

Americans are Fatter Now Than in the 1980s, Even with the Same Diet and Exercise

In today's society, it's proven to be much harder for the younger generation to accomplish things the older generation seemed to have an easy time with. Buying a house, finding a job, and now, staying skinny, are all significantly harder than they were in decades past.

A study done in 2016 by the Obesity Research and Clinical Practice journal shows that adults today have to work out more and eat less than adults 20-30 years ago to maintain the same weight. The study examined the diets of 36,400 Americans from 1971 to 2008 and the physical activity of 14,419 Americans between 1988 and 2006. The data showed that people in 2006 taking in the same number of calories and the same nutrients, as well as working out the same amount as someone in 1988 would have a BMI that was around 2.33 points higher.

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While the data shows that people today are heavier, it also shows that there are environmental changes that make it much harder to maintain the same weight as someone in decades past.

Unfortunately, while the mainstream media appears to be catching up to us, they're not there yet. The study and another article that covered the study pointed towards numerous possibilities for our newfound weight gain but neglected to mention some of the more important ones.

Just what those other changes might be, though, are still a matter of hypothesis. In an interview, Kuk proffered three different factors that might be making it harder for adults today to stay thin.

Why It Was Easier to Be Skinny in the 1980s

First, the article points to chemicals that people are more regularly exposed to than they were in decades past. People are more widely exposed to pesticides, flame retardants, food packaging, and other chemicals that could be altering our hormonal process and the way we gain and maintain weight. While this is true, they don't go into many of the more important toxins and chemicals that are causing weight gain, like vaccines. Data has shown a direct correlation between increases in vaccination and and weight gain.

Additionally, the study points to the use of prescription drugs which has rapidly increased since the '70s. Prozac, the first blockbuster SSRI, came out in 1988. Antidepressants are one of the most commonly prescribed drugs today and are frequently linked to weight gain.

Lastly, the article talks about an increase in meat consumption as a cause of weight gain. Americans consume more meat than they did in the '80s, and meat is more commonly treated with growth hormones and antibiotics. The article neglects to mention that most meat that comes from factory farms is raised on corn as opposed to grasses and other healthier alternatives.

While the article links antibiotics in animals to weight gain, it does not link an increase in human antibiotics to weight gain. Antibiotics destroy important gut bacteria that make it harder to maintain a healthy weight. The article suggests that our gut microbiome has "somehow changed" between the 1980s, and now without pointing out what might cause changes in gut health. Additionally, the article does not point to a rise in refined sugar, high fructose corn syrup, or glyphosate as reasons for our weight gain.

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