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THE STAND
FAT
REMEDIES

Since four out of five Americans think that obesity is a MAJOR PROBLEM, it is time to do something about it and perhaps, do something(s) drastic. Fat, like heart disease or cancer, is a public health issue. It is a matter of concern to all of us, especially financially. We the people deal with the problem up front, preventive medicine, or after the fact, with billions of dollars in medical payments.

Some solutions.

THE PARENTS. It starts with the family. The parents instill discipline, proper training and dietary rules and regulations, or the child learns to eat on its own. So many parents cotton to kids, buy them junk food laden with fat and sugar, stock the refrigerator with all such, and permit if not actually encourage the consumption of this stuff. It turns into a substitute for love, especially tough love, and it keeps the child happy and satisfied. In other words, off the parents' backs. Many children can actually get somewhat addicted to the fat and sugar in all such foods.

Better yet, the parent should lead by example. A fat daddy, overweight or obese, is hypocritical indeed when the lecture and demand pours forth. No child would ever listen to an overweight parent. Practice, the child obviously thinks, what you preach or don't bother preaching. Parents who exercise, follow healthy diets and stay within normal weight limits are great role models. They really don't have to lecture.

THE SCHOOLS. The schools must get rid of junk foods. Schools continue to serve food without proper nutrition, high in fats and simple carbohydrates. That stuff must go. Vending machines which purvey junk foods and sugar-laden soft drinks, virtually utterly without nutritional value, should be removed from the premises. Proper food and drink should be served.

More importantly, the schools should provide constant, careful and state of the art education regarding fat, overweight and obesity. Food and drink, anything consumed which fosters overweight should be carefully explained as negative and harmful and proper diet should be laid out and studied. Popular and scientifically proven weight loss programs and theories should be taught such as Atkins, Sugar Busters, Weight Watchers and the like. Understanding protein, fats and carbohydrates of all sorts, vitamins, minerals and the other nutritional supplements and components should be required learning. Schools should follow the recommendations of nutritionists that fat should never be more than 35% of all calories consumed, and no more than 10% of that 35% should be saturated fat. If schools and educational institutions become proactive with regard to proper diet so much good can be done for the children.

That of course includes exercise. Phys Ed should be once again required and brought to the highest possible standards. Exercise should occur daily through gym, athletics or extracurricular activities in school, with programs at work to provide exercise at nights and on the weekends. Exercise is a critical component in weight loss and maintenance. If schools and parents were not only to encourage but require all such activities, nothing would attack fat more.

DRUGS. There are many who claim they can not lose weight without drugs or other medical alternatives. If so, all such should be made available, for investing now in preventative ways will be far cheaper than the treatments, procedures and medical bills to come.

LEGISLATION. Every state and even our own dear federal government have some kind of legislation proposed to limit or eliminate the manufacturing and sale of food and drink (junk foods) which are the main culprits in producing fat. It is never good when the problem of overweight is dealt with by laws and legislation. But, in some cases and for some reasons, it may come to that.

THE WILL. In the vast majority of overweight cases, it really comes down to a matter of will on the part of the individual. If someone really wants to achieve normal weight and is willing to do what is required, that is the most important ingredient in weight loss and maintenance. There really can be no such thing as consistent eating discipline without the will, the desire. Temptation is everywhere and the body, acclimated to the narcotic affect of certain foods and drinks, will always seek to satisfy itself, demanding such foods with an urgency almost impossible to control. The addiction, the narcotic affect produced by sugar, or alcohol, or fatty foods will overpower all but the most disciplined and willful individuals. If there is no will or desire to be in shape, or to look good, no program will work. To be at normal weight, athletic, in shape, physically active is to have far more energy, more zest for life. That individual can tackle all of life's activities far more enthusiastically and productively. There is more physical energy and there is more mental energy. That person is stronger, better able to resist disease and much more healthy in every area of life. There is nothing as good as being at normal weight with a regular healthy diet and exercise to sustain that normal weight. The body is the temple of The Holy Spirit, created by God, given once to each man and woman. It should be nurtured, protected, respected and utilized in the fullest for everything it was intended to be. Fat just simply won't let that happen.

It should be our business to be proactive, intervention-minded, helping, exhorting and encouraging those deal with this demon to overcome. It is a problem which affects all of us. It is a serious, critical problem with which all of us must deal!