

OBESITY: A THREAT TO GENERATIONS

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ABSTRACT: Introduction: This article studies about the growing of an indirect disease in our mankind, named as obesity, obesity is now a days experienced so high that even a teenager to old aged person all are deeply affected by the development of obesity.

Key words: Increased population, bad habits, low fiber diet, high cholesterol, junk food, exercise, danger, threat, worldwide

Introduction

If we now look at the first definition of the obesity, obesity is that state of body when the body seems physical disbalance, it means person will gradually suffer a large body weight that has been increased uncontrolledly, we called a person as obese after we calculate its body mass index, Body mass index is a calculated ratio making a relation between our height and the body weight, in body mass index we will do height squares in meter square, and we will divide body mass of a person by its square of body height, now after looking at the body mass index, we will make conclusions that either the person will come with normal body mass index, or there will be seen abnormal body mass index, abnormal body mass index is what be called that falls under obese, in obese also we have further two levels, one is obese level 1, other is obese level 2, as we can clearly see from here that surely the body mass is on numerator in the formula of the body mass index, and height is always less, it means average height is approx. 5.5 inches- 6.0 inch, so if weight or the body mass of the person grows rapidly, and height of that person stopped at a point, as we can see that height is always fixed, so there comes high obesity, and now we can make clear that what obesity is, that it is a state of the body in which the body gained uncontrolled weight and crosses all the levels of the body mass index.

Now that's we discuss about what actually obesity was, coming to the main question of us what is the main cause of the obesity, see now a days it is being observed a very poor way of lifestyles Now coming to our main question, what actually causes the obesity? among the people across the world, people are though they must be living some hygienically way, but due to a lot of stress, workloads, they carry they remove a very important part from there life what we called it as a physical work, what people do is that they just eat the food, firstly at the wrong position, that is in comfortable state on beds, on dining tables, then there diet is not at all healthy, and immediately after eating that food what they do is the biggest mistake instead of making that food to digest, they directly goes to a resting position, it was found on a study that there are only 40 percent of people who try to make food digest by their own, there is also a point that yes our body can digest the food by its own, but there is a big difficulty these days, see now a days the food we are taking is of low nutrition, as mentioned by the neurologists and the doctors a proper and healthy nutritious diet is the one that contains ample amount of essential and non-essential components, but today's diet does not contain essential components, which makes our intestine to work perfectly and digest that food, now what do you all think about today's diet?

Let me tell you today's generation diet is high on waste, highly cholesterol rich diet, I agree that cholesterol is also of two types good and the bad cholesterol, but mostly junk and fast food the today's generation is consuming is prepared in the oil, refined, and surely the frequent use of such harmful unsaturated compounds contains the bad cholesterol, which not only digest in our small intestine, but also it makes our digestion system weak, making other components also indigested, like a recent research proved that low healthy diet if people are consuming, it will start the oxidation of fats by the body, and as a results of this body will become like more and more fatty.

Even another point I want to mentioned here is that just after eating your diet, never drink water immediately, it is because our body has a system, that after you consume a meal, there will be development of saliva in your mouth, and as a result this saliva mixes with your meal, and helps in proper digestion of the food, and today's generation is slightly far from this, they take a glass of water in their hand, while eating their meals.

Coming to the point, all our poor bad habits or we can say poor diet is making our digestion weak, but that alone can never cause obesity, concept of obesity comes when we have no physical participation of our body, we will not consume any calories, we will not burn any kind of fats, and instead of all this we will try to take more and more bad cholesterol and junk food, as a result of this proper disbalance occurs in our body inside, and body is not able to digest all the extra fat, because already due to bad diet our digestive system was weakened, and now no calories we are burning, instead we are taking more fatty meals, which body can not break into glycerol's and even not in fatty acids, as a result of this our body can not able to tolerate or digest all such fats which is really extra, so what happened in the body is that this extra amount of fat started to accumulate at our body surface, once it started it is really hard to make stop it, and within a few days it is noticeable that this extra amount of fat started to make its own layers one over the another, and as a results of this a high amount of fat is stored at all parts of the body, even not only the stomach but also the face, the legs, pelvic region, and as we mentioned earlier in our introduction, body height is being constant, and amount of deposition of fat is continuously increasing day by day, due to this uncontrolled and over deposition of fat we termed as obesity



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