

The Dangers of Fat

Clinical studies have found a strong relationship between excess body fat and cancer. In women, excess body fat has been linked to higher rates of uterine and breast cancer. In men, the danger is linked to prostate and colon cancer.

About 27 percent of all heart and blood vessel problems are associated with obesity according to the American Heart Association. This condition contributes to heart and kidney disease, high blood pressure and many other conditions caused by the negative stress of fat in and on your body, your ONLY body we might add! Fat consumption in appropriate amounts and from healthy sources is however necessary for proper nutrition. Of the three categories fats are divided into, we should consume less saturated fat than the polyunsaturated or monounsaturated types.

The good news is that by choosing to reduce body fat, you can reduce the risk of these diseases. In fact, the New England Journal of Medicine states that body fat reduction is a more powerful modulator of cardiac structure than drug therapy. For people with a genetic predisposition to heart disease, a lifestyle that is active and follows good healthy nutrition can slow down or even stop these debilitating diseases. Studies by Dr. Dean Ornish have shown that a comprehensive intervention program that includes an exercise program, a healthy low-fat meal plan and a targeted stress reduction program can even reverse the heart disease process (just like our Creating Wellness System).

Action Step: Beginning now, make a conscious effort to cut out all fried foods and high-fat desserts. These two simple steps can help significantly reduce your body fat. To further help in fat reduction, exercise regularly and take a good daily supplement. You will be surprised at what small changes will do to make you healthier!

We can help you reach your goals with Creating Wellness! Do you know how well you are? The absence of illness or discomfort does not necessarily mean we are healthy and well. A Creating Wellness assessment can help identify the areas of your life that, if improved, will allow you to live life with vitality and energy! Ask us about how you can create more wellness in your life!

Portions of this week's wellness tip were provided by Doug Caporrino of the Creating Wellness team.

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