

Does Excess Body Weight Equal Cancer?

Did you know that, according to the New England Journal of Medicine, excess body weight has been linked to 90,000 cancer deaths each year? That's more total deaths than car accidents, kidney failure, and high blood pressure *combined*! The latest research shows that over 65% of American adults, and 33% of American children are currently overweight.

When it comes to kids, some people figure that most children simply have "baby fat," and that they will "grow out of it." Unfortunately, it is a clinically proven fact that children who are overweight have a MUCH greater chance of remaining overweight as adults. Stay tuned for daily blog tips, reviews, news, and healthy living advice!