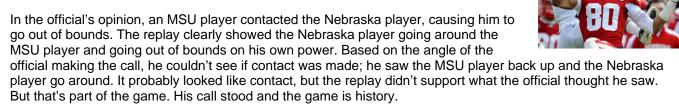


November 10, 2015 - Grand Rapids, MI

The Cause of Obesity: The Wrong Call

Three weeks ago, I wrote about the improbable finish to the game between Michigan State and Michigan; the point was that nothing is over until it's over. Hard to believe that 21 days later, a similar finish went the other way for the Spartans. There was one big difference: the final score was aided by the wrong judgment call by an official. Would it have changed the outcome of the game? Hard to say because Nebraska was on a roll. But a judgment call determined the outcome.



If I were to ask you whether fast food was one of the causes of obesity in the U.S., you would undoubtedly say yes. As fast-food restaurants increased, so did the rate of obesity. High fat. Highly refined carbohydrates. Cheap. Just like the play in the game, that's a judgment call because it just seems so obvious. But is it the correct call? We'll take a look at a new study this week.

What are you prepared to do today?

Dr. Chet



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