

# Obesity causes, symptoms and how to overcome it

Obesity is a chronic disease that is characterized because the patient has an excessive weight according to his height.

Bringing with it the possibility of serious diseases.

It can be controlled if the origin of obesity is located and the necessary guidelines are followed to combat it in the long term.

In the writing that is about to be read, we delve into how to overcome obesity and the complex subject of obesity, its causes, its treatments, and its complications, as well as the way to combat it, including two excellent home remedies.

## What is obesity?

Obesity is having a body weight above what should be according to the physiognomy and height.

It is a chronic disease that has the treatment. Is so named when you have too much fat lodged in certain parts of the body.

The body is made up of water, fat, protein, carbohydrates, vitamins and minerals.

The measurement of the waist is the way to calculate obesity when it exceeds 35 inches in women and 40 in men is considered a high-risk waist.

Obesity is considered high risk since it accentuates and aggravates in the short term possible serious pathologies such as diabetes, hypertension, cardiovascular complications, gastrointestinal problems, and even cancer.

The obesity is presented with the passage of time, by consuming an excess of calories, slowing down metabolism and sedentary lifestyle. The important thing is that losing weight begins to improve the conditions and limitations of being obese.

## **Symptoms of obesity**

The symptoms caused by obesity are diverse:

The accumulation of fat below the diaphragm and the chest wall causes breathing problems, as it limits functioning. There are symptoms of shortness of breath and choking with the least effort.

Likewise, among the symptoms, the sleep problem is achieved, such as sleep apnea, causing drowsiness and other affections derived from apnea.

An excess of body weight causes lumbago, aggravation of osteoarthritis, especially in the knees, hips and ankles.

They also suffer from skin disorders, because the body surface is scarce compared to weight and can not release heat and sweat much more frequently.

The swelling of the feet and ankles is frequent because small amounts of fluid accumulate.

**There are a number of specific conditions:**

- Difficulty to sleep.
- Snore
- Permanent heat.
- Depression.
- Low self-esteem.
- Rash or infections under the folds of the skin.

# Causes of obesity



The causes of obesity are diverse.

There may be genetic, hormonal influences such as problems in the thyroid, food problems and a sedentary lifestyle, cause fat to accumulate too much and become obese.

Among the medical causes of obesity is the Prader-Willi symptom, Cushing's syndrome, to name just two.

## **The common factors of obesity are:**

- The sedentary lifestyle is one of the main causes. Do not burn calories and eat every day, it causes an excess of calories in the body and becomes obesity.
- Problems with diets, when eating high-fat foods, fried foods, fast foods.

## **Among other causes of obesity are:**

## **Genetics**

This fulfills a role regarding the efficiency with which the body converts food into energy and how it burns it.

## **Family habits influence obesity**

If parents are obese it is likely that you are too. Not only for genetics but for family habits.

## **Some medications can also cause obesity**

Medications such as anticonvulsant antidepressants, diabetes medications, antipsychotics, steroids, and beta-blockers.

## **Women's after giving birth**

Some women after giving birth have problems to regain the weight.

## **Smoking**

Also when someone has smoked for many years and stops doing so, they could gain weight.

## **Improper sleep**

Lack of sleep also has a significant influence on weight gain, since hormonal changes cause anxiety about eating.

## **Among the complications of obesity are:**

- Triglycerides and high cholesterol.
- Diabetes
- Blood pressure problems.
- Vascular brain accident.

# How to overcome obesity: treatment

The best way to treat obesity is to prevent it, but if you already have it, doctors will consider you a chronic patient that requires long-term treatment, with food standards, exercise, and pharmacological therapy.

The obese should not lose kilos but lean mass, they are lost that are achieved little by little, this to reduce the risk of death due to cardiovascular and metabolic problems.

## The way to treat it is:

- Exercising regularly, whether hiking or taking a physical activity that fits with the patient and helps him to sweat and burn calories.
- Follow a healthy diet, governed by a nutritionist who adapts it according to his condition and modifies it with the progress he has made over time.
- Control the weight regularly to see the progress, it is also advisable not to obsess over the weight, but let the body go flowing following the guidelines of the doctors.
- Being constant and persevering in the pursuit of ideal weight is essential to achieve the weight your body needs.

## 2 Home remedies for obesity

Not only with home remedies, but the ideal weight is also achieved, it is important to follow a series of habits that help reduce the waist and have weight according to the height.

## Best home remedies to supplement your weight loss regiment.

## Lemon juice and black pepper

This is one of the best home remedies to fight against obesity. It improves digestion and promotes detoxification.

### Ingredients:

- 3 tablespoons of lemon juice.
- Half a teaspoon of black pepper powder
- 1 glass of water

### preparation:

- Mix the three tablespoons of lemon juice with the water.
- Place half a tablespoon of black pepper
- Mix

Drink every morning fasting for three months, this drink will help cleanse toxins from the body.

## Apple cider vinegar

### Ingredients:

- 2 teaspoons of apple cider vinegar
- A glass of water.

### preparation:

Mix the ingredients.

Drinking daily in the mornings, before meals, vinegar helps break down fat and gradually reduces weight.