

Finding Deeper Meaning in Obesity



by Victoria Smith, HT

For decades, the medical world has greatly disputed the nature of obesity despite the astronomical amount of money spent in the pursuit of losing weight. The medical community has confessed that the tendency to gain an abnormal amount of weight is a very definite metabolic disorder, much like diabetes. Although many scientists have theorized about the cause of obesity, every new approach seems to lead to a temporary solution, where some weight is lost and even more regained.

With any challenge in life—including the pursuit of weight loss—it is vital to understand the root of the problem before moving on to the solution. In the past, many doctors and practitioners blamed excessive eating and insufficient exercise for the obesity epidemic. However, a person suffer-

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ing from obesity knows intuitively that the causes run much deeper—a metabolic, physical contributing factor has not yet been uncovered for them. Diet and exercise may play a role, but neither nor both of these factors comprise the whole truth or the last word in the matter.

Five decades ago, Dr. Albert Theodore William Simeon hypothesized that obesity is caused by a physical malfunction, not the inability to practice self-control or maintain determination to lose extra pounds. For research, Simeon traveled to third-world countries plagued by starvation. He noted that babies were still being born with normal weight despite inadequate nutritional support from the mothers. This observation prompted him to search for a logical explanation, which led to his discovery of a hormone that mobilizes nutrition stored within the body's fat. For decades, Dr. Simeon treated the rich and famous for obesity using a protocol that was developed as a result of this research.

When Dr. Simeon began to feel overwhelmed with individual requests, he wrote a manuscript as a tool to share his protocol with both patients and doctors worldwide. In this manuscript, Simeon explains that a damaged hypothalamus gland—the gland responsible for regulating all hormone-producing glands in the body—may produce uncontrollable appetites and metabolic changes resulting in rapid weight gain. This reveals another dimension of the disorder, putting diet and exercise into a much broader perspective.

Many people facing the frustrations of obesity are exhilarated when they learn that an underlying chemical imbalance is the cause of their unhealthy and uncontrollable appetites, rather than the other way around. The focus on changing eating and exercise habits without addressing physical imbalances has proven time and again to be an ineffective long-term solution.

Dr. Simeon's manuscript states, "As a basis for our discussion, we postulate that obesity in all its many forms is due to an abnormal functioning of some part of the body and that every ounce of abnormally accumulated fat is always the result of the same disorder of certain regulatory mechanisms." He further goes on to explain that people who suffer from obesity gain weight regardless of their eating habits, whereas a patient without obesity can overeat without gaining weight. Because obese people can gain weight even after reducing their caloric intake, as noted by Simeon, it stands to reason that some other mechanism is at work.

A damaged endocrine system may have many contributing factors other than genetic predispositions. Among the factors that may impact endocrine function are chemical food additives, a high sugar diet, certain prescription medications, heavy metal toxicity, stress and trauma. If you're interested in finding out more about this medical condition, you can read Dr. Simeon's manuscript in full at www.significanthealing.com/hgcdiet.htm.

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