

September

Obesity Awareness

Mind-Body Interaction



Sadness, anxiety, or stress can lead people to eat more than usual and this short-term coping strategy can lead to long-term issues.



Chronic life stress appears to be associated with a greater propensity for calorically and nutrient dense foods, which can lead to weight gain.



Obesity is frequently accompanied by depression.



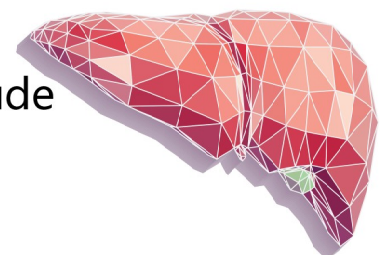
Depression can both accompany and result from stress which can affect eating and activity habits.



Do not attempt radical diet or activity changes. Instead, consult a qualified health professional to develop a safe dietary and exercise plan.

Obesity And Your Liver

Changes in mental state can be due to liver disease. Symptoms include changes in mood, altered sleep patterns, confusion, and drowsiness.



Chronic liver disease can lead to increased toxins in the body and lowered energy levels, which can cause "brain fog" and harm patients' mental health.

+ Doctor's Tip

If you have underlying liver disease, let your doctor know if you or your family notice changes in your mood, behavior, memory, or level of alertness.

- Dr. Bianca Chang, University of Chicago Hospital



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