

Prevention from Obesity

Obesity is a silent killer. We must try our best to prevent ourselves from being obese, since Prevention is Always Better than Cure. Many diseases are due to obese, e.g., Breathing Problems like Sleep Apnea (stops breathing briefly during sleep), Diabetes, Gallbladder Disease, Gallstones, Gout, Heart Diseases, High Blood Pressure, Osteoarthritis, Snoring Heavily, Stroke etc.

You cannot find a single obese person in those regions where there is Famine and people are dying due to extreme hunger & thirst. **Major causes of Obesity are Unhealthy Oily, Fatty Junk foods, Drinks, all kind of Process Foods or Drinks, Sugar and Over Eating.**

All types of oil including Olive Oil, Butter Ghee, Cheese etc., also causes Obesity. Sweets, Sugar, Candies, Chocolates, etc., also are causing Obesity. Honey, Raw Brown sugar (Gurr) and Dates are better options for sweets if consumed in moderation. There are many fruits and dry fruits are available to consumed in moderation as well.

Do not even think that it is oil which makes taste in curries. Taste a spoon of oil and tell what taste you feel or cook your curries in oil only without using salt or any other spices and taste it. It is the spices which makes curry tasty, which needs to be used in moderation as well.

Now even infants and little children are being obese and getting heart attack, stroke and diabetics. **Every child needs some good fats in moderation up to the age of 20** when they stop growing completely in heights. You can add little pure butter or ghee etc. in their plates or bread in moderation up to the age of 20 of each child.

Eating healthy food doesn't mean giving up your favourite foods. Choosing healthy foods is an important part of eating right, BUT cooking them in a healthful way is another huge part. Many people are being obese and getting Heart Diseases, High Cholesterol, High Blood Pressure, Diabetics etc. Below are few healthy Buying & Cooking Tips.

Remember: You Are What You Eat. If you eat junk food you are JUNKY, but if you eat healthy foods you are HEALTHY. Sleeping around 8 hours is extremely necessary otherwise one might collapse or get heart attack etc. The First Sign of Obese is the Belly Gets Bigger at all ages with the ONLY Exception of Pregnant Women.

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