My Thoughts on Obesity - Dr. Stephanie Rimka Transcript

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Opening on Walking and Activity

Hi, it's Dr. Romka. I am going to desperately try and increase my non-exercise activity, AKA walking. I must say, walking is the most underrated weight loss tool at our disposal.

i underrate it, i have under rated it personally, I've under-rated it clinically, because I hate it. Mm-hmm. Some of us actually hate walking. Like, I find this painful.

It hurts. If I broke into a run, oh my god, that feels so much better, right? So, Elvis had different configurations, Right? I was born, like, all crippled up, Forrest Gump legs, and severely inverted in my hips, And all this crazy shit.

Obesity, Responsibility, and Competing Narratives

I had to wear cables, Like Forres Gumps, for real. bars between my leg in ICU where I was. Anyway, probably a reason I've always been afraid I'm going to be paralyzed one day.

And that came to fruition actually, and yet here I walk. Okay, but walking. So, I may be burdened with videos when I walk. My office manager was like, you're gonna have to start walking more.

She's also my trainer. And she's like that's just the problem. Do your videos. When you walk, start a whole new thing. Walk and talk. Okay. As I'm walking and talking.

Hi everybody. It's Friday night. I am walking my dog. Have some thoughts on obesity. and just some thoughts and you know put something in the comment tell me what you think about this because there's some definitely some conflicting messages going on and I know it's really hard and i have conflicting message inside myself and as much as I Don't believe that I don't want the Western medicine story of obesity is a genetic chronic condition and we just need to put you on drugs for the rest of your life, it's not your fault.

Well, that's true, but just as well as not, just much is not true and I see it a lot in certain posts that seemed pretty harsh to me from some doctors and personal trainers and kind of dietary guru influencers that, you know, there's no excuse.

It isn't that complicated. Calories in, calories out. Just eat better and lift weights. Okay, well, yeah, I wish it was that simple, right? So, people got obese, usually for a lot of complicated reasons.

And it wasn't because only, USUALLY, they ate like crap and never moved. We're not even going to talk about trauma. I'm not going even talk how many women throw a hundred pounds on them after they've been raped.

Let's go to just talking about the 35 and under crowd.

Early-Life Nutrition and Metabolic Damage

That group of people, that younger group, I am 50, And although my generation was poisoned, I was poised since birth, basically, right? High fructose corn syrup was released into the market the year I Was born 1973. I.

Was vaccinated over every, you know, all the scheduled stuff until we lied about it. The boost. Lied about the boosters. Didn't get any of them. Ha ha.

That's the benefit of being poor. Yeah, because I didn't have pediatrician. We just had a welfare clinic that we had to go to and they just couldn't keep track of it So they go did you get it?

Oh, yeah, I got that last year last time. They go. Okay, great We'll just check it off So I never got them boosters. I don't had that scar in my arm So anyway, but I we've all been poisoned like The air and the glyphosate and mercury and aluminum it's insane.

Ok, But this generation 35 and under Many of them have never had real food. Their parents, in utero, the mother wasn't ever eating real. She was surviving on ramen noodles, mac and cheese, pizza, Burger King, Chick-fil-A, Starbucks, donuts, breads, peanut butter and jelly, you know, most of these people never had meat, eggs, fish, okay?

They've been systematically poisoned, these babies, dark now, in utero. And then those first two years of critical life, they never ate real food. They were eating like fake biscuits and cheese puff things and goldfish and gummy worms.

Parents started giving them vitamins that are basically like candy. So the whole foundation of their health infrastructure, the architecture, or the matrix upon which a person has been made was based on junk.

So their blood pressure was kind of set high for life. Their visceral fat was loaded up. They accumulated more fat cells. You will determine how many fat cell your baby has in utero.

If you were an obese woman who was eating junk, It made yourself and your baby even more obese. You made them obese like in utero, like a propensity towards it with more fat cells.

So they're there for life. And then if you're getting, if these children are over fat and obese as children before puberty, they are going to have more cells with a tendency to get bigger, easier than somebody like me who never had that.

So now you have people who are 25, 30, 35 years old with an epigenetic blueprint of very poor health, packed with visceral fat, never had enough nutrition, have brains that are low in cholesterol, low B vitamins, and low zinc.

Prefrontal cortexes are not developing well. They don't have enough dopamine. There always feeling subclinically depressed and anxious. And they were raised in a house where nobody knows how to eat.

