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NUTRITIONAL-CONSTITUTIONAL OBESITY

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Annotation: this article is devoted to such a topic as obesity, its symptoms and prevention.

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Alimentary-constitutional obesity is a chronic relapsing disease characterized by excessive accumulation of adipose tissue in the body.

Obesity requires a long-term, almost lifelong, treatment, the purpose of which is to reduce the risk and prevent the development of health-threatening conditions, improve the quality and increase life expectancy.

Two components play a special role in the birth of obesity: a person has no power over the first, the second, especially in the early stages, is entirely in his hands. The first - constitutional - is a genetic given (here is not only the risk of developing metabolic disorders, but also the likelihood of excessive appetite and an inhibited satiety reaction). But for the transition of potency to the active phase, conditions are needed.

They are created by the second component - alimentary. Its essence follows from the name. We are talking about nutrition ("alimentum" in Latin means "food") in the sense of both the quantity and quality of what is eaten. But that's not all. Another factor is the body's need for energy and nutrients. The more active the lifestyle, the higher it is.

As a result, we get a simple exchange formula: income minus consumption. The higher the final value, the more worries the body has - where to put the surplus. Against the background of the corresponding genetic givenness, the body chooses a completely logical way - to save in reserve.

Moreover, in difficult conditions of life (in the past, and for some in the present), such a strategy was one of the conditions for survival.

You should not discount the upbringing factor, or rather, the habits adopted in the family.

In psychosomatics, the topic of obesity is associated with the concepts of "protection" and "love". Only a person acquires them at the wrong level. The same principle applies to increased appetite. Unsatisfied spiritual hunger (its "food" is conscious life experience) "descends" to the level of the body and finds its satisfaction in the absorption of material food.

Symptoms of alimentary-constitutional obesity

Doctors have their own markers that help determine the degree of distress: body mass index, thickness of the fat fold under the shoulder blade, on the thigh, abdomen, etc. But you can do without them: obesity in the literal sense of the word is obvious.

Other signs are already a consequence of the load, and over time, overload, body systems. This:

- shortness of breath;
- high blood pressure;
- sweating;
- problems with the digestive system;
- pain in the joints;

- venous insufficiency;
- sleep disorders;
- fast fatiguability;
- apathy.

And ... a strong feeling of hunger. This paradox is explained both by metabolic changes in obesity (huge reserves become truly inviolable and are instantly replenished by blood glucose, the decrease of which causes hunger), and by disturbances in the regulation of appetite, and the lack of satiety.

Diagnosis of obesity

The body mass index (BMI) is used to diagnose obesity.

What is body mass index?

To determine the normal weight, the body mass index (BMI) is determined. It is calculated as follows: current weight (kg) / height (m) squared. Normal BMI is between 18 and 25.

Obesity degree:

- BMI 25-30 — boundary value, overweight;
- BMI 30-35 — 1 degree obesity;
- BMI 35-40 — obesity 2 degrees;
- BMI of 40 or more — Grade 3 obesity.

In addition to weight, they also take into account the thickness of the skin fold under the shoulder blade, which can be taken with a pinch (normally up to 2 cm), the size of the abdominal girth (at the waist and at the most protruding place).

obesity treatment

Lost harmony can be restored. The main thing is to want. The 3D approach to treating obesity includes:

- diet;
- movement;
- trust and goodwill towards oneself and the world.

The first and second components are corrected for the negative result of the above-mentioned "income minus consumption" formula (in a very simple way, it looks like "run more, eat less"). The third facilitates the achievement of the desired effect and consolidates the result.

Moreover, the concept of diet should be interpreted in an etymological sense, as a way of life. He needs to be changed. Cardinal and for life (temporary, albeit significant efforts have proved their failure in the long term).

Despite the decrease in the quantity and energy value of food, it must remain complete (contain all the components necessary for the body). It is advised to enrich it with dietary fiber, which "deceive" saturation centers with its large volume, restoring peristalsis and intestinal microflora. Do not give preference to carbohydrates, the excess of which easily turns into fat.

Auxiliary measures for the treatment of obesity are: breathing practices, physiotherapy, massage and psychotherapy.

Alternative Treatments for Obesity

Alternative methods that restore harmony at the level of the whole have also been successfully used in the treatment of obese people for a long time. These include: herbal medicine, osteopathy, classical and resonant homeopathy, qigong therapy, acupuncture.

Prevention of obesity

Obesity is a chronic disease. Proper eating habits are a guarantee not only of your health, but also the health of your future children, grandchildren and even great-grandchildren.

Despite extensive scientific research in this area, medicine has not yet been able to offer a convincing method of getting rid of excess weight through medication. In most cases, a healthy lifestyle remains an effective method of preventing and treating obesity.

For the prevention of obesity due to endocrine diseases, consultations with an endocrinologist and examinations to determine the level of hormones once a year are indicated.

Nutrition recommendations:

- optimal calorie content, taking into account individual parameters and physical activity;
- enough clean water (30 ml per kg per day);
- give preference to lean meats;
- include fish and seafood in your diet at least once a week;
- eat fresh seasonal vegetables and fruits every day;
- limit your salt intake to 4 grams per day;
- limit alcohol.

Doctors will help with the calculation of the caloric content and the preparation of the diet: a therapist, a gastroenterologist, an endocrinologist. You should not experiment with diets and fasting for obesity, they are ineffective and even dangerous.

Minimal physical activity should be present in life daily — walking, climbing stairs, morning exercises, warming up during long sedentary work, etc.

2-3 times a week it is worth allocating an hour for physical education. When choosing a type of activity, it is worth consulting with a therapist, he will recommend the best type of sport, taking into account the state of health.

If alarming symptoms appear: causeless weight gain, menstrual irregularities, you need to seek advice from an endocrinologist.

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