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"FAT, FAT THE WATER RAT!

By: Hesh Goldstein

Americans are not just getting fatter, they are ballooning to extremely obese proportions at an alarming rate.

The number of extremely obese adults – those who are at least 100 pounds overweight – has quadrupled since the 1980's to about 4 million. That works out to about 1 in every 50 adults.

Why is this? Where the original theory was that extreme obesity was once thought to be a rare condition, has changed to the realization that overeating and under-activity is the single most contributing factor to this epidemic. What's worse is that with obesity comes diabetes, heart disease, high blood pressure, arthritis, and a decreased life span. Obesity is like a runaway train of ignorance, misinformation, and disease.

By "supersizing the fries", with Swanson's "Hungry-Man" frozen dinners complete with 1,030 calories and 570 of those calories coming from fat, and 2090 milligrams of sodium, and enough cholesterol to kill anything that's ever lived, "Triple Meat Pizza's" with extra cheese, "Big Gulp" 500 calorie drinks that contain 46 teaspoons of sugar to keep a person up for days, greasy burgers, deep fried chicken, and shakes served at fast food places at "affordable prices", it's not rocket science to figure out why this epidemic not only plagues adults but is creating the same problem in teens and pre-teens.

We are inventing bathroom scales that go to 1000 pounds and building wider and reinforced caskets. We are inventing sponges on a stick so fat people can scrub the hard-to-reach subdivisions of their bodies. We are even inventing devices to help obese people put on their socks. We are supersizing bath towels and we are redesigning car seats and pushing the steering wheel further forward to accommodate massive girth and enormous guts.

The bottom line is, we are killing ourselves with fat, and chemicals, and hormones, and gluttony. The statistics are overwhelming, irrefutable, and sad – over 50% of adults overweight, over 30% obese, huge increases in fat children, cancer rates escalating, diabetes skyrocketing, ligament problems, organ failure, tumors, impotence, infertility, bad breath, constipation and a thousand other related ailments, all coupled with a massive wave of Prozac-slammed anxiety and depression like a never ending sitcom from hell. A dream come true for the pharmaceutical industry. Hey, when all else fails, take a pill!

We, as a culture, as a country, are enormously addicted, worse than heroin, worse than coffee, worse than porn, to an enormous array of garbage foods and known legal poisons and industrial additives. A great many of the foods we are fed as children contain so many chemicals and toxins, that they actually cause debilitating weight-gain illness in healthy adults who exercise like crazy and eat like birds.

One must realize that people in the “food” business are in it for one reason – to make money! As a result, they must produce their product at the lowest possible cost and sell it for the highest possible price. This is nothing out of the ordinary for any business, right? But what happens when these businesses create chemicals, that when added to the food, make a person eat more. The bottom line then becomes, “fat, fat the water rat”, increased sales and increased profits, all at the expense of your health.

But then there's you. We can finger point all we want, but until there's a huge cultural shift and a massive change in the educational system coupled with an enormous global class action lawsuit against the impotent FDA, and McDonalds and KFC and Monsanto, and ConAgra and Iowa Beef Packers and the Dairy Board and the National Cattlemen's Association and all the rest who cram BGH, animal feces, hunger inducers, and deadly bacteria into your frozen, liquefied, microwaveable, wax-coated, pre-browned, beef/chicken/cheese-nugget dinner, you have only you to account for.

All these pounds, all these diseases, all these complications, are reversible by sanity, sense control, and a change of diet. Eliminate dairy and all forms of flesh foods. Eat vegetables, fruits, whole grains, legumes, drink plenty of water, stay away from soda, processed foods, fast foods, and get started on a regular exercise program, no matter how simple. No one can change you, except you. Take control of your life and take it out of the hands of a food industry that simply works hard to addict you, make you eat more, and provides you with chemical laden things they call food. Read labels, eat organically grown foods as much as possible, and remember, if you can't pronounce the ingredient right away or, if man made it, don't eat it. Your life depends upon it.
Aloha!