

WHY ARE WE FAT?

By Dr. Derek Conte.

Gary S. Taubs wrote a book explaining why we get fat and why diets always seem to fail. He describes how the commercial health industry and public health officials hijacked the discussion and supplanted the science of obesity established in the early 1900's with the "calories in - calories out" mantra: "you must expend more calories than you consume in order to lose weight." While at the surface "calories in - calories out" seems to make sense, it is far from scientifically proven. In fact, the numerous studies Taubs cites actually prove the opposite. In "Why We Get Fat", Taubs explains that up until WWII, German research was pointing to the human endocrine system as the controller of how the calories we consume get used; either as energy for activity or stored as fat. He explodes the ideas that: 1) fat people are gluttonous and slothful and, 2) that exercise along with reduced caloric intake is the best way to lose weight. He points out that it is an inherent contradiction. The more we exercise, the more we NEED to eat. If we don't replace the calories we burn, the body will automatically slow down to conserve energy. He asserts that people genetically predisposed to be lean will use more of their calories as fuel for activity and people predisposed to being fat will convert more of their calories to fat storage.

The trick, he says, is to eat foods containing high-quality calories that will be turned into energy rather than fat. The crux of the matter is the hormone Insulin which is secreted by the pancreas most heavily in the presence of starches and sugars. Insulin has the property of partitioning these kinds of calories overwhelmingly to fat storage rather

than for use as energy. By eating rice, corn, potatoes, bread, pasta, fruit juice, soda and the like, people are depriving their muscles and brains of the energy they need to be active.

This is the reason people who eat a lot of sugars and starches continue to eat when they should feel full; because though they are fat, their bodies are literally starving! This is why, Taubs says, fat people are sedentary and eat more. Not because they are lazy and gluttonous, but because they are hungry for good nourishment. It's not the so-called sedentary lifestyle that causes obesity, the sedentary life is caused by malnutrition. Yes, malnutrition among the poor, middle-class and even wealthy people in this very wealthy country.

Think of the ostracization fat people endure, the shame and the self-loathing they experience due to the general belief that they "have no self-control or character". But, alas! There is still hope for those of us who are overweight. Taubs says, that if we shift our diets to meats and vegetables with the occasional fruits and largely de-emphasize empty starches and sugars, we will convert this fuel to energy for activity and deposit much less fat in our tissues. How bad would it be to have a little more chicken or vegetable instead of stuffing? Sound like a revelation? I strongly suggest you pick up this book and judge for yourself. It may spell new hope for many struggling with the torture of obesity. Remember, it's not your fault and it's within your power to change.

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