

Causes of "Obesity"

You might be surprised!

1. Genetics? These determine body shape, bone density, muscle mass etc. Just because you have overweight family members it does not mean that is your destiny. They probably have been on many diets which make people get fatter each time because they never learn how to do [Responsive Eating](#) or follow the inner belly wisdom when eating.

A very small percentage of bodies are actually genetically large. An example is the Samoan people, they are large but that doesn't mean they have to be over weight or obese. Their bone density and muscle mass is also larger so their % body fat is low when they are eating being guided by the inner belly wisdom.

2. Organic damage? Damage to the pituitary gland, thyroid, or loss of bodily sensations like taste, etc.(**only** < 1 % of obese population, not the general population, have these issues & hypo-thyroid can be regulated with medication).

Also years of dieting causes increase in % body fat which can feel similar to organic damage, but **this can be reversed** to a great extent by using [Responsive Eating](#) and following the guidance of the body's inner wisdom which is being taught here.

3. Loss of Mental connection with hunger/fullness/body cravings-(or not consistent immediate response to hunger) =DIETING makes you fat!
4. Loss of connection with body's natural desire to be active- (or not responding consistently) =NOT EXERCISING, we have a natural "hunger" to be active.

5. **Diets- 95-98% of dieting attempts fail at sustained weight loss**, and most dieters fall into the [yo-yo diet cycle](#), the diet fails the dieter!

- Diets are fueled by a Culturally Driven Manipulation of Body size, Good or Bad according to size or shape which is heavily influenced by the Fashion Industry Marketing Illusion!
- Western Medical Professionals Misinformation that supports dieting-Narrow Beliefs based on correlations and myth (see book: [Big Fat Lies](#) in the [Resources](#)).
- Cultural Morality & Muscle tone, driven by athletics or cultural icons of what is acceptable or “healthy”, but NOT realistic, unless you are a full time athlete!
- Personally Driven to "Fix" the Body (to meet some external standard that also may not be realistic.
- Fantasy Driven-Attempts to "fix" body against genetic capabilities or what is realistic for quality of life and relationships to be healthy.
- Transference of sense of "lack of control" to trying to control the body by dieting. (see [Anatomy of a Fat Thought](#) or [Other Hungers](#))

METABOLIC CHANGES DUE TO DIETS

(reversible with [Responsive Eating](#) and Healthy exercise)

- ↓Basal Metabolic Rate (BMR) – burn less calories with normal activity = easy **weight gain**
- Increased Lipoprotein Lipase- store body fat more efficiently = easy fat **weight gain**
- ↑ % body fat- with each diet muscle is lost and with each re-gain **fat is gained**
- Redistribution of fat to abdominal area-- increasing risk for cardiovascular disease & increased risk for Hypertension (high blood pressure).
- ↑ craving for fatty foods = easy **weight gain** and overeating without [Responsive Eating](#)
- ↑ craving for carbohydrates = easy **weight gain** and overeating without [Responsive Eating](#)