

16th International Conference and Exhibition on**OBESITY & WEIGHT MANAGEMENT**
&**17TH WORLD FITNESS EXPO** November 13-15, 2017 | Atlanta, USA**Obesity and weight management: Is fat in fact our friend?****Greg Dennis**
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As a wave of new research came out in the 1960's and 1970's, we learned a new truth that would go on to become our altered reality. Animal fats are bad! Fat makes us fat! But was this new truth a genuine and transparent sharing of real information or a collusion of intentionally corrupted data? Hidden agendas were most definitely pushed onto medical and health professionals, through to politicians and eventually the US Senate, where our dietary choices were changed and our recommendations recalculated. Real information was compiled but ulterior motives shaped the way in which it was used. Our desire to change habits was stimulated by equal doses of fear and greed. The fear at our end is we were misled to believe in dangers to our health and wellbeing that did not exist and greed at the other end of the market, driven by ginormous corporations who stood to enjoy massive financial windfalls. On the back of the famous '7 Country Study', Dr. Ancel Keys lobbied and successfully spearheaded the formulation and implementation of our modern day food pyramid through government channels and eventually across the medical and education platforms! For the first time in documented human history, we were recommended to drastically reduce our intake of meats, eggs and dairy products and increase our consumption of cereals and grains and sugars! Most frightening of all was the removal of good animal fats from our daily staples, to be conveniently replaced with sugars especially high fructose corn syrup at an alarming rate. What have we witnessed on a global scale in the developed world since that fateful point in human history? An obesity epidemic and man-made degenerative diseases like type-2 diabetes, non-alcoholic fatty liver disease, hypotension, cardio vascular and heart disease and Cancers of plague proportions, just to name a few! As a generational Dairy Farmer, I've watched this unfold closely. Despite the many research programs today exposing and discrediting the 'Fat Is Bad' myth, it is taking many years for mainstream medicine and the general population to separate fact from fiction! Today there is no question that animal fats are critical to a human's physical and mental wellbeing and longevity, yet massive roadblocks remain as the Greedy Corporations who stand to have billions dollars swiped from their bottom line and will continue to circulate propaganda as they cling desperately to the obscene wealth they've created at the little people's expense.

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