

## Causes of Overeating

Overeating is one of the joys of many people. But for anyone who is losing weight, of course, they must control the amount of their food intake. But there are times when you accidentally eat too much food for anyone who likes to eat. Food in too much at a time to exceed the needs of the body. Therefore, we go to see the penalty of it, it is better that it will cause some negative health effects. Which I have prepared 3 impacts for the reader to be careful.

Firstly, “Stomachache”, Eating too much food can make your stomach work harder. As a result, digestion slows down. And can also cause wind or gas in the stomach, too, can also cause indigestion and cause abdominal pain as well.

Secondly, “The digestive system works hard”, If you eat too much food and more than your body needs Inevitably makes the stomach work hard The digestive system digests longer than usual. Which results in imbalance of the stomach and intestines It also makes the absorption of nutrients impossible as well. Not only The blame for eating too much food also decreases gastric motility. This makes the digestive system not working fully and easily contributes to the accumulation of fat in the body.

Lastly, “Low immunity”, The body's immune system is able to thrive during times when the stomach is not working. During that time, white blood cells will expand in size and become stronger. But if the stomach works for a long time This is caused by a slower digestive system from eating too much food. White blood cells will naturally decrease in quantity. Until causing the bad bacteria Raiders attack and attack our health easily that.

Finally, And this is the penalty for eating too much food in each meal that is needed by the body. Especially people who are in the weight loss period. The more you should reduce the amount of food. Eating food in adequate proportions is best. Because in addition to helping prevent digestive system malfunctions and then Also helps the absorption of work better And good for the metabolism Makes body weight loss easily, too.

## Effects of Excessive Fast Food Consumption

This age, this time People's lifestyles are in a rush. Eating fast food or fast food has become more and more popular, although the main reason is due to the lack of time. But there are many people who eat fast food so often that they are used to it because they are attracted to the taste. By ignoring the negative effects that will occur from eating frequently, today let's see what the penalty of fast food is.

Firstly," Effect on the digestive and cardiovascular systems", Most fast food, including drinks and sides, are loaded with carbohydrates with little to no fiber. When your digestive system breaks down these foods, the carbs are released as glucose (sugar) into your bloodstream. As a result, your blood sugar increases. Your pancreas responds to the surge in glucose by releasing insulin. Insulin transports sugar throughout your body to cells that need it for energy. But over time, these insulin spikes may cause your body's normal insulin response to falter. This increases your risk for insulin resistance, type 2 diabetes, and weight gain.

Secondly," Effect on the respiratory system", Excess calories from fast-food meals can cause weight gain. This may lead toward obesity. Obesity increases your risk for respiratory problems, including asthma and shortness of breath. The extra pounds can put pressure on your heart and lungs and symptoms may show up even with little exertion. You may notice difficulty breathing when you're walking, climbing stairs, or exercising.

Thirdly," Effect on the central nervous system", Fast food may satisfy hunger in the short term, but long-term results are less positive. People who eat fast food and processed pastries are 51 percent more likely to develop depression than people who don't eat those foods or eat very few of them.

Lastly," Effect on the reproductive system", Coming to the last point, everyone's fear of the most. One study found that processed food contains phthalates. Phthalates are chemicals that can interrupt how hormones act in your body. Exposure to high levels of these chemicals could lead to reproductive issues, including birth defects.

Finally, The advantage of fast food is that it saves time, but we do not need to save time every day. If there is no mission to rush Please try to select fresh and healthy food that provide all 5 food groups. So that you will have a healthy body and spend time with your loved ones for a long time.

