

Why are we fat?

This post is dedicated to that amazing group from Unity of Muskegon who meet for Let's Talk Wellness and are making positive changes toward better health every day. I am SO proud of you all!

Last year as I ended our second year of monthly meetings at Unity on wellness, I asked what people wanted to discuss in the 2014. The topic of interest most requested was the title of this article. Yes, we already understand that being as active as possible reduces our fat reserves, so I didn't focus on exercise. Everyone knows...get up and move! But if we don't address the misinformation out there, we don't stand a chance at weight loss and management.

Since I do not teach about short term fixes at the expense of the body's health, we must address lifestyle changes, dispelling the myths we've been told the last 3 decades, to build vital cells, tissues and bodies. The focus must be on sharing the [truth](#) about the need for healthy fats and nutrient dense foods and how the low-fat/high whole grain/"sugarfree" additive recommendations have led us to the obesity fiasco we are in now.

Below is my evidence based summary of why we are larger (and much less healthy) than we should be:

- Eating [BAD fats](#) (polyunsaturated, liquid vegetable oils, margarine, oils from [GMO crops](#) {soy, cottonseed, canola, corn}, fatty meat/poultry from conventionally raised animals {complete with antibiotics, growth hormones, GMO fed, pesticide residue, no to very little sunlight}).



*My family's
favorite fat*

- Not eating enough [good fats](#) (coconut, extra virgin olive oil, grass-fed meat and poultry, wild caught fish, avocado, cod liver oil). Low-fat foods lead to obesity because we substitute with...
- Sugar and empty carb consumption (anything made with a fine powder like flour, like baked goods, candy, chips, pastas). These carbs are digested quickly and stimulate the [hormone insulin](#), which, among other things stores fat in fat cells. [High fructose corn syrup](#). [Diet sodas](#).
- Eating processed and [non-organic foods](#) (and using [chemicals on our bodies](#), in our homes and on our yards). These foods often have [pesticide residues](#) which keep our body from taking in the minerals we need to make our metabolism work correctly. Our bodies need nutrients to function and be the "right" weight for our structure. These empty foods lead to...
- Overeating – which we do WHEN WE ARE NOT EATING NUTRIENT DENSE FOODS! Our body keeps saying, "where are the nutrients?" and then "eat more and you might find some." We can also get into the habit of over eating because of emotional issues, but again, it is often, if not always, nutrient deprived foods. We seldom eat too much when the food is REAL and nutrient rich.
- An unhealthy [microbiome](#). Our balance of good micro-organisms in our body plays a significant role in our health and weight.
- When we have an underactive thyroid, we have a very difficult time trying to shed pounds. Be aware that water with

chlorine and [fluoride](#) is thyroid disruptive. Drinking the cleanest water possible is a must. Also, good quality [coconut oil](#) supports the thyroid and is energy boosting.

What to do? The same thing I teach for other physical/emotional issues...

- Eat good fats at every meal
- Eat protein from clean (organic, grass fed, preferably local) sources at every meal – we need protein to make the happy chemicals in our brain
- Eat plenty of colorful, local (for more vitamin content), organic (for more mineral content) vegetables WITH LOTS OF BUTTER (or ghee)!
- Take good quality coconut oil – even at every meal.
- Take a high quality probiotic and/or fermented foods and drink.
- Eat organic fruits as desserts (“cave people” ate them in the fall to fatten up for the winter)
- If you feel the need for baked goods, make them out of nut flour (organic preferably).
- Don’t starve yourself. This will mess up your hormones. EAT! Just eat the real foods described above.

Until next time...wishing you **real food** for **real health** so you can be **real happy**.