



November 12, 2015 – Grand Rapids, MI

The Cause of Obesity: The Beliefs

Fried food. Refined carbohydrates. Soft drinks. High fructose corn syrup. All of these have been independently examined and implicated in causing the obesity epidemic and associated conditions such as cardiovascular disease and type 2 diabetes.

Just last week, Dr. Robert Lustig and his research group published a study on children and sugar intake. The researchers lowered the sugars in the diet to 10%; they continually adjusted the kids' food intake to give them the same number of calories but with starchy carbohydrates such as pizza, baked potato chips, and other starchy processed foods. The researchers found improvement in factors associated with type 2 diabetes in just nine days. This supported Dr. Lustig's belief that sugar is the cause of health problems and obesity.



If I were to ask you if the types of foods offered in fast-food restaurants caused obesity, I would wager that you would say yes. In fact, I think you would be quite vocal in your belief of that cause of obesity. How about sugary drinks such as soft drinks with high-fructose corn syrup? I don't think there's any question that you would jump on that one as well. But are they correct beliefs or are they the wrong call? Are we seeing everything clearly?

Unlike last Saturday's game, there's a replay that may modify our beliefs or at least lead us to examine whether what we believe is true. I'll cover that in Saturday's message.

What are you prepared to do today?

Dr. Chet

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