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## **Naturopathic Health Tips For 3 Common Obesity-Related Diseases**



It is a well-known fact that obesity may cause various health conditions. Here are some tips on how you can address 3 of the most common obesity-related diseases. Read on to find out.

## **1. Diabetes type II**

In case you are wondering how diabetes comes about for people who are obese, here's an explanation from MedicineNet:

*"Being overweight stresses the insides of individual cells. Specifically, overeating stresses the membranous network inside of cells called endoplasmic reticulum (ER). When the ER has more nutrients to process than it can handle, it sends out an alarm signal telling the cell to dampen down the insulin receptors on the cell surface. This translates to insulin resistance and to persistently high concentrations of the sugar glucose in the blood – one of the sure signs of diabetes."*

Source: [MedicineNet.com](http://MedicineNet.com)

Tip: Lose weight naturally. With a naturopathic weight loss program, natural supplements, healthy diet, and lifestyle modifications can help you achieve and maintain your ideal weight. More info on [detoxification and weight loss program](#) offered at our Toronto wellness center here.

## **2. Hypertension**

Hypertension or high blood pressure is one of the most common health conditions nowadays. Here are some alarming facts to prove this point:

*"Obesity and hypertension (high blood pressure) are intimately connected. There are 58 to 65 million adults who have hypertension in the United States, and people with obesity are more likely to have hypertension."*

Source: [Obesity Action Coalition](#)

Tip: Reduce salt intake. More explanation is found at The American Association of Naturopathic Physicians website:

*"Reduce salt– Too much salt in the diet causes the body to retain water, which raises blood pressure. About one-third of people with hypertension are salt sensitive and will see a reduction in blood pressure when they reduce their salt intake. Salt (or sodium) is found in most processed foods, especially soups, sauces, cheese and chips – all nutrition labels indicate sodium amounts. People with high blood pressure should limit their daily intake of sodium to less than 1500 mg per day (the average American consumes 3300-4200 mg daily)."*

More tips here: [AANP](#)

### **3. Osteoarthritis**

If you're wondering what does extra weight have to do with Osteoarthritis, Susan Bartlett, Ph.D., an Associate Professor of Medicine of the Johns Hopkins University, offered this information:

*"Osteoarthritis is the most common joint disorder with symptoms in the hands, knees, hips, back, and neck. It is unclear exactly how excess weight influences OA. Clearly, being overweight increases the load placed on the joints such as the knee, which increases stress and could possibly hasten the breakdown of cartilage. For example, it is estimated that a force of nearly three to six times one's body weight is exerted across the knee while walking; an increase in body weight increases the force by this amount. However, overweight has also been associated with higher rates of hand OA in some studies suggesting the involvement of a circulating systemic factor as well."*

Original source found [here](#).

Tip: You may not realize it but eating a balanced, healthy meal can make a huge difference in alleviating osteoarthritis.

*"Studies show that a variety of nutrients may help ease arthritis symptoms. Foods rich in vitamin C, especially fruits and vegetables, may help. Omega-3 fatty acids, found in fish and fish oil, may also help relieve pain. Experts say it's best to focus on healthy foods rather than on single nutrients. You can get all the nutrients you need simply by following a balanced diet. Make sure your menu includes plenty of fruits and vegetables, whole grains, low-fat dairy, fish, and lean meats such as turkey and pork tenderloin. Also, choose healthy fats, such as nuts and avocados, and healthy fats."*

More tips found at [WebMD](#).

There are more naturopathic care modalities that may help with obesity-related diseases, as well as other health conditions such as asthma, irritable bowel syndrome, and more. You can call (416) 922-4116 and consult with our [Naturopathic Toronto Doctor](#), Dr Amauri Caversan, ND.



Interested in learning more **Naturopathic Health Tips**?  
Come visit or call the clinic for more info at:

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