

Obesity: Let's not be alarmist but get the facts on the risks

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We Are What We Eat: Pay The Farmer Not The Pharmacy

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- SEASON 2
- EPISODE 1

1. [Obesity: Let's not be alarmist but get the facts on the risks](#)

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There is too much alarmist surround sound on obesity. Yes, it can be problematic but before we jump to “cure” here’s some good news. Recent research shows there is no increased risk of mortality from obesity if other metabolic factors are in check, like BP, blood sugar, cholesterol. The risk of obesity related complications are further mitigated by exercise.

Join us today on a journey of some interesting factoids on food groups and how they can help deal with obesity.

Find out more at <https://umaglobalfoods.com/blog/>