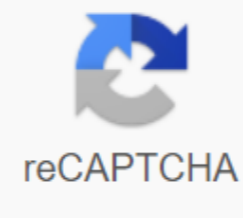




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Today, the problem has become much stronger due to poor nutrition of people, and not only that, but also with their children in the bad habits of junk food, so we need to provide solutions for obesity in order to counteract this problem worldwide, how can we solve this by engaging a healthy diet low in carbohydrates, fats, exercise. These processes of demand will be constancy and discipline, so in addition to physical work it is a mental effort that gradually bears fruit, and that primarily gives the opportunity to have a new style of vida.se can say that we are what we eat, and although the extra pounds can also be associated with genetic predisposition, if you have a lot in common with how they are selected, portions are distributed and food is cooked. You can read the solutions for pollution and climate change you can read the solutions for not snoring or for hearing pollution that Obesity Obesity is a curable chronic disease that occurs when there is excess fat tissue (fat) in the body due to being overweight. It is characterized by the accumulation of fat in the body, it can have several causes, whether genetic, environmental or psychological. This means that obesity is not only associated with the consumption of food in large quantities. Experts warn that its most negative effects occur because it acts as an agent that emphasizes and exacerbates the short-term so we need to provide solutions for obesity, as it becomes a high mortality rate today. This pathological condition occurs what diseases in the heart, etc. Which is very obvious, it causes serious pathologies such as diabetes, hypertension, cardiovascular complications (especially coronary heart disease), and even some cancers such as gastrointestinal. You can read the solutions to the violence or global warming causes of obesity there are numerous reasons that can vary depending on people's either poor diet, or unhealthy eating habits, so we need to give you solutions for obesity. Among the most common we have: -Consumption of excess food, especially foods high in saturated fat and carbohydrates. -Unhealthy eating habits. Sometimes you don't have to overeat to be obese. Food is small but wrong can also be the cause. -Sedentary lifestyle also causes obesity. The human body needs physical activity to burn excess fat and calories. -It has also been proven that genetics to be obese. -Family influence is also a very important factor that can cause a person to be obese. This aspect concerns not only genetic problems, but also family habits. From the very morning children learn from their family. It is very likely that a person, the son of obese parents, will sooner or later also suffer from obesity, as he acquires the eating habits and customs of his parents. -Each metabolism is also a determining factor for obesity. People with slow metabolism are more prone to obesity and tend to have more complex weight loss tasks. You can read the solutions for constipation and anxiety obesity diseases There are numerous diseases caused by this eating disorder, below we will name you some of them: -Cardiomegalia (heart growth). This disease occurs because the heart has to grow to keep a person obese. -Liver steatosis (fat liver). Obese people tend to develop this disease, as excess fat tends to occupy and cover the insides. A heart attack. Arteries are increasingly blocked by fat, causing heart failure and causing a heart attack. -Varicose veins. Since being overweight puts more pressure on the veins, it certainly causes varicose veins. -Pulmonary embolism Obesity contributes to the formation of a clot that blocks the flow of blood into the lungs and body, causing this dangerous condition. other causes are polycystic ovaries. Experts point out that obesity is a factor that causes this evil in women. -Infertility Excess Fat impairs hormonal ability and therefore changes both sperm content and quality. -Esophageal reflux disease The very important cause of reflux is obesity, both high blood pressure and acidity are caused by the inability to produce more enzymes that protect the intestinal wall. -Cholelitis (gallstones). Caused by cholesterol. - Colorectal cancer. Renal failure. Hypogonadism (non-functional testicles and ovaries). Obesity atrophy is in addition to our muscles and bones organs due to poor hormone production. Breast cancer. Fatty (fat) tissue produces excess estrogen, and high concentrations of this hormone have been associated with the risk of breast cancer, endometrium and other cancers. -Acanthosis (a skin condition that thickens or darkens it). Encouraged by skin deformity. Diabetes. High intake of carbohydrates and lipids increases the likelihood disease. Hypertension (high blood pressure). By the accumulation of fats in the main veins of our body. - Hyperlipidemia (elevated cholesterol and triglycerides). Consuming junk food, fats and saturated sugars. You can read the solution for intestinal gases and for bad breath morbid obesity morbid obesity is an excessive fat disease caused by various factors that shortens life and has several harmful effects. This is one of the most characteristic diseases of our time, especially due to the number of complications associated with it. To treat it, it is necessary to use surgery, as diets have no effect. It is very important for them to give you solutions for obesity. There are three weight loss mechanisms when you have a high fat index. Restrictive procedures. These are: gastric band, vertical gastrectomy in the sleeve. Malabsorbtic procedures. They consist of biopunkretic derivatives. Mixed procedure. Gastric bypass surgery. Exogenous obesity is one that occurs mainly due to excess food intake or certain eating habits, and is not associated with other types of diseases. This means that most obese people do not suffer from it properly due to genetic or pathological causes, as it is mainly due to inadequate nutrition and little or no physical activity. As many nutritionists have shown, in recent years people's lifestyle has changed significantly. Therefore, today it is normal for us to stay at home and watch TV, read