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## **When fat is healthier than skinny: the obesity**

The following is an excerpt from the new book The Obesity Paradox: When Thinner Means Sicker and Heavier Means Healthier by Carl J. Lavie (Penguin Books, 2014)

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Carl J. Lavie, M.D., The Obesity Paradox: When Thinner Means Sicker and Heavier Means Healthier. It is a simple fact that heavier people have more

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Aug 07, 2012 Obesity Paradox': Why Being Thin with Diabetes Is a Dangerous Combo. Overweight people who are diagnosed with the blood sugar disorder outlive their

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Guest: Dr. Chip Lavie, M.D. Imagine two guys standing side by side Person A (we'll call him Norm) is categorized as normal weight on the Body Mass Index

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NY Times Article: In Obesity Paradox, Thinner May Mean Sicker by SJR (40) Answered on August 19, 2014 Created Obesity

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Mar 29, 2014 For many, it's a lifelong battle - a never-ending nightmare of quick-fix diets, exercise fads and obsessing over the bathroom scales. But what if the fight

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Mar 19, 2015 Dr. Chip Lavie, cardiologist and author of The Obesity Paradox, reveals why thinner can mean sicker and heavier can mean healthier. Find out why being

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Doctors have warned about the risks of being overweight for decades, but a new study has revealed that a few extra pounds may be beneficial to those with type-2 diabetes.

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