

Best Daily Diabetic Log: Overeaters Anonymous Record Keeping



Introduction Obesity is going to destroy the United States. This all could be prevented if we would turn the clock back to eating only free range meat and more fruit and vegetables with a minimum of artificial stimulants and antibiotics to hasten their growth. We must alter our lifestyles or be doomed to our own self centered greed and unhealthy consumption.

Obesity epidemic in the United States. As this epidemic grows ever more acute, we react with horror when we discover whom it has reached next and how badly it is affecting them. The latest casualty in obesity's long march to the slack shores of complete debility are teenagers. And you'll be surprised to learn that it the fairer sex suffer worse effects. A study found that obesity heightens blood pressure more in teen girls than teen boys, putting teen girls at higher risk for heart disease and stroke, reports an October 16, 2011 article at The State Column. Some 1,700 teens participated in the study. They had their blood pressure and body mass index (BMI) measured at regular intervals. At the study completion the data led researchers to the following troubling insights: Obesity places girls at 3 times the risk faced by boys for high blood pressure; Obese boys found themselves at 3 1/2 times higher a risk for elevated systolic blood pressure than that faced by their non-obese peers; Obese girls found themselves at 9 times higher a risk for elevated systolic blood pressure that that faced by their non-obese peers. The obesity crisis confronting the U.S. is potentially catastrophic, because it far outstrips similar crises confronting other developed nations. The State Column article offers a sense of the scale and the scope of the impending disaster. The subject of junk food. You can have yourself a treat from time to time. What does life mean if you cant enjoy a candy bar or an ice cream cone every now and then. We still have our childhood with us and it will

be with us until we die. Keeping records in this log book: Best Daily Diabetic Log might extend your life. You might say one day after you reach 100 years old, thank you Therlee for extending my life by creating this book for me to keep a log on my daily routine and habits; I hope that statement comes true to everyone who purchase my log book. Therlee Gipson (the author)

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