#### WHY OBESE SHOULD LOSE WEIGHT...

(The Non-Medical Side of it)

(And Don't tell me I did not warn you ... ) DR MAC



Fact: EATING is an <u>addiction - and is</u> NO DIFFERENT from those of addiction from nicotine, cocaine and other dangerous drugs. (And this we don't all know)

## BUT, is there any **difference** between addiction from smoking, cocaine and eating?

**OF COURSE!** 

### (and smoking) (The others are not) That gives you the liberty to enjoy it, FREELY. NICE.

## **THICK FAT chest wall** can **RESTRICT** chest cage expansion And slow the removal of used air (carbon dioxide)

### Some billboards remind us to be healthy....

Others lure you to ... eat this and that, take supersize drinks, eat all you can, no rice limits, etc ...

## You and the media may not realize it yet ....

But our local MEDIA is leading us to
OVERFEEDING

+ Elevated Cholesterol + Fatty Liver Where are you in + Beginning Hypertension + Higher Blood Sugar + More Hypertension the ladder of this + Protein Leak in Urine Silent Global + Back / Joint Pains + Kidney Problem Epidemic ...? + Heart Gives Up + Eyes fail + Lungs succumb + Immune system drops + Kidneys also Fail .... Dialysis, Heart Attack, Stroke but alive

Simple Overweight

## You still call that LIFE ?

# and make us join the premature death race....

and become the future METABOLIC SYNDROME Victims without you knowing....

## Some "keep the hen (YOU) that lays the Golden eggs\*

#### (\* THE MONEY YOU PAY FOR OVER-EATING)

Please tell me this is wrong notion.

#### Sick obese receive ensaymadas and Get-Well-Soon cards from your so lfriends w -lured you to eat voraciously but ....

# don't expect them to share in your hospitalization bills!

# When OBESE patients get sick, your favorite restaurants ...

# OON<sup>2</sup> offer any health loans OON<sup>2</sup> sponsor your medicines

### DON'T subsidize your confinement.

DON'T process any request for refunds

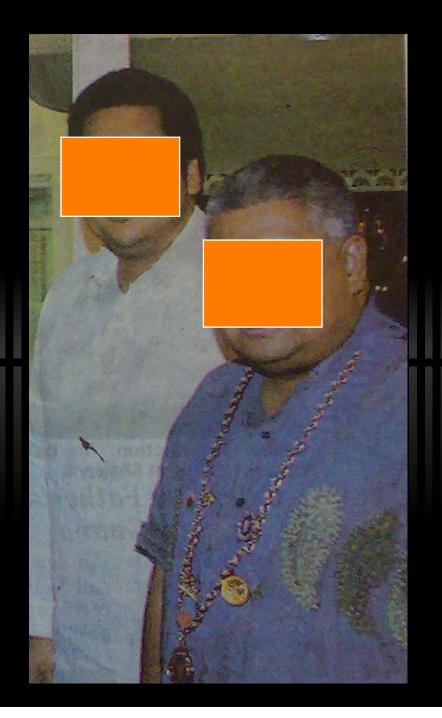
## t costs P20,000-25,000 per DAY in an ICU for critically ill patients that go into breathing failure..

They are usually obese, smokers

**v**.... So if you have ~P500,000 to spare for a 2-week ICU confinement while your breathing failed, IT IS OKAY TO EAT as if there's no more tomorrow ...

(getting home care is another story ... of course)





# Being obese during childhood may look 'cute' -

BF



From MedscapeCME Clinical Briefs

#### Obesity at 9 to 12 Years Predicts Heart Disease Risk Factors in Adolescence CME

News Author: Emma Hitt, PhD CME Author: Laurie Barclay, MD

Authors and Disclosures

CME Released: 12/07/2010; Valid for credit through 12/07/2011

When the disease starts, it is NOT easy to stop its progress ....

AND, IF you pass away at an early age, and you've got a GREAT spouse, she / he may just pack your old things ... and replace you like worn-out tires ...

Life goes on ... the lovable spouse you leave behind marries again ... the new spouse feasts on what you leave behind ....

... the home you built, the money you saved, the child you love... Including the spouse you left behind...

It's called 'LOVE' ....

