




The
Real Reason
Behind

Poor Health & Fat Belly



Energize Greens By Holistic Health Labs

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www.EnergizeGreens.com

Introduction - Are you having difficulty fitting into your favorite jeans? Does the presence of your lower belly pooch, and your attempts to conceal it, dictate your fashion statements? Do you tire easily and often experience being short of breath?

You may not know it but your physical and emotional health may already be compromised due to some excess and unnecessary inches of flesh, particularly around your midsection.

The Causes of Belly Fat and Obesity

Ageing

As we age and as our metabolism slows down, it is absolutely normal for most women to gain and store excess fat in their thighs, hips, buttocks, arms and, for both men and women, in the belly.

Overeating and Poor Eating Habits.

Overeating, especially of sweets and starches (which when unused also turn into sugars) is the main culprit in the formation of belly fat. As social beings, most of our interactions with other people revolve around food and drink. There is food everywhere we look and we are used to taking a bite and having refreshments at any time of day. Fastfood and drive-thru counters make eating so convenient and effortless. With food portions also getting bigger, giving more value for money, we simply put ourselves at the mercy of excess calories.



High Sugar Diets.

Belly fat is often caused by not being able to burn off calories we take in, mostly from high sugar diets. Sugar calories actually burn quite rapidly, but only if we use them up. However, if the sugar calories we take in are greater than the amount of energy we expend, these sugar calories are also stored effortlessly as fat that goes directly to our belly.

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Sedentary Lifestyle

A sedentary lifestyle is another major factor in developing belly fat. As our work requirements and leisure activities at home place us sitting behind a desk or in front of computer and TV screens or holding tablets on our laps for extended periods instead of encouraging us to move around a lot, growing a fat belly is most often an impending certainty.

Stress

Being prone to stress also makes us equally prone to having belly fat. The connection seems quite remote but if you learn more about it, it really makes sense. When we are stressed, our body produces the hormone cortisol which in turn causes our liver to produce a surplus of sugar. Sugar, for its part, makes us feel really hungry and so, we eat, again even when we are not truly in need of nourishment.



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Alcohol and Medication

Drinking alcoholic beverages in large amounts and the use of medications such as antidepressants and steroids for certain illnesses may also cause weight gain and eventual obesity.

The Toll of Obesity

As the causes of obesity abound, so do its consequences and ill effects. If you are overweight or even obese (hopefully not), you may be endangering yourself in more ways than you know.

A fat belly poses many serious risks on our physical health and has so far been associated with high blood pressure, diabetes, heart disease, stroke, Alzheimer's disease and cancer, all of which, without proper attention, can lead to premature death for many people.

The effects of obesity, however, are far more complex and go beyond the physical aspect, having grave repercussions on our psychological and social well-being as well. Feeling very unsightly, we become quite self-conscious about our body, at times to the point of depriving ourselves of activities that we feel would draw attention to our bodies, such as swimming and going on vacations.

Obtaining employment, getting a promotion, and pursuing and maintaining romantic relationships may likewise be made more difficult by the standards that society has set regarding beauty and self-worth. Experienced on a daily basis, it is no wonder that many obese people also suffer from low self-esteem, depression, and even anxiety.

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Obstructing Obesity

The first steps to fighting obesity entail acknowledging the situation and doing something to change it. The key to managing obesity and belly fat, however, is hardly ever in the latest fad diets that offer quick fixes. The solution lies in the timely adoption of a healthy lifestyle that entails getting rid of sugars, fats and starches from your diet regimen and replacing these with fiber from fruits and vegetables. Legumes such as beans, peas, lentils, and peanuts are particularly effective for weight loss, as are consuming lean proteins and drinking copious amounts of water everyday.

For even better results, superfoods in your daily diet are a definite must-have. Superfoods are whole foods that are totally unprocessed in a bid to preserve their nutritional properties. Aside from the sources of fiber mentioned above, other superfoods include fruits such as avocados, kiwis, and oranges, vegetables such as broccoli, garlic, and pumpkins, soy, wild salmon, berries, honey, nonfat yogurt and, believe it or not, dark chocolate. Supporting a diet of mostly superfoods is a sure way to lose weight, slow down the aging process and fend off diseases.

With these nutritional tips coupled with appropriate exercise, modest weight loss of about two pounds each week can be expected and is a realistic yet highly desirable goal to set for oneself.

The bottom line is no one should have to suffer from obesity and its serious consequences. Given these solutions which are simple, available and convenient, there is no reason why we should not have that healthy body that we can feel proud of and really feel good about.



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