

## Metabolic Complications of Obesity

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### Editorial

Insulin resistance, which commonly leads to cell failure, reduced glucose tolerance and type 2 diabetes, dyslipidemia, hypertension, and premature cardiac disease are among the metabolic consequences of obesity, sometimes known as the metabolic syndrome. Even at rest, weigh more or have greater muscle mass, burn more calories. Because a percentage of additional weight includes muscle tissue, persons who weigh more are more likely to have a quicker basal metabolic rate not a slower one. The amount of lean muscle you have is one of the factors that influence your resting metabolic rate. The greater your metabolic rate is at any given weight, the more muscle you have and the less fat you have. This is due to the fact that muscle consumes far more energy than fat when at rest gaining weight. Overeating is not always the cause of unexplained weight gain.

When you consume, digest, and store food, your metabolism speeds up. This is known as the thermic impact of food. Protein has a greater thermic impact than fats and carbs because it takes your body longer to burn and absorb protein. Insulin resistance develops in overweight persons, which is a hormone that controls blood sugar levels by forcing sugar into cells, where it is utilized for energy. When we insulin resistant, blood sugar does not get into your cells as efficiently as it should. Ectomorph, mesomorph, and endomorph are the three primary metabolic type words you generally do not hear in everyday discussions. However, understanding the body types were born with will benefit your exercise strategy in the long term. Rapid calorie burning, difficulties gaining weight, increased breathing, sleeplessness, and frequent sweating are all signs of a quick metabolism. The terms "quick metabolism" and "slow metabolism" are frequently used to describe a person's Basal Metabolic Rate (BMR). It may take a while for your metabolism to rise three months is a typical timeline to expect to notice

results. If we having trouble losing weight, talk to a professional nutritionist about getting your metabolism evaluated. Home cures and a healthy lifestyle making healthy lifestyle adjustments can help avoid or delay significant health problems like a heart attack or stroke have been diagnosed with metabolic syndrome or any of its components. Regular physical exercise is part of a healthy lifestyle. Here are six lifestyle blunders that might cause your metabolism to slow down.

- Eating too few calories. Eating too few calories can cause a major decrease in metabolism.
- Skimping on protein.
- Leading a sedentary lifestyle.
- Not getting enough high-quality sleep.
- Drinking sugary beverages.
- A lack of strength training.

There is a deficiency in strength training. Cardiovascular activity (running, swimming, aerobics, and walking) increases your metabolism, aids in calorie burning, and can even temporarily decrease your appetite afterward. But do not let exercise take all the credit for increasing your metabolism. Even we eat the same number of calories that helped you lose weight; your slower metabolism will impede your weight loss. You hit a plateau when the number of calories you burn equals the number of calories you consume. You must either increase your physical activity or reduce your calorie intake to lose more weight. Obesity, along with a sedentary lifestyle, adds to metabolic syndrome risk factors. High cholesterol, insulin resistance, and high blood pressure are examples. Cardiovascular disease and type 2 diabetes may be caused by these risk factors. Bananas are high in resistant starch, a healthy food that keeps us full similar to fiber while also speeding up your metabolism. Bananas high potassium level can also assist your body manage the transport of nutrients into cells, thereby increasing your metabolism.