



6 Reasons We're Fatter Than 30 Years Ago (It's Not Food Or Exercise)

December 22, 2015 by [Arjun Walia](#).

“If you are 40 years old now, you’d have to eat even less and exercise more than if you were a 40 year old in 1971, to prevent gaining weight.”

1. Pharmaceutical Prescription Drugs

Experts report that up to 25 percent of people who take antidepressants can expect to put on an extra 10 pounds or more. It's no secret that prescription drug use has been associated with weight gain and other unhealthy side effects. Despite the fact that governments around the world market them as completely safe, death by medicine is a 21st century epidemic. You might not know it, but prescription drugs actually kill far more people than do illegal drugs. In June 2010, a report published in the *Journal of General Internal Medicine* found that of 62 million death certificates, almost a quarter of a million deaths were labelled as having occurred in a hospital setting due to medication errors. Approximately half a million preventable medication-related adverse events occur in the U.S. every year. The latest example of this comes from an independent review that found that the commonly prescribed antidepressant drug Paxil (paroxetine) is not safe for teenagers, despite the fact that a large amount of literature already previously suggested this. The 2001 drug trial that took place, funded by GlaxoSmithKline, found that these drugs were completely safe, and used that 'science' to market Paxil as safe for teenagers. All this is because prescription drugs really aren't as safe as they are marketed to be, and alternative means for medicating oneself are not even made known to the patient or studied by most doctors. If it isn't a pharmaceutical grade, manufactured, chemical based drug, it is most often ignored. So when it comes to these prescription drugs, there is a lot more to look out for than just weight gain, and it's important to take all these factors into consideration when looking honestly at our health.

2. Chemical Exposure

Many common household products contain endocrine disruptors, some of which are structurally similar to hormones such as estrogen and therefore can affect a person's normal bodily functions. Examples include bisphenol-A (BPA), PCBs, phthalates, triclosan, agricultural pesticides, and fire retardants. Research also suggests that antibiotic-ridden meat has the same weight gaining effect on humans who consume it as it does on animals. Billions of pounds of chemicals are sprayed in the United States alone every single year. Recent studies have shown how several of these chemicals, like Glyphosate (active ingredient in Monsanto's RoundUp Herbicide), are detrimental to human health, so it comes as no surprise that they could be considered a factor for weight gain.

3. Altered Gut Environment

It's known that certain bacteria living in the gut do have an impact on weight gain and obesity. The study argues that because our meat consumption is much higher today than it was just a few decades ago, we could be unwittingly

altering the environment of our guts. This seems like a fair assertion given the fact that many of these animal products are pumped full of hormones, antibiotics, and steroids. Another factor mentioned in the study was our increased consumption of artificial sweeteners and refined, processed foods in recent years. Artificial sweeteners have been shown to stimulate the appetite, increase cravings for carbs, and stimulate fat storage and weight gain. They trick our brains into thinking they're receiving sugar, and when no sugar arrives, the brain signals that it needs carbs — hence a weight gain promoting cycle ensues. Mentioned throughout the study is the reality that human lifestyle isn't what it used to be. Previously, we were much more active, spent more time outdoors, and were surrounded by far more green space. Today, most of us spend the bulk of our time sitting still at work and in front of the T.V. screen after work. Unfortunately, obesity has become a major niche for various weight loss products, even though a healthy diet and adequate exercise, along with avoiding chemicals, should be enough to keep our weight down. I also believe we eat too much and that this is not natural for our biological systems. I feel this is evinced most strongly in studies which examine the benefits of caloric restriction. All of them show a prolonged lifespan and the retardation of age-related chronic diseases in a variety of species including rats, fish, flies, worms, and yeast. I believe this is also evident by all of the science that's now emerging showing what intermittent fasting does to the human brain and body.

4. Dehydration

Did you know that drinking two 8-ounce glasses of water before breakfast, lunch, and dinner, while also cutting back on portions, will help you lose weight and keep it off for at least a year? Did you know that over the course of one year, a person who increases water consumption by 1.5 litres a day can burn an extra 17,400 calories? Did you know that drinking cool water can speed up your metabolism? Or that feelings of hunger are often the result of dehydration rather than a need for calories?

5. Junk Food Marketing

Have you ever stopped and asked yourself, "Are my thoughts really my own, or are they given to me?" I certainly have, particularly when it comes to certain perceived 'wants' and 'needs' that I feel. Most of these desires are the result of being subjected to heavy marketing by big corporations. Food corporations are of no exception, and it's no secret that kids are the primary target for junk food marketing.

6. What YOU Can Do

- Avoid foods that contain harmful chemical preservatives, hormones, or pesticides
- Stay away from processed foods
- Buy whole, organic foods and cook from scratch
- Healthy fats are essential. Sources of healthy fats to add to your diet include **avocados, coconuts and coconut oil, unheated organic nut oils, and raw nuts and seeds.**
- Exercise
- Eat until satisfied, not stuffed

Bottom line, in my opinion and based on my own experience, the best way to maintain a healthy weight is through a good diet and a decent amount of exercise, along with the avoidance of all types of junk food containing chemicals and additives. Easier said than done, I know, as some of these foods are made to be addicting, and in fact, sugar cravings aren't that much different from a heavy cocaine or heroin addiction. Although breaking some of these habits goes beyond willpower alone, I still believe, if there is a will there is a way. It's your choice, and in a world where it's becoming increasingly difficult to stay healthy, becoming aware of our surrounding environment and what we are doing to ourselves is of utmost importance.