

Bioresonance Therapy and Obesity

Description



Obesity is a condition where the body mass index is too

high. When a person's BMI reaches 30, they are considered obese. BMI levels between 25 and 29.9 are still considered unhealthy and is known as overweight. Millions of people from all walks of life are affected by these conditions. In fact, the Obesity Society [reports](#) that an average of 28.1% of the American population is obese. They also report that women are more commonly obese than men and the state with the highest level of obesity was Louisiana in 2012, with 34.7% of the population having a BMI of 30 or higher. The Childhood Obesity Foundation [reports](#) that 42 million infants and young children were recorded as either obese or overweight in 2013. This figure accounts for individuals all over the world. They also estimate that, based on the current trend, more than 70 million young children and infants will be obese or overweight by the year 2025.

Obesity and Health

Being obese doesn't simply mean you have extra weight on your body. This condition comes with many health risks and can even cause deadly conditions if not treated. When a person is overweight, or even worse, obese, they can suffer from a range of health conditions that can have a negative impact on their quality of life. Some of these health conditions include hypertension, high levels of bad cholesterol (LDL cholesterol), low levels of good cholesterol (HDL cholesterol), the development of diabetes, breathing problems and even problems with their sleep. Coronary heart disease, gallbladder disease, clinical depression and body pain have also been associated with this condition.

What Causes Obesity?

In order to maintain a healthy weight and overall wellbeing, regular exercise combined with a balanced diet is required. Centers for Disease Control and Prevention [reports](#) that only 21% of adults in the United States meet the recommended physical activity guidelines. Furthermore, it is reported that only 30% of high school students get the recommended amount of physical activity each day. Statistic Brain reports that 67% of people who owns a gym membership never actually uses their membership. Taking things a step further, Franchise Help reports that the fast food industry generates more than \$570 billion in profit each year. At the same time, Centers for Disease Control and Prevention [reports](#) that the majority of youth in the United States consumes more than the recommended daily intake of sodium, yet lacks the ability to consume the recommended amount of daily fruits, vegetables and whole grains.

These are all facts that contribute to the large number of overweight and obese individuals all over the world. People are eating more calories than they are burning each day and they are not partaking in a healthy amount of physical activity. While these are the major factors that lead to obesity, Centers for Disease Control and Prevention reports that certain drugs and diseases could also lead to excessive weight gain.

- Diseases such as polycystic ovary syndrome and Cushing's disease may lead to weight gain
- Certain antidepressants may lead to weight gain
- Steroids and similar drugs may lead to weight gain

Treatment Options

While obesity and being overweight is not considered an actual disease, it is still a condition that can be treated effectively with some lifestyle changes. With physical inactivity and malnutrition being some of the leading causes of these conditions, it is important to start by taking a look at a patient's daily routine in order to determine how they can adjust their lifestyle to lose the excess weight. An increase in physical activity and a balanced diet can usually successfully treat the condition and allow the patient to achieve a healthy weight. Should drugs be the cause of the excessive weight gain, a patient may talk to their doctor about an alternative option such as a change in antidepressants. Furthermore, diseases that cause weight gain can be treated with medication, which may lead to a relief in symptoms associated with weight.

Bioresonance Therapy

Thousands of success stories have already been shared on the effectiveness of bioresonance therapy for weight loss. When it comes to losing weight, bioresonance therapy works similar to acupuncture and offers a natural healing method for reducing excess weight in patients. A patient who is interested in this procedure will be seated in a comfortable position, where after a conductivity reading is taken from them. This reading will allow the health professional to determine the best treatment plan for the specific patient. The entire reading procedure takes around 6 minutes to complete.

Once a treatment plan has been compiled by the health professional, an acupuncture probe allows for the detection of 10 acupuncture points on the patient's ear. The machine is then turned on and treatment is administered for 1 to 2 minutes on specific acupuncture points. The therapy is usually accompanied by a straightforward eating guide and a moderate exercise plan. Patients who follow the

instructions provided to them in combination of the bioresonance therapy sessions have been able to lose up to 6 and a half pounds within their first week. Positive effects also include a reduction in sugar cravings, decrease in appetite and an increase in energy.

Conclusion

Excess weight in the body can lead to serious health issues that can affect an individual's quality of life. Several diseases including heart conditions and type 2 diabetes have also been linked to an excess amount of body mass. Lifestyle changes are usually the first step to shedding the extra weight, but many people find it hard to adjust their lives in this manner. Bioresonance therapy poses as a potential method that can assist with speeding up the weight loss process, thus providing the individual with more energy to partake in physical activities.

References:

Obesity documentary: [The Weight of the Nation](#)

Category

1. Articles

Tags

1. BIORESONANCE THERAPY - Bioresonance and biofeedback discussion forum
2. BMI
3. diabetes
4. Heart diseases
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