

[IMAGE]

Cancer Loves Obesity

By Editorial Staff

Let's start with a few depressing realities: Americans are getting fatter. According to the Centers for Disease Control, obesity among American adults has continued to rise over the past decade. What we eat isn't the only cause, but it's definitely a major factor. Despite the growing popularity of whole foods, plant foods and healthy eating in some circles, the majority of people continue to eat whatever the mainstream food industry puts in front of them. Unfortunately, processed, sugary, high-carb, low-nutrition meals, snacks, desserts and everything in between continue to be front and center on store shelves, TV commercials and fast-food establishments on every corner.

The result: widespread obesity, which can lead to a multitude of health issues, including the dreaded C word: *cancer*. In fact, obesity elevates the risk of suffering from a wide range of cancers ... and the list is growing. According to the World Cancer Research Fund, "a pioneer in research and health information on the link between food, nutrition, physical activity and the prevention of cancer" for nearly three decades, 12 cancers are now associated with being overweight or obese. If 12 isn't frightening enough, consider that it's five more than were included in the last report only a decade ago.

obesity - Copyright â Stock Photo / Register Mark If you think the cancers associated with weight are obscure, or only affect one gender vs. the other, think again: we're talking liver, pancreatic, prostate, gallbladder, ovarian, breast, kidney, stomach, colorectal and more. (For the complete list, [click here](#).)

If there's good news, it's that by keeping your weight in the healthy range, you can also reduce your risk of suffering from cancer. Now that's a significant win-win for your health and wellness! If you're struggling to lose weight or are starting to gain more than you're comfortable with, ask your doctor for help designing an exercise, nutrition and lifestyle plan that's right for you.

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