



**Keywords:**

**Introduction**

Obesity is a global public health problem that has increased significantly in prevalence over the past few decades. It is a complex condition with multiple causes, including genetic, environmental, and behavioral factors. The World Health Organization (WHO) defines obesity as a condition in which excess body fat has accumulated to a degree that it may impair health. Obesity is associated with a number of chronic diseases, including type 2 diabetes, hypertension, and cardiovascular disease. The economic burden of obesity is also substantial, with increased healthcare costs and lost productivity. Despite the well-known health risks, many people struggle to lose weight due to a combination of factors, including lack of knowledge, limited resources, and psychological barriers. This article discusses the current state of obesity research and explores potential strategies for effective weight loss management.

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