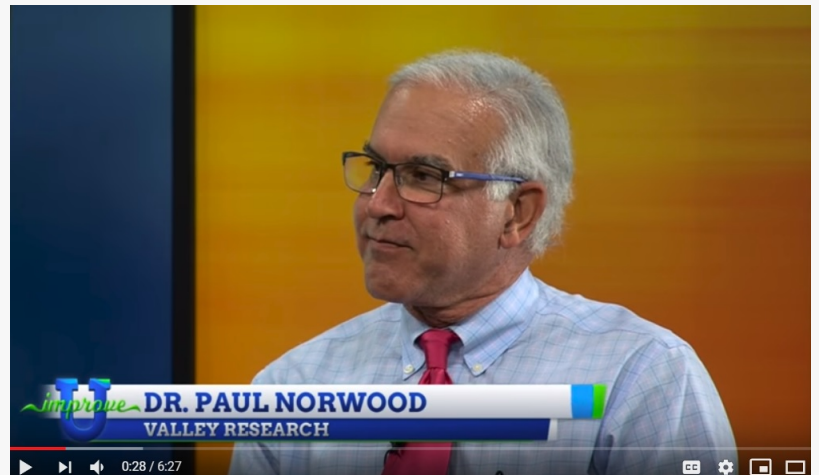


Researcher and medical doctor Paul Norwood publishes reminder that Healthy Weight is fundamental for overall Health

Being overweight or underweight, a physical exam may be good starting point for reaching a healthy weight, suggests Dr. Paul Norwood in his new article.

FRESNO, CALIFORNIA, UNITED STATES, January 17, 2019 /EINPresswire.com/ -- Medical doctor and researcher [Paul Norwood, MD](#) has published an informational article on managing a healthy weight. The complete article will be published on the Blog of Dr. Norwood at <https://PaulNorwoodMD.blogspot.com/>



Dr Paul Norwood on Improve U Program, Fresno, California

Maintaining a healthy weight appears so fundamental that it should not require much discussion. The statistics tell a different picture.

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In either case, being overweight or underweight, a physical exam may be good starting point for reaching a healthy weight. In fact, your doctor may identify conditions that affect your weight ...”

Dr. Paul Norwood, Valley Endocrine Clinic, endocrinology

Let us start with overweight. Obesity rates in the United States are the highest in the world. An estimated 160 million Americans are either obese or overweight. Nearly three-quarters of American men and more than 60% of women are obese or overweight.

The sad statistics go on and on. Obesity is a major health issue, resulting in increased risk of certain types of cancer, coronary artery disease, type 2 diabetes, and stroke. Obesity is a contributing factor to approximately 100,000–400,000 deaths in the United States per year, costing society an estimated \$117 billion in direct (preventive, diagnostic, and treatment services related to

weight) and indirect (absenteeism, loss of future earnings due to premature death) costs. "Obesity in the United States," see https://en.wikipedia.org/wiki/Obesity_in_the_United_States

Let me stop here. These statistics alone should convince you that maintaining a health weight is absolutely fundamental. However, trying to lose or gain weight via unhealthy practices is not uncommon. Both men and women alike will resort to meal skipping, fasting, and smoking to reduce appetite and consuming stimulants such as caffeine, prescription drugs and energy drinks to replace actual food. Other more damaging methods include taking diet pills, laxatives, diuretics or purging. Unhealthy dietary practices cause weight regain after a period of time. People who indulge in these may also show signs of depression or develop eating disorders.

Healthy weight gain or loss may be challenging and can take a long time. But instead of following extreme diet plans for a few weeks, it is infinitely better to develop a lifestyle that automatically supports and helps you maintain a healthy weight.

I saw the statistics, but is a healthy weight really important?

Maintaining a healthy weight is important because it helps prevent many diseases and conditions that may otherwise find their way into your life if you were overweight or underweight. Being overweight or obese puts you at a higher risk of developing serious health problems such as heart diseases, high blood pressure, type II diabetes, gallstones, breathing problems and even certain cancers.



Dr Paul Norwood in Fresno California



Dr Paul Norwood in Fresno California

Being underweight as well comes with its own set of problems (more about that below). These include anemia, osteoporosis, decreased immune function, fertility issues and growth and development issues in children and teenagers. If you are underweight, then you are more like to suffer from additional complications in case of surgery as well.

Balance of taking in calories and spending calories

The key to maintaining a healthy weight is balancing the amount of energy you consume and the amount you of energy you spend carrying out daily tasks. If your calorie intake is the same as the number of calories spent, then there is a balance of energy and your weight will stay the same.

