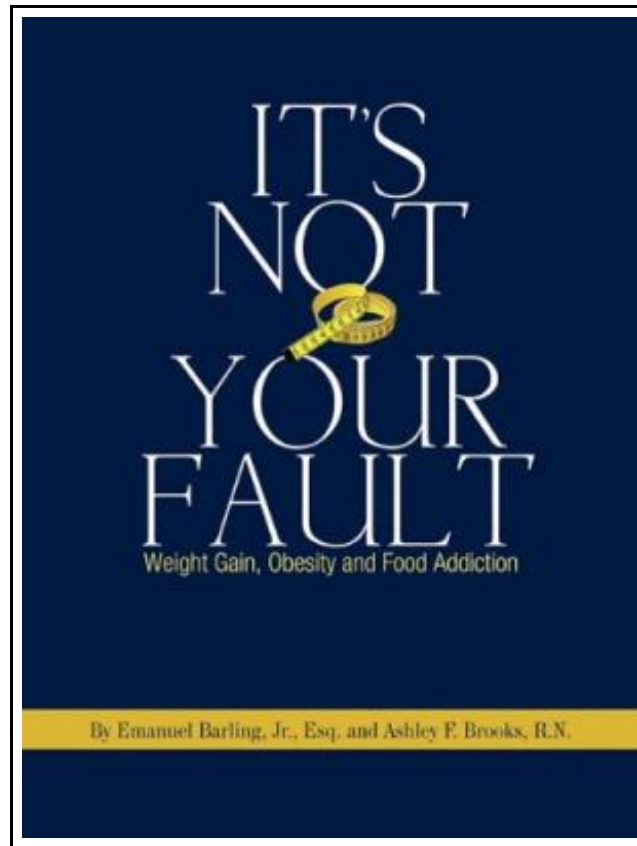


## Its Not Your Fault: Weight Gain, Obesity and Food Addiction



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*(Dr. Pat Hegmann)*

## ITS NOT YOUR FAULT: WEIGHT GAIN, OBESITY AND FOOD ADDICTION

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Outskirts Press. Paperback. Book Condition: New. Paperback. 230 pages. Dimensions: 10.8in. x 8.1in. x 0.7in. The plight of overweight and obese Americans has fostered a national debate that has poured over into television talk shows such as Oprah and the Nightly News. Oprah Winfrey devoted an entire show to the N. Y. Times Bestseller, *Women, Food and God*, asking viewers to email their comments to her web page. Our reactions to the limited theories advanced on that show are contained in the book. American obesity rates are the highest in the world. Sixty-eight percent of adults are categorized as overweight. One-third of them are diagnosed as clinically obese. There are nearly 7 million overweight and obese children in the U. S. today. Childhood obesity statistics show that obese children have a 70 chance of becoming obese adults. The percentage increases to 80 if either one or both parents is obese as well. Americans did not get fat overnight nor did some mosquito spread a deadly virus that causes obesity. Eating until becoming obese is now the leader in American addictions surpassing cigarettes and alcohol. There are tangible reasons why Americans are gaining weight, becoming obese or cannot lose it. The so-called healthy foods you're eating are making you fat and ill. The research cited in the Reference section proves that weight gain and obesity are the result of an addiction to many chemical food ingredients, the dangers of genetically modified fruits and vegetables and the damage to the human body caused by foods containing synthetic growth hormones, carcinogens and antibiotics found in factory farmed meats and dairy. We ask and answer the questions: Are you eating a lot of salads but still gaining weight Juicing and still gaining weight Drinking so-called health food shakes to lose weight without success Changing your...

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