The Biochemical Background of OBESITY

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Obesity is our most underrated national disease insofar as the individual sufferer is concerned, the cosmetic effect being the primary consideration. To the doctor, obesity takes on an entirely different aspect, since he realizes that overweight represents a very real health problem. He *should,* if he does not, realize that there is a very definite biochemical background to the cause of obesity—a concept of much greater magnitude than the usual "total calorie" idea which he is taught to believe.

High protein diets

The biochemical background of obesity begins with the chain reactions which convert food nutrients to different forms in the body. For example, proteins go through the chain reaction by the process of digestion which converts them to amino acids for absorption, then reconverts them into tissue proteins in the body. This happens normally if the *complete* amino acid pattern is present. The obese person who is on a "high protein" diet should take note of this fact and realize that unless it is a "complete protein" the calorie excess may be just as severe as if he were consuming the equivalent amounts of incomplete carbohydrates. In fact, the end result of incomplete high protein diets may be even worse than that of incomplete carbohydrate diets, since the end products of the metabolism of incomplete proteins cause a kidney overload because of the preponderance of metabolic wastes on such a diet. A variety of protein food in the diet, composed of either animal or vegetable sources, is your best assurance of completing the protein pattern.

Carbohydrates and obesity

Natural carbohydrates — sugar cane, whole wheat, brown rice and whole, unpeeled potato sources, for example — contain the vitamins and minerals required for their metabolism. They are normally "burned up" as energy. On the other hand, incomplete carbohydrates—those from which vitamins and minerals which occur naturally have been removed by refining—are deposited in the body as depot fat, accumulating as incombustible fat in the tissues. A good example of the complete metabolism of carbohydrates is seen in the South Pacific islander who exists on a very high carbohydrate diet, yet, since the carbohydrates are from natural sources and therefore complete, has no obesity problem.

Fats and obesity

Fats are listed in medical books as the most concentrated source of energy. The fact they are fats does not necessarily mean that they "make fats" in the body. We must realize that fats also go through the chain reaction process and are converted by digestion into fatty acids and glycerol before they are absorbed. A recent book entitled *Eat Fats and Grow Slim,* by Dr. Richard MacKarness *(published by Doubleday & Co., N.Y.),* shows that a high fat (natural fat) diet is effective in weight reduction. This is certainly not true of synthetic fats. These are incomplete and lack the phospholipids which are necessary for their metabolism. The Eskimo, living on a high natural fat and protein diet, does not suffer from obesity.

Disease of civilization

To find obesity, we must go to the civilized races where incomplete foods are an integral part of their eating habits. This disease does not exist in primitive races eating natural foods. We know also that the diseases of civilized man—cancer, diabetes, hardening of the arteries, tooth decay and many others—are practically nonexistent among the races living on natural foods. What is the answer?

The dilemma

How is the average obese person going to avoid incomplete foods, the major cause of obesity, in this day of refined sugars, white flour products, protein obtained from cattle doped with hormones and tranquilizers, rancid oils filtered to chemical purity, then "blown" into solid form by hydrogenation? Where can the sufferer of "incomplete food units which disrupt the chain reactions" turn for nourishment?

Raw food for obesity

Virtually the only reliable source of complete food complexes today is found in raw foods. Raw apples, potatoes, vegetables, fruits, raw meats, eggs, unpasteurized raw milk, cream and butter—all are foods which, under present-day circumstances are as complete as it is possible to obtain. If obesity were attacked from the basis of *raw foods,* not only would the problem be obliterated, but the condition of our nation would improve to the point where we, instead of being the sickest nation on earth, would be the healthiest. ◆