Helping A Friend Deal With Obesity

(NAPSA)—Are you worried about someone in your life who is seriously overweight? Are you afraid that your friend or loved one will eventually suffer from heart disease, diabetes or another killing obesity-related condition? Your fears are justified.

Extravagant meals at home and at restaurants are 10 times more likely to die prematurely than normal-weight people are. However, you may need a twist to lose weight. A study shows that obese friends, because you are afraid of insulting him or herself, is a friend who will be helpful to your friend. Just about every fat person has been on multiple diets and failed, and doesn’t need to be told one more time that she needs to lose weight. Most fat people are acutely aware of their weight and are often painfully self-conscious about it.

Statistics show that 95 percent of diets result in the regaining of the lost weight and then some—especially for the severely obese. Exercise can also be painful and unpleasant for people who carry around 100 or more extra pounds, making it a chore they are unlikely to perform regularly.

Helping is a way of helping. Help your obese friend lose weight by taking positive action. Here’s how:

- **Buy a low-cost cooking class together.** You can learn together how to eat better. Many people, both obese and non-obese, do not understand how to create healthy, tasty, low-fat meals.

- **Go shopping with her in a plus-size store.** Many fat people don’t feel that they deserve to look good, or to spend money on flattering, quality clothes. Studies show that when obese people treat themselves to new outfits that fit, they are less likely to overeat because the clothes improve their self-esteem.

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- **A Doctor’s Guide to Weight Loss Surgery**

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- **Weighing the Decision**

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Founder of the American Bible Society, Dr. Eugene B. Habecker, President of the American Bible Society, holds a doctorate from the University of Michigan and a law degree from Temple University School of Law. He also is a graduate of Harvard University’s Institute for Educational Management. His syndicated radio broadcast, The Open Book, is carried on radio stations across the U.S. Dr. Habecker is the author of dozens of articles and four books.

- **An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.**

- **Werner Heiseberg

According to folklore, if a candle burns with a blue flame, there’s a ghost in the house.