



The Origin of Overweight

By Yvonne Foss

Why is it so easy to gain weight and yet so difficult to lose it? Why is extra weight so bad for your health if it is just a store of energy? Why have no safe and effective weight-loss drugs been developed? Why is obesity higher among the rich in poor countries and among the poor in rich countries? Why is the prevalence of obesity particularly high in island nations? What can we all do immediately (whatever our size) to improve our health and prevent weight gain? The Origin of Overweight investigates the link between vitamin D and body weight. This eye-opening exploration reveals that the effect of fossil fuel emissions on ultraviolet radiation is one aspect of climate change that has been overlooked - yet it could be the main cause of the rise in obesity. It shows why a deeper understanding of biology and climate change is necessary to deal with the problem of overweight and obesity, and why our obsession with the usual suspects of food, drink, diet, and exercise is having little effect.