

OBESEITY

The greatest wealth is health.

WHO classification kg/m²

Grade 1 overweight

- BMI 25-29.9

Grade 2 overweight (obesity)

- BMI 30-39.9

Grade 3 overweight (severe obesity)

- BMI ≥ 40

Excess weight is a risk factor for

- Cancer
- Chronic diseases, such as Diabetes Mellitus, kidney or heart disease
- High blood pressure, stroke
- Fatty liver disease, gall stones
- Osteoarthritis and body pain
- Impaired immune function
- Severe complications from the flu
- Mental illness, such as depression, or anxiety, Accelerated brain aging
- Increased risk of death from all causes



Key weight loss strategies

- Eat real food - avoid processed foods, limit fructose
- Include both soluble and insoluble fiber in your diet
- Eat high-quality fats, such as avocados, olives and olive oil, coconut oil, organic butter, raw nuts, grass-fed meats
- Limit net carbs (total carbs minus fiber)
- Implement intermittent fasting
- Optimize your sleep, ideally get 6-8 hours per night
- Optimize your gut microbiome - eat fermented foods, limit unnecessary antibiotics, reduce exposure to indoor and outdoor pollution
- Normalize your vitamin D levels to 40-60 ng/ml
- Implement exercise and movement
- Reduce stress