

Obesity Causes

The scientist who's spent 25 years exposing what really causes obesity.

His breakthrough? Fat loss isn't about eating less — it's about managing insulin.

Here are his top 7 unconventional lessons for fat loss and health (all backed by science):

1. Excess carbohydrates normally drives fat storage.

The more you eat, the more insulin your body produces.

But then the more resistant you become to insulin, and the more fat you store.

People obsess too much over calories.

2. Weight gain can be partly emotional.

You can eat and exercise the same but still gain weight due to stress...

Weight loss isn't always just "Eat less and move more".

Stress makes you more insulin resistant and slows your metabolism which promotes fat storage.

3. Sugar from fruit is not the same as sugar from junk food.

Fruit:

- Is full of vital nutrients
- Has fiber that reduces blood sugar spikes
- Is low-calorie & filling so you normally won't overeat it.

4. BMI is NOT a good measure of how much fat you have.

Visceral fat is a type of fat inside & around your organs.

It's extremely harmful, releasing inflammation and causing disease.

But BMI doesn't measure it much at all.

Even some people who don't look very overweight can have a lot of it.

If your diet is high-carb, low-protein, with a lot of processed food and you have poor sleep and high stress levels...

You probably have visceral fat.

5. Cholesterol is NOT just caused by dietary fat.

They told you to stop eating red meat, eggs and butter and to replace them with seed oils & carbs...

But excess carbs and sugar cause high cholesterol.

They increase triglycerides which gets turned into small, dense LDL particles (the bad type of cholesterol).

Plus, when you get more cholesterol through your diet, your body naturally produces less of it to balance you out.

6. Insulin IS NOT harmless.

Everyone thinks of insulin as a harmless natural reaction to high blood sugar.

But chronically high insulin levels damage your body in many ways.

It's a reason why people with Type 2 diabetes die 15 years sooner on average (even when they're on medication).

7. Fat isn't bad for you.

They told us fat was bad and to eat more carbs.

Now about 40% of Americans are obese and have a chronic disease...

Fats are needed to produce your hormones.

Healthy fats like those in fatty fish and olive oil are anti-inflammatory too.

The Bottom Line:

We were told:

- Base your diet on carbs
- Calories are all that matter
- Red meat and fat are bad for you

But that's led us to an epidemic of obesity, diabetes, high blood pressure and heart disease.

Instead, you need to base your diet on:

- Healthy fats
- Animal protein
- Unprocessed, nutritious food like fruit.

Then get consistent exercise (you only need 90 mins/week), sleep, sunlight and reduce your stress levels.

Revision #1

Created 20 October 2025 13:02:17 by sedawk

Updated 20 October 2025 13:03:03 by sedawk