Nobody knows to cook. No one knows where to put a skillet on a stove, turn on the fire, heat it up, and make a patty with their hands and a burger.

Compassion for Weight-Loss Treatments

That's how bad it is. These kids grew up eating microwave things. Okay? That is not normal. So while I agree, I want people to take responsibility. I teach it constantly.

Is it fair to assume of these 50 and 55 and 60 year olds, especially men, it's a lot of dudes, I'm not going to lie, you know, that just want to say it is all their fault and they just are kind of stupid and lazy for not getting it together.

And they shouldn't need any supplements, they should not need peptides, and certainly should need something like semaglutide or trisapatide. you know, pharma drugs, which to me aren't even drugs or peptides.

Okay, there it is. So it's a complicated issue, right? I don't want people thinking, okay, I have to make any changes. It doesn't matter if I eat protein.

Doesn't it matter I lift weights. I'll just inject myself with something for the rest of my life and that's it. Of course I want that either, but if just eating well and moving worked for everybody, Most people would be thin the first time they tried.

Okay? Because people try. And you're like, wow, she seems to be doing everything right. She still can't move that weight. I know women who've been carnivore for two, three years, low carb, insulin's good, blood sugar's, good.

They're not losing any weight, 50, 60 pounds still sitting there like and they're demoralized, they are frustrated, depressed. And there's more to look at in terms of just that.

So it's an interesting thing. And when you look a 70-year-old versus a 25- year- old, I do think the way we were raised, the fundamental development in utero in those first three critical years are radically different.

In children today and young adults, If their parents didn't know what to do, they're at a deep disadvantage. So what if their metabolic system is really so deranged and broken, like their capacity to know how to burn fat is very sluggish, is faulty.

And we're working against so many really dangerous toxins, we're working against bio weapons that pass off as infectious disease, very unnatural circumstances, let me just say that.

So natural things often aren't strong enough. I'm going to start posting a few well-thought-out, intelligent posts from some obesity experts, some physicians who've been using some of these peptides, which you would call medications, for years.

And I am not saying I' m pro or against them. I just think people need to get a full context and a picture to understand, you know, Let's bring some compassion back to the story.

I get the backlash on the obscene attempt to make a 400 pound obese, morbidly obese person who is clearly ill like we're supposed to act like that's not reality.

Trauma, Stubborn Weight, and Staying Curious

But I don't like the lack of compassion and kindness and gentleness towards people who are suffering. and need help in attacking them and calling them names or calling of stupid or lazy.

If they make some decisions that maybe you wouldn't make. I don't know. It's I like it. You know, just like, hey, I would never get chemo, but I'm not going to shame somebody if they do.

That's their choice. And I encourage them, and I hope they're going get better. Hope I want to support whatever they. I'm not a fan of gastric bypass, but if that's what somebody really gets to that point, they're so desperate in life, that they think they have to do, eventually I'll support my friend and hold her hand and pray for her and not tell her she's a stupid, dumbass, lazy bitch for doing it.

And there's lot of that going on in the space and it breaks my heart. I don't have all the answers. Tell me what you think, tell me thoughts about it.

But I've seen some amazing people work very hard doing all of the right things with many experts. And the weight does not come off. And I've talked with some therapists, I have one theory that seems like people who've gone through a severe physical trauma before the age of 12, seems to be about the usually sexual, but sometimes it can be physical, like shaken baby syndrome.

I had a client, she had 112 bones broken when she was an infant by her father, okay, from being shook so hard in the hospital for a very long time. I can't even imagine the level of trauma that that woman holds in her nervous system, right?

It seems like these people almost defy physiology because they'll be 200 pounds overweight. They'll do all kinds of calorie restriction, all kind of low carb.

Their insulin is fine, they're not diabetic, their livers are fine. they don't have high blood pressure. The have the weirdest physiological markers of healthy and they won't lose weight.

almost by doing nothing, no matter what you do. It's almost like something's in the etheric field that's encoded, that

they must stay at that weight to stay safe.

And now I'm wondering in terms of as well, what happens when people are born in utero and then born and fed pure garbage? And is the matrix of their system unable to even burn fat normally?

something like semaglutitant resapatite is needed for them. I don't know. It's curious. I want to stay curious I want I to ask questions. i don' want shut down and not be able to find answers for people who are desperate.

So tell me what you think and we'll catch up more tomorrow. it's too dark have a lovely night guys let me know what to think in the comments about it.