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A few years ago, Mercedes Carnethon, a diabetes researcher at the Feinberg School of Medicine at Northwestern University, found herself pondering a conundrum. Obesity

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When Thinner Means Sicker And Heavier Means Healthier by Carl J means, heavier, healthier, sicker, obesity, thinner, paradox Pages: 288 Carl Lavie, MD

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When thinner means sicker and heavier means

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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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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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