

## Tips To Help You Overcome Obesity

(NAPSA)—You may be able to save yourself and your family from what's being called an obesity epidemic, once you learn the three important steps to take.

Obesity, which significantly raises a person's risk for life-threatening diseases, now affects a growing number of Americans. According to nutritional biochemist Shawn Talbott, Ph.D., 75 percent of Americans are projected to be overweight or obese within a decade.

The National Institutes of Health says obesity costs taxpayers \$117 billion annually and is estimated to kill more than 100,000 Americans each year. Many obesity experts say that this may be the first generation of children to have a shorter life expectancy than that of their parents. Former surgeon general Richard Carmona has even said, "Obesity is destroying our society from within."

In response to these alarming statistics, Dr. Talbott helped create an award-winning, feature-length film that suggests ways to reverse this deadly trend. The film takes a broad look at many causes of obesity, including food choices.

Dr. Talbott recommends:

- Knowing your weight and knowing what your ideal weight should be.

- Getting help from experts; talking with a doctor, dietitian or nurse.

- Eating five to 10 servings of brightly colored fruits and vegetables each day to provide tissue-protecting antioxidants.

- Consuming enough nuts and fatty fish for their natural fatty acids and ability to control inflammation throughout the body.

- Ensuring adequate servings of lean protein to provide the



**Learning to manage stress may go a long way toward helping you manage your weight, one scientist says.**

amino acids and other nutrients to build and repair soft tissues such as muscles, as well as provide vitamins and minerals for energy metabolism.

- Getting enough whole grain carbs to support energy demands.

In addition, he says, an often-overlooked factor in losing weight is dealing with stress. The American Psychological Association says nearly a third of Americans are living with extreme stress, with half handling it by eating poorly.

"Stress is just as important a factor to control as diet and exercise. Unless you control all three in the same program, you're spinning your wheels," said Dr. Talbott.

For the average American, however, eliminating stressors is not an option. Dr. Talbott explains it's about handling stress differently to avoid the "stress fat" the body thinks it needs to survive those tough times.

Called "Killer At Large," the film is available where DVDs are sold. In addition, portions can be seen at [www.KillerAtLarge.com](http://www.KillerAtLarge.com). Many organizations host screenings to help raise awareness of the epidemic.