# Is that what you like?

Of course, before you die from effects of gluttony, the habit will be a source of frequent '*discussions*' with your spouse some light, some not-so-light.... (some prefer to just be silent ... .and wait till you reach the 'finish line')

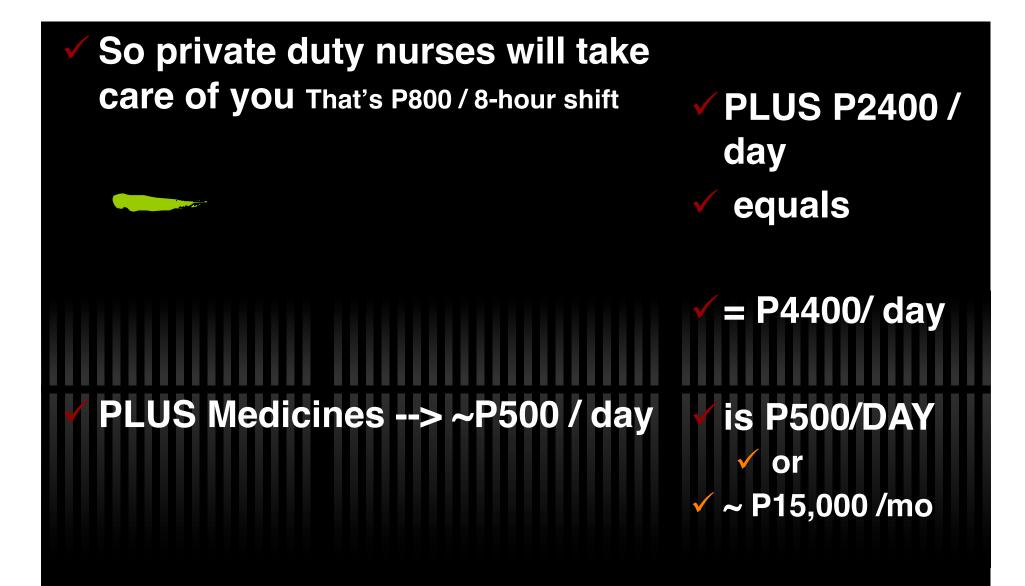
## The Other Problem after a stroke is ... if you do not die ....

Probably, you'll have a tube inserted into your nose so that you can eat ✓ That's P1000 / day ....

 And BIG Diapers for your pee and your dung ..... Another P1000/day



#### Of course, your spouse needs to work while you are sort of a dilapidated but alive creature ...



✓ But YOU ARE ALIVE...

### ✓ Don't forget suction catheters, tissue papers, gloves, MERALCO bills, etc...

 And your private nurses may enjoy Teleserye too
... aside from taking merienda from your pantry...

 (you will not know that . You're bedridden remember? And your spouse is busy working)

# By the way, young patients do not die fast.... They fight it out....

# So how long does it last?...A year? Two? Ten years?

• besity injures. **B** <u>-</u> reaks Bone too. – steem fades.... **5** - tops Self-confidence. ures vour family T - akes away ... **Y - our Life - SLOWLY but SURELY.** 

## Obesity is costly - whether home or in-flight.

Your plane ticket charge may be **doubled** if you don't fit on the seat

#### GAINING UNNECESSARY WEIGHT IS A DECISION.

Getting fit is too.



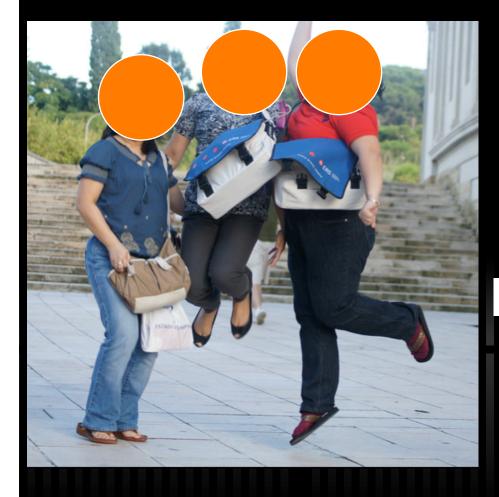


#### *Voice of* Darren Hardy, Publisher, SUCCESS Magazine June, 2011



Of all the instruments of death - cars, alcohol, guns and drugs, all combined - does not even reach a third of the total produced by the #2 Killer in US which is...

FOOD from Overeating.



# It pays to be lighter.

#### Just a thought.

http://drjunmac.synthasite.com

