

It is not uncommon to see multiple members of the same family having problems with obesity. Typically this is due to the same poor eating habits being shared by all family members.

High fat and high carbohydrate food products and beverages are ubiquitous in our society. They are so effectively marketed on television and in our grocery stores, that many people cannot imagine a diet without them. As a result, whole families regularly consume them and over time, obesity is a natural consequence.

Not long ago, science discovered that a small percentage of us have a genetic abnormality that can lead to a predisposition to obesity. Since the number of people who suffer from obesity is far greater than the number of people who have this genetic abnormality, it cannot be assumed that most cases of obesity are caused by this gene.

Still, there are some that do have this genetic abnormality. For them, it is more difficult to lose weight. Those that have two copies of the gene, one from the mother and one from the father, are 70% more likely to be obese than those without this trait.

Many health conditions, from cancer to heart disease, have a genetic link. What is important to realize, however, is that just because there may be a genetic predisposition, doesn't mean that the related condition is inevitable. Nearly all conditions that are linked to an abnormal gene can be avoided.

Current research demonstrates that this is true even for the "obesity" gene. In a recent study, individuals who are genetically susceptible to developing obesity could reverse this tendency with exercise. Once again, proper eating habits and exercise have been proven to be the only tried and true method of preventing and over-coming obesity.

To read my previous articles visit www.lifetouchclinics.com.