



Articles by Danny Lewis B.Soc.Sc (Psy & HBSc)

## Obesity

Obesity and under nutrition are two of the greatest concerns for the health of the current generation. These are a result of changes in choices of food in the diet, and reduction in food nutrient quality in food. A diet based on high-quantity, low - quality carbohydrates, reduced fibre and low essential nutrients creates conditions associated with obesity, heart disease, diabetes and high blood pressure. Supplements have been used in an attempt to overcome poor diet but these are often taken without consideration of the balance required to have effect. Some vitamins and minerals for instance need to be taken in combination to be effective, while others if taken together or in incorrect concentrations, are less easily absorbed. For this reason scientists and nutritionists recommend intake of nutrient rich 'live' food combinations based on great variety so that the balance of nature can be best utilized.

[Back to TauHealth](#)

<http://www.tauhealth.com.au>