



WEIGHT ★ NO ★ MORE DIET CENTERSM



www.weightnomoredietcenter.com

Brick 732.903.7700	Marlboro 732.536.2027	Oakhurst 732.663.0222	Brooklyn 718.998.8898	Cedarhurst 516.569.6400
-------------------------------------	--	--	--	--

YOUR CHILDREN ARE WHAT YOU EAT. DON'T GIVE YOUR KIDS OBESITY!

Most parents are dedicated to their child's oral, visual and physical well-being and diligently schedule their children for regular check-ups at the dentist, eye doctor and pediatrician. Why is it, then, that many of those same parents do not put the same emphasis on a child's eating habits? After all, what kids eat does *greatly* effect their oral, visual, physical and emotional well-being over the course of their lives. Why do so many parents refuse to notice that a child is overweight? Why do they believe that a child 'just has baby fat' that will 'balance out' as their child gets taller? Here's why.

To bring a child to a medical professional is to rely on the efforts and expertise of someone else. There's little effort or thinking involved—namely, we pay a fee; they provide a service. To acknowledge that a child is fat is to acknowledge that the parent is at fault for their child's physical condition. To have to instill good eating habits in a child is, for most parents, to acknowledge that they themselves do not practice good, healthy eating habits and to change their own bad habits requires more effort than they care to put forth. To honestly acknowledge that 'baby fat' is just not applicable to an adolescent or teenager is to acknowledge their guilt at not having done everything within their ability to prevent it thus far in their child's life. Parents do not want to acknowledge how their child's physical appearance effects their child emotionally and psychologically. Parents never set out to purposely hurt their children, and yet we know that parents often do just that. Parents who do not make it a priority to instill good eating habits in their children must come to terms with the fact their children will most probably be overweight, unhappy adults who will most often go on to continue the cycle within their own families.

Rejection because of body size is real ... it hurts ... and it lasts a lifetime. The stigma of rejection that your child feels NEVER goes away. But, there's another victim of your overweight child—you! No matter how cruel, unfair or misplaced the blame may be, parents of overweight children are judged harshly (albeit in quiet whispers) by their friends, neighbors and relatives. People see your child's weight problem as evidence of your inattention to your child's dietary needs and health. Like it or not, true or not, others blame you for feeding your child too much, for condoning an inactive life style, for letting your child sit in front of the TV for too long, for having never-ending bags of potato chips in the house, etc.

The health ramifications for overweight children are significant: The number of overweight and obese children who take medications for chronic diseases has jumped dramatically. Doctors see greater increases in prescriptions for high cholesterol, high blood pressure and hypertension. And, remember when Type 2 diabetes was known as "adult-onset?" Well that's changing too. Kids as young as 5 years old are being treated with prescription diabetes drugs. If all that isn't enough, most of the increases in drugs for diabetes was seen in overweight and obese girls—a contributing factor to more overweight and obese girls having erratic menstrual cycles, leading to hormonal disturbances, more diagnoses of PCOS, which itself leads to a whole slew of medical issues, including infertility problems. Additionally, let's not forget the mental ramifications of being overweight. There is also an increase in prescription drugs for depression amongst overweight and obese girls.

All parents want their kids to be resourceful, to be able to find within themselves the strength they need to meet life's challenges, and to be able to ask for help from others when they need it. To set a good example for them, parents

need to be able to do this in our own lives—maybe not perfectly and maybe not with great success first time every time, but enough so that their children learn to tap their inner strengths for the challenges they are sure to encounter. If you are an overweight parent you must find the strength within yourself to deal with that reality and to face the challenge of a healthy lifestyle change for yourself and, more importantly, for your children. YOU are responsible for the proper mental programming of your children to give them the best opportunity to grow to be mentally healthy, socially acceptable, happy, secure and confident adults.

Would you *give* your children cancer? Absolutely not. Would you *give* your children diabetes? No. Would you *give* your children heart disease, hypertension, high cholesterol? No, no, of course no. Well, obesity is a contributing cause of all those medical issues so ... don't GIVE your children obesity.