



March 10, 2003  
Donald B. Crawford, President

**THE STAND**  
**AVOIRDUPOIS**  
**FAT**

Fat.

A real four letter word.

The most recent study indicates that two out of three Americans are either:

1. Overweight
2. Obese

That is absolutely stunning. Two out of three! Almost 70%. Almost 70% of Americans are fat, that is overweight or obese. Overweight is defined as anything over the ideal or recommended weight for the height and body structure of an individual, and which may affect the health of that individual. Obese is defined as approximately thirty pounds more than the ideal or recommended weight. That for sure means big time health problems.

Anything overweight, any extra pounds makes the heart work harder. Excess fat, especially excess abdominal weight has been linked as a direct cause to heart disease, heart attacks and strokes. That stored fat can have a toxic effect on the body and the heart, and it makes the heart work harder to nourish the body and maintain the overweight condition. Invariably, the diet, which maintains the excess weight, is generally unhealthy, results in patterns of over eating and generally has nutritional lacking. Fats and carbohydrates, especially complex carbohydrates dominate and the healthier foods, fruits, vegetables and grains take second place. It takes a lot of carbohydrates, sugars and starches to create overweight.

Any overweight condition also contributes to cancer, especially colon or cancer in the abdominal area.

Overweight can contribute to high blood pressure, high cholesterol, high triglycerides and even diabetes. Adults who are overweight have a much greater risk of diabetes than those at recommended weight. The list of diseases actually caused by overweight or to which overweight contributes is ever growing. Overweight and obesity combined are at epidemic proportions and must simply be dealt with aggressively and continuously. This problem must be solved.

## **The Stand – Avoirdupois - Fat**

**March 10, 2003**

**Page 2**

It begins with diet. Americans must learn to eat less and eat less bad foods (junk foods) and more healthy. Americans simply must eat less fats and less carbohydrates, including and especially starches and sugars. Simple sugars are a disaster for weight gaining and for health. Americans need more high-grade protein (less fatty), and fruits and vegetables with abundant fiber. Generally, our diets must contain more fiber which is an excellent cancer preventive, and which can serve as an agent to lower cholesterol and triglycerides. Most importantly, Americans simply must learn to eat less. Perhaps the theory of having five or six small meals daily instead of three large meals is more valid than ever.

Americans must exercise more. And, do so daily. Every little piece of exercise counts. Merely walking purposefully or aggressively can burn calories and provide minimal exercise. Stretching, even purposeful breathing is helpful. Exercises of all kinds, including yoga are good. Weight training and weight bearing exercises are wonderful for the body, increase the metabolism and burn weight. Exercise, aerobic and anaerobic, reduces body fat, which can help lower cholesterol and triglycerides, not to mention improve the appearance. Americans need to do something, anything, lots of things as exercise, and do them everyday!

It boils down to the will. No one can lose weight or keep it off unless there is a will, a passionate desire to do so. Crash dieting almost always fails. The weight returns, and perhaps even more so. The will to live healthy and without excess weight must be constant, life long and involve hard choices. There must be that strength of purpose to say no. We really do need to deny the demand of the flesh, our desires, even our cravings in order to deal with overweight and obesity. Many of us must deal with binge eating, or closet eating. We must be conscious of every single thing we consume and the effect it will have on our body. If as scripture says our body is the Temple, then it our spiritual duty to take care of it. It is not merely a biological thing.

Perhaps, in that regard, we can ask Him for spiritual strength to combat the problem, the strength and the will to say no, to do what is right and to seriously battle the problem. The combination of our resolve and His strength can indeed make the difference.

Why not take stock of yourself today, evaluate your physical condition, and take an honest appraisal of your weight. If you have a problem resolve to deal with it with all of your might and with His help.