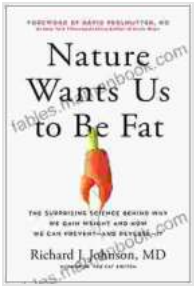
Nature Wants Us To Be Fat: The Evolutionary Case for Obesity

Obesity is a major public health problem, but it may not be as simple as we think. New research suggests that obesity may be an evolutionary adaptation that helped our ancestors survive.



Nature Wants Us to Be Fat: The Surprising Science Behind Why We Gain Weight and How We Can Prevent--and Reverse--It by Richard J. Johnson

4.6 out of 5

Language	: English
File size	: 3616 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 286 pages

For most of human history, food was scarce. Our ancestors had to eat whenever they could, and they often had to go long periods of time without eating. As a result, our bodies evolved to store fat as a way to survive these periods of famine.

In modern times, food is much more plentiful. We can eat whenever we want, and we rarely have to go hungry. As a result, our bodies are still

storing fat as if we were living in a time of famine. This is leading to an epidemic of obesity.

There is a growing body of evidence to support the evolutionary case for obesity. For example, one study found that people who have a gene that is associated with obesity are more likely to survive famines.

Another study found that people who are overweight or obese are more likely to have children who survive to adulthood. This suggests that obesity may have been an advantage in the past, even if it is a disadvantage today.

Of course, obesity is not a healthy condition. It can lead to a number of serious health problems, including heart disease, diabetes, and cancer.

But it is important to remember that obesity is not a simple problem. It is a complex condition that is influenced by a number of factors, including our genes, our environment, and our behavior.

If we want to find a solution to the obesity epidemic, we need to understand the evolutionary roots of this condition. Only then can we develop effective strategies to prevent and treat obesity.

The Paleo Diet

One popular diet that is based on the evolutionary case for obesity is the Paleo Diet. The Paleo Diet is based on the idea that we should eat the same foods that our ancestors ate during the Paleolithic era.

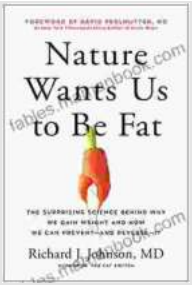
The Paleo Diet is high in protein and fat, and it is low in carbohydrates. It includes foods such as meat, fish, eggs, vegetables, and fruits.

There is some evidence to suggest that the Paleo Diet may be effective for weight loss. However, it is important to note that the Paleo Diet is not a magic bullet. It is a healthy diet, but it is not the only healthy diet.

If you are considering trying the Paleo Diet, it is important to talk to your doctor first. The Paleo Diet is not right for everyone, and it can be harmful if it is not followed correctly.

The evolutionary case for obesity is a complex and controversial issue. There is no doubt that obesity is a serious health problem, but it is important to remember that it is not a simple problem.

If we want to find a solution to the obesity epidemic, we need to understand the evolutionary roots of this condition. Only then can we develop effective strategies to prevent and treat obesity.



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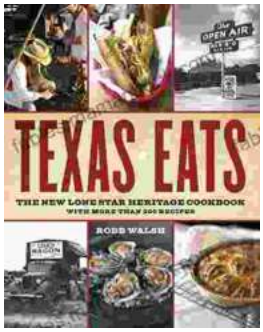

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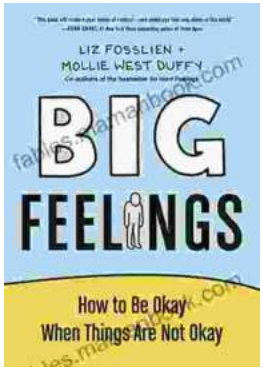

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