Management of Obesity by Using CLA and Omega 3, 6, 9 as Combined Therapy

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Abstract: *Obesity itself called Major disease in another term obesity is power house of the disease if the person is suffering obesity he/she might be near to very dangerous disease such as diabetes, high blood pressure, cholesterol, sickness, abnormal of hormone, low libido specially in male, low testosterone hormone production, blood clothing, heart pain, heart attack, vision problems etc. It is disorder which involving excessive body fat that increases the risk of health problems. The good news is that even modest weight loss can improve or prevent the health problems associated with obesity. Dietary changes, increased physical activity and behavior changes can help you lose weight. Prescription medications and weight-loss procedures are additional options for treating obesity. In this research article we are using omega 3,6,9 and CLA for the management of obesity and weight loss because weight loss is only way to decrease the risk level which outcomes in terms of obesity.*

Keywords: *Obesity, CLA, Weight loss.*

1. INTRODUCTION

Obesity is a complex disease involving an excessive amount of body fat. Obesity isn't just a cosmetic concern. It is a medical problem that increases your risk of other diseases and health problems, such as heart disease, diabetes, high blood pressure and certain cancers. There are many reasons why some people have difficulty avoiding obesity. Usually, obesity results from a combination of inherited factors, combined with the environment and personal diet and exercise choices. modest weight loss can improve or prevent the health problems associated with obesity. Dietary changes, increased physical activity and behavior changes can help you lose weight. Prescription medications and weight-loss procedures are additional options for treating obesity. Obesity is diagnosed when your body mass index (BMI) is 30 or higher. To determine your body mass index, divide your weight in pounds by your height in inches squared and multiply by 703.Or divide your weight in kilograms by your height in meters squared. For most people, BMI provides a reasonable estimate of body fat. However, BMI doesn't directly measure body fat, so some people, such as muscular athletes, may have a BMI in the obesity category even though they don't have excess body fat which is shown in figure 1.1 respectively.

1.1. Causes

Although there are genetic, behavioral, metabolic and hormonal influences on body weight, obesity occurs when you take in more calories than you burn through exercise and normal daily activities. Your body stores these excess calories as fat.

Most Americans and Indian diets are too high in calories — often from fast food and high-calorie beverages. People with obesity might eat more calories before feeling full, feel hungry sooner, or eat more due to stress or anxiety.

BMI	Weight status
Below 18.5	Underweight
18.5-24.9	Normal
25.0-29.9	Overweight
30.0 and higher	Obesity

1.2. Risk factors

Obesity usually results from a combination of causes and contributing factors:

1.2.1. Family Inheritance and Influences

The genes you inherit from your parents may affect the amount of body fat store, and where that fat is distributed. Genetics may also play a role in how efficiently body converts food into energy, how body regulates appetite and how body burns calories during exercise. Obesity tends to run in families. That's not just because of the genes they share. Family members also tend to share similar eating and activity habits.

1.2.2. Lifestyle choices

Unhealthy diet. A diet that's high in calories, lacking in fruits and vegetables, full of fast food, and laden with high-calorie beverages and oversized portions contributes to weight gain.

Liquid calories. People can drink many calories without feeling full, especially calories from alcohol. Other high-calorie beverages, such as sugared soft drinks, can contribute to significant weight gain. Inactivity. If you have a sedentary lifestyle, you can easily take in more calories every day than you burn through exercise and routine daily activities. Looking at computer, tablet and phone screens is a sedentary activity. The number of hours you spend in front of a screen is highly associated with weight gain.

1.2.3. Certain diseases and medications

In some people, obesity can be traced to a medical cause, such as Prader-Willi syndrome, Cushing syndrome and other conditions. Medical problems, such as arthritis, also can lead to decreased activity, which may result in weight gain.

Some medications can lead to weight gain if you don't compensate through diet or activity. These medications include some antidepressants, anti-seizure medications, diabetes medications, antipsychotic medications, steroids and beta blockers.

1.2.4. Social and economic issues

Social and economic factors are linked to obesity. Avoiding obesity is difficult if you don't have safe areas to walk or exercise. Similarly, may not have been taught healthy ways of cooking, or may not have access to healthier foods. In addition, the people spend time with may influence weight — more likely to develop obesity such as friends or relatives with obesity.

1.2.5. Age

Obesity can occur at any age, even in young children. But as you age, hormonal changes and a less active lifestyle increase risk of obesity. In addition, the amount of muscle in body tends to decrease with age. Generally, lower muscle mass leads to a decrease in metabolism. These changes also reduce calorie needs, and can make it harder to keep off excess weight. If don't consciously control what eat and become more physically likely gain weight.

1.2.6. Other factors

Pregnancy. Weight gain is common during pregnancy. Some women find this weight difficult to lose after the baby is born. This weight gain may contribute to the development of obesity in women. Breast-feeding may be the best option to lose the weight gained during pregnancy. Quitting smoking. Quitting smoking is often associated with weight gain. And for some, it can lead to enough weight gain to qualify as obesity. Often, this happens as people use food to cope with smoking withdrawal. In the long run, however, quitting smoking is still a greater benefit to your health than is continuing to smoke. Doctor can help prevent weight gain after quitting smoking. Lack of sleep. Not getting enough sleep or getting too much sleep can cause changes in

2. MATERIAL AND METHODS

1. CLA: Conjugated linoleic acid (CLA) is a fatty acid found in meat and dairy that is believed to have various health benefits. It is also a popular weight loss supplement Linoleic acid is the most common omega-6 fatty acid, found in large amounts in vegetable oils.

2. Omega 3 –Souce includes [fish and flaxseed, and in dietary supplements, such as fish oil.]

ALA, DHA, DPA (Combined 3 fatty acid)

3. Omgea 6 -Souce includes [soybeans. Corn, safflower and sunflower oils, nuts and seeds, meat, poultry, fish and eggs.

4. Omgea 9 - Souce includes [olive oil, macadamia oil]

3. METHOD

Take 1 spoon Apple cider vinegar with luke warm water and combined polymeric capsule like omega 3, 6, 9 after meal and before dinner for 3 month's continuously.

4. RESULT

As noticed conclusion results are positively work with obesity and person suffering obesity he will managed this obesity by using these supplements

5. CONCLUSION

In this article at last conclusion is condemned that after the three month's omega Cycle with apple cider vinegar it show very great result in obesity person.

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