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increasingly overweight society, it's time to buckle down and get serious about getting healthy. Ketones are great for burning fat naturally.

(Newswire.net -- April 30, 2018) Cheyenne, Wyoming -- At the rate at which America is going with regards to the rise of obesity, the Organization for Economic Corporation and Development projects that almost 50% of all Americans aged 15 and over will be classified as obese by the year 2030. It's a rather sad future for the greatest nation on earth if this were to become a reality but data shows that things are really on course to this daunting fate.

"Updated August 31, 2017: According to the most recent data, adult obesity rates now exceed 35 percent in five states, 30 percent in 25 states, and 25 percent in 46 states," discloses The State of Obesity, an advocacy group campaigning under the slogan Better Policies for a Healthier America. "West Virginia has the highest adult obesity rate at 37.7 percent and Colorado has the lowest at 22.3 percent. The adult obesity rate decreased in Kansas between 2015 and 2016, increased in Colorado, Minnesota, Washington, and West Virginia, and remained stable in the rest of states."

Obesity affects everyone in one way or another, most directly is its effect on the healthcare system. The strain on resources are astronomical as obesity-related diseases are far reaching and a large chunk of the national health budget is committed to addressing such issues that could have been avoided by simply adapting better eating habits and lifestyles.

"On current trends, 2.7 billion adults worldwide will suffer from overweight and obesity by 2025," states the World Obesity Federation. "Untreated, obesity is responsible for a significant proportion of non-communicable diseases (NCDs) including heart disease, diabetes, liver disease and many types of cancer. If we don’t take urgent action to treat or prevent obesity, the annual global medical bill for treating the consequences of obesity is expected to reach US$1.2 trillion per year by 2025."

Now, all these predications can be circumvented if collective changes in the right direction are made with a sense of urgency and fervor. The best dietary plan for obesity is felt by many to be high protein/low carb such as the ketogenic diet. The body's own fat cells are broken down to replace the primary energy source, glucose typically derived from carbs.

“Different methods for reducing weight using reduced calorie and fat intake combined with exercise have failed to show sustained long-term effects,” explains the U.S. National Library of Medicine research paper entitled Long-term effects of a ketogenic diet in obese patients. "Recent studies from various laboratories, including our own, have shown that a high fat diet rich in polyunsaturated fatty acids (ketogenic diet) is quite effective in reducing body weight and the risk factors for various chronic diseases. The present study shows the beneficial effects of a long-term ketogenic diet."

Ketosis, the process on which the ketogenic diet hinges upon, could be the saving grace for a nation. While changing eating habits may take some time, there are exogenous ketones such the HealthyWiser™ KetoFast™ Supplement Powder to help guide the body through this transitional phase and continue to support it afterwards by enhancing nutrient absorption and fortifying brain health.
About HealthyWiser LLC

HealthyWiser™ is a recognized and flourishing personal health and premium supplements brand offering products that are diligently tested to meet industry standards. Passionate about good health and innovation the HealthyWiser™ brand is committed to delivering quality to customers. Learn more about KetoFast™ Supplement Powder on Amazon.

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