If your calorie intake surpasses the amount of calories you spend, the result is weight gain. If the opposite happens, the result is weight loss.

Healthy weight loss instead of see-saw dieting

Some pointers for managing a healthy weight loss are:

- * Exercise. Indulging in physical activity on a regular basis will help burn the extra calories you consume. It also builds muscle, which is equally healthy. Walking instead of using the car or public transport wherever possible and cycling to work or school are great ways to increase your daily level of activity. If you want to burn more calories, you can also join a gym and workout. This will help build your muscles. More muscle mass means more calories get burnt even when you are not exercising.

- * Spend less time in front of screens. People who watch a lot of television, play video games or spend an excessive amount of time on their phones, tablets, or computers are more likely to be overweight. Use this time more constructively and get an adequate amount of sleep as well.



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Valley Endocrine Research

- * Don't skip breakfast. A lot of people have a habit of skipping breakfast in the morning. This is detrimental to your health as breakfast gets your metabolism going and burns calories to give you the energy you need. People who skip breakfast are likely to feel hungrier later. They end up consuming a larger portion of calories than they originally would have if they had breakfast.
- * Eat more fruits and vegetables. These contain fiber and will serve to be more fulfilling by decreasing your desire to overeat.
- * Avoid sugary drinks such as juice drinks, energy drinks and sodas. They are empty calories that only add to your obesity. Go for water or low-fat milk instead.

In case you are planning to start a more vigorous exercise program, then do consult a doctor, especially if you bear health concerns like shortness of breath, dizziness, chest pain or pressure, an irregular heartbeat, blood clots, hernia, or joint swelling

Now more about the opposite case: Healthy Weight Gain

While most people struggle with overweight, being underweight can also be adverse to your health. Besides serious illnesses that may result in weight loss, being underweight is also a result of medication that suppresses your appetite, excessive exercise, excessive stress, and enzyme deficiencies.

If you are underweight, then you should try to gain weight gradually until you reach a healthy weight. Some pointers for managing a healthy weight gain include:

- * Eat healthy. If you're trying to gain weight, then eat foods that are high in energy content. Start with a good breakfast. Consider having porridge made with full-fat milk and chopped fruits or raisins to give your day a healthy boost. Eggs on toast are also a good option. For snacks, milkshakes are an ideal choice. You can also add milk powder to them for extra protein.
- * Include more fruits and vegetables in your diet. Like with weight loss, you should have at least 5 portions of fruits and vegetables every day.
- * Increase your protein intake. Have beans, pulses, fish, eggs and meat.
- * Drink plenty of water but avoid fluids just before meals in case you feel too full to eat later.
- * Have more dairy products. If you're a vegan or vegetarian, then dairy alternatives such as soya drinks and yogurts also work.
- * Avoid foods that are full of saturated fat and sugar such as chocolate, cakes and sugary beverages. These may be high in calories but result in unhealthy weight gain by increasing body fat instead of lean body mass. They also increase the risk of developing high levels of cholesterol in your blood.
- * You can also get more calories in your meals by topping them with cheese, nuts and seeds.
- * Exercise. This strenuous activity will not only increase muscle mass and add weight to your body but will also increase your appetite and calorie intake.

If you are unable to gain weight, it is advisable to consult a doctor for a medical checkup and ensure there is no serious underlying medical cause. Your doctor may test you for Diabetes

mellitus, HIV/AIDS, enzyme deficiencies, Tuberculosis, malignancies, an overactive thyroid gland, cystic fibrosis or any other physical condition that could be hampering weight gain.

In either case, being overweight or underweight, a physical exam may be good starting point for reaching a healthy weight. Not only can your doctor diagnose conditions that may affect your weight, he/she may have some advice how you can reach your healthy weight goal better and faster.

About Paul Norwood, MD

[Dr Paul Norwood](#) leads the team at Valley Endocrine in Fresno, California. Valued by his community for his caring and kind personality as well as his skills as a physician, [Dr. Paul Norwood](#) is also respected nationwide for his expertise as an endocrinologist. In 1993, Dr. Norwood founded Valley Endocrine Clinic, which specializes in endocrinology, diabetes and metabolism, as well as Valley Research, which does clinical trials.

Video: Dr. Paul Norwood M.D. of Valley Research discusses treatments and medicine to treat conditions like diabetes, chronic migraines, <https://www.youtube.com/watch?v=-Ueoj-gOs5M>

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