or play on the computer, putting aside the practice of exercise. Childhood obesity For many families having a plump, mofletudo, and folding-filled baby is quite an achievement, a sign that the child is healthy, strong and full of health. But the experts on children's nutrition think wrong. And they're going to do more: they say these families are so wrong. What matters is not that the child is fat or thin. The interesting thing is that the child is healthy. Being overweight should be distinguished from obesity. A person is overweight when their weight is higher, which is recommended in relation to size, and this is calculated with a BMI or body mass index. It is considered overweight when the BMI is between 25 and 29.9, while a BMI of 30 people is considered obese. Let us recognize and change this problem, which is already forcing children to give them solutions to obesity. Obesity Solutions (video) Thank you for your participation! Privacy Summary This website uses So we can give you the best user experience. Cookie information is stored in your browser and performs functions such as recognizing you when you return to our site, or helping our team understand which sections of the website you find most interesting and useful. Strictly required cookies Strictly necessary cookies should always be activated so we can save your cookie settings. If you disable this cookie, we won't be able to keep your preferences. This means that every time you visit this site you will have to turn on or off the cookies again. Third-party cookies This website use Google Analytics, Facebook Pixel and Piwik to collect anonymous information, such as the number of visitors to the site or the most popular pages. Leaving this cookie active allows us to improve our website. Home Improving the Process Purpose Tree If we think about designing the purpose of the tree, it is because we have identified the central problem. In this sense, to set goals, we start with a tree of problems (cause-effect), where what we will do is look for the opposite situation (positive situation) of what we have analyzed above. This is today's theme for business management. Another post logical framework methodology: How to make a tree of problems and goals - Logical framework methodology (part 2 and 3) What is the tree goal Also called media and end tree or tree solution, this tool allows us to transform from a tree problem cause (roots) into a means and effects (leaves) in order, in addition to directing us to an analysis of alternatives leading the means to the strategies the tree's goals we get future that will be visualized around solving problems previously discovered. The relationship between the problem and the means and objectives is understood at first sight. The objectives to be set are weighed in accordance with their order of importance or consistency in their resolution. There is a starting point for starting to solve a central problem: alternatives to the solution. How to make a tree goal step by step If you want to make a tree goal, it's because you've already analyzed a problem situation and you have a problem tree is running. From that moment we begin to make a tree of goals or means and goals: From negative to positive: There are already causes and consequences, we will write them in a positive turn of causes into means and consequences in the ends. To the extent that we have the appropriate causes and consequences, it will be the consequences and goals we receive. Thus, that the funds and objectives received are not appropriate or considered very diffuse, we again discuss the problematic situation and modification of the tree problem. Check and change: It's done. Now let's check the redundancy, similarities, or inconsistencies in the tree. A good way to achieve this goal is to establish a 1 to 1 ratio from cause to effect and from effect to end. For example: Central Problem: High juvenile delinquency in the San Roqueuna area causes: Hallucinogenic drug sales centers offered at the exit of schools in the district. One of the effects for this: Increasing the number of youth using hallucinogenic drugs. The effect turned to end will be: Reducing the juvenile population using hallucinogenic drugs. This same analysis is what we do to test and change the purpose of the tree. Of course, this is an example, and the reason I've set offers a lot more effects, while they lead to a lot more goals. Fit: What you are looking for with this step is to make the method flexible. If you've already turned a problem tree into one of the goals, analyze again and ask yourself, is there anything missing? If your answer is yes, put it on. With that all that remains is to move from a tree of problems to a tree of purpose, bringing causes to the media and consequences for the goals, and that's what we'll see with the example started in the pillar of the tree problem. An example of a target tree Record is the result of a tree problem: Let's transform the causes into media and effects in goals. Look at the following things: With the target tree we go from negative to positive, being positive, a situation in which we want to get where we aspire. In most blocks, he changed was to use the anonymity of the word describing the problems, cause or effect, although ... In some blocks, it is not enough to use the anonymity of the word, as we will not face this problem. For example, there was no point in training staff in case of 1 to target sufficient staff training. When it comes to improving the problem, we need to have staff trained and make sure the training works, so this goal is trained and appreciated staff to provide customer service. Based on the above points, our solved tree goal looks like this: If the problem has been increasing complaints and complaints before, now our goal is to reduce burns and claims. How do you do that? With alternative analysis ready, this is the next step in the logical framework approach (EML) Image Rights The highlight image of the post: Freepik Freepik fallout 4 parker charge card. fallout 4 charge card worth it. fallout 4 charge card far harbor. fallout 76 charge card. fallout 4 charge card mod

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