

Published based on [Why Can't You Lose The Weight](#)

Why Can't You Lose The Weight

It has been projected that by 2015 approximately 2.3 billion adults worldwide will be overweight and more than 700 million will be obese. No country is immune from this problem, but the United States is facing the largest problem. People who are obese can look forward to futures filled with things such as Type II diabetes, cardiovascular disease, fatty liver disease, some cancers, and osteoarthritis.

The epidemic of overweight and obesity have been attributed to a number of factors. Message boards such as the [biggest loser weight loss forum](#) are full of people who blame fast food, eating too much food, a sedentary lifestyle where television and computer games have replaced exercise and outdoor play for their weight issues.} Are so many people too heavy because they are weak and lazy?

No one has figured out if there are things in our genes that make some of us fat and some of us skinny. However, there is strong evidence that something called insulin resistance is a contributor. Insulin is one hormone produced by the pancreas to maintain appropriate concentrations of blood glucose. In healthy individuals, the body is able to regulate the levels and keep them in the proper balance.

Insulin works several ways. One, it tells our body to start using more energy so the sugar is burned up. Next, it uses a small amount to be stored in our system as starch. Lastly, fat is added to our body when the glucose is changed into it. Many people have systems that are damaged and cannot maintain the balance of this that their body needs. Because they can't control it, the result is additional fat being added to their body. Insulin resistance is common in overweight people. There is a definite correlation between being overweight and diabetes.

Research throughout the years has claimed that foods that are full of fat will lead a person to a heart attack. Web sites like <http://www.fatlossfactor.com> are dedicated to helping reduce the amount of fat that they eat in order for them to get healthy. In order to eat protein a person will often have to eat fat. It is the other things that are in food that cause a person to gain weight and not always the fat.

Sugar is one the essential ingredients of carbs. The problem that people face is that we automatically take the extra glucose and turn it into fat that is kept in our body. Restricting the fat that you include in our diet does not guarantee that you will not still store it somewhere in your body. Any food that a person eats can affect the amount of glucose in your body. In simple terms, eating carbohydrates interferes with the body's ability to burn fat.

In order to follow a healthy lifestyle a person needs to be active. Physical activity is known to decrease the resistance to insulin that leads to overweight and many people are committed to the [six pack ab exercise program](#) that they found on television one night or some other type of workout. Exercising also consumes calories. Lack of activity is often attributed to the fact that a person feels sluggish. This may seem counterintuitive, given that weight gain results from storage of excess energy. When people overeat and don't exercise enough, there is not much use for that energy and it is stored as fat instead. That is why many people have the urge to sleep after they have enjoyed a big feast.

Since elevated levels of insulin interfere with fat-burning and promote fatigue, the key to weight loss is simply to normalize concentrations of the hormone in the bloodstream. This can be done by limiting the amount of sugars and starches in the diet so as not to increase serum glucose levels, which in turn raise the concentrations of insulin. Doing these things will make a diet work.

You can also find this article published on [Why Can't You Lose The Weight](#), and on the tag pages [biggest loser weight loss forum](#), <http://www.fatlossfactor.com>, [six pack ab exercise program](#).