

Fat peoples

I do wonder how many of the people have ever had a serious weight problem, or any kind of personal problem. I have struggled with my weight since I was a child, losing weight and gaining it back. There are numerous reasons why people are overweight and the solution, in the long term, isn't a simple as eat less and do more. It is not just a matter of will power. Ridiculing and judging fat people, as proposed by some commentators, only makes them miserable. So not only does one loathe oneself but then have to suffer the disgust of strangers. Self-esteem lowers even more only exacerbating the problem. I think improving self-image (whilst still not being society's ideal body shape) can only help with long-term weight loss. The difference between us fatties and, say, alcoholics is that the public can immediately see what our issue is. I wonder whether the same ridicule thrown at us would ever be aimed at anorexics...the same argument would be that all they have to do is eat, simple! We all know however that it is not that simple. New evidence is frequently showing that regulating one's weight is not easy and not simple.

As for the argument that we cost the NHS so much more money than 'normal' people, well I'm sure it balances out because the sporty are more likely to have accidents and the fit and healthy live longer and so cost more in care for the elderly. I have no evidence to back me up on this one though...

About the Author

[Weight loss](#)

related keywords:

prescription weight loss

water weight loss

herbal weight loss pills

running for weight loss

exercise for weight loss

exercise and weight loss

free weight loss programs

office weight loss

Source: <http://productsherbal.com>