. Most of the time, all they do is mask the symptoms.

It's like having the engine light on your car come on, then putting a piece of tape over that light and pretending nothing is wrong.

It's like a child closing their eyes, putting their hands over the eyes, believing that you can't see them.

My belief is to do obvious things first!

If you're overweight, recognize it, acknowledge it, accept the fact that it does open the window for Dis-Ease.

If we continue to live in denial that obesity and health are unrelated, then we are sending ourselves down the path towards Dis-Ease.

It's called making "**Slight Errors in Judgment.**"

It is OK to be overweight or obese and have a good self-esteem.

It is OK to be overweight or obese and be successful.

It is OK to be overweight or obese and be a valuable human being.

What is not OK is to ignore the fact that being overweight or obese does affect and relate to your overall health.

There is no such thing as a morbidly obese person experiencing a life full of the best Health possible for them!

We might say the same thing about someone who is overweight or someone who is obese, they are just not as far down the path.

Together (with lifestyle transformation) i can

Together (by becoming a healthy weight) i can