



# Obesity: Decrease Overweight Quickly and Naturally

*Mr Stig Fröberg*

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## **Obesity: Decrease Overweight Quickly and Naturally** Mr Stig Fröberg

This book is aimed to be easily understandable book for ordinary people, and also for medical doctors, nurses, students, researchers and sportsmen. The population of the World is increasing at a very high rate, and especially the population in cities is increasing tremendously. This means, that the food intake and physical activity has also changed a lot, especially during the last 40 years. In older times people made a lot of hard physical work, they had a lot of sports activity and the food was simple and very low caloric but healthy. Obesity was very rare among people. But nowadays obesity is increasing at an alarming rate all over the World. There are over 1000 million overweight persons and over 300 million obese persons in the World at the moment.

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