

LIBRACIN NATURAL MEDICINE IND. LTD



OBESITY

- CAUSES & NATURAL REMEDY -

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MEANING

Weight gain occurs when you eat more calories than your body uses up. If the food you eat provides more calories than your body needs, the excess is converted to fat. Initially, fat cells increase in size. When they can no longer expand, they increase in number. If you lose weight, the size of the fat cells decreases, but the number of cells does not.

CAUSES

Obesity, however, has many causes. The reasons for the imbalance between calorie intake and consumption vary by individual. Your age, gender, genes, psychological makeup, socioeconomic, and environmental factors all may contribute.

Genes: Your genes may play a role in efficiency of metabolism and storage and distribution of body fat.

Family lifestyle: Obesity tends to run in families. This is caused both by genes and by shared diet and lifestyle habits. If one of your parents is obese, you have a higher risk of being obese.

Emotions: Some people overeat because of depression, hopelessness, anger, boredom, and many other reasons that have nothing to do with hunger. This doesn't mean that overweight and obese people have more emotional problems than other people. It just means that their feelings influence their eating habits, causing them to overeat.

Environmental factors: The most important environmental factor is lifestyle. Your eating habits and activity level are partly learned from the people around you. Overeating and sedentary habits (inactivity) are the most important risk factors for obesity.

Socioeconomic factors: Do you live in a neighbourhood where it is safe to exercise outdoors? Is there a supermarket with fresh foods in your neighbourhood?

Sex: Men have more muscle than women, on average. Because muscle burns more calories than other types of tissue, men use more calories than women, even at rest. Thus, women are more likely than men to gain weight with the same calorie intake.

Age: People tend to lose muscle and gain fat as they age. Their metabolism also slows somewhat. Both of these lower their calorie requirements.

Pregnancy: Women tend to weigh an average of 4-6 pounds more after a pregnancy than they did before the pregnancy. This can compound with each pregnancy. Certain medical conditions and medications can cause or promote obesity, although these are much less common causes of obesity than overeating and inactivity. Some examples of these are as follows: Cushing syndrome, Depression, Certain medications (examples are steroids, antidepressants, birth control pills), Prader-Willi syndrome, Polycystic ovarian syndrome.

Obesity can be associated with other eating disorders, such as binge eating or bulimia.

HERBAL REMEDY

Libracin detoxification herbal alternative is the answer:

- A. Bounty <http://libracin.com/product/bounty-herbal-tea/>
- B. Queek Triim <http://libracin.com/product/queek-triim-herbal-tea>
- C. Multi Herbal Tea <http://libracin.com/product/multi-herbal-tea>



CONTACT US



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enriching lives for better

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BRANCHES

LAGOS:

OSHODI:

447, 2nd Floor (back) Agege Motor way,
Bolade Bus stop, Oshodi Lagos State.
09065409970, 08035258845.

SURULERE:

1B Adeniyi Adefloye Street,
Marsha -Kilo Link Road,
Car Wash, Ikate Surulere, Lagos State.
09067687536, 08156811248
09079852695, 08170715107

ABUJA FCT:

KUBWA:

Hadza Plaza,
Opposite Channel 8 Junction,
Kubwa Abuja, FCT.
08104248293, 08060738106

ZUBA:

Shop No B4, Zuba Plaza,
Zuba, Abuja FCT.
09094061768, 09060823886

DUTSEN:

Shop 60/61 MMG Shopping Complex,
1st Gate, Dutsen Alhaji, Abuja FCT.
07068259254, 09060732488

BWARI:

Atanu Plaza, Beside Peace Park,
Opposite Bwari Market, Bwari Abuja FCT.
08138622678, 09065450205

MARARABA:

Fortress Plaza, Shop No. C7 2nd Floor,
Abuja/Kiffi Exp. Way, Sharp Corner,
Mararaba, Abuja FCT.
08100784750, 09060942743

MPAPE:

Ansar Plaza,
Suit No. 109 By Oceanic/Begger Junction,
Mpape, Abuja FCT.
08066745186, 09064999439

KURUDU:

De-Bright Plaza, Kurudu Junction,
By Orozo/Karshi Road, Abuja FCT.
09036188267, 09068730988