

**OBESITY IS A MIND DISEASE. PSYCHOSOMATIC ORIGIN OF OBESITY AND ASTHMA.**

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**BMI Body Mass Index or Body Mind Index.** Obesity and asthma are ones of the most important problems of health of modern civilization The correlation of those two diseases has been proven in many studies The results show that obesity has a significant impact on the suffering the course and the therapy of bronchial asthma. The psychosomatic factors and the psychological determinants of obesity have recently became the subject of researchers and practitioners p It is remarkable that animals including man in the wild do not suffer overweight. Even modern husbandry animals don't In contrast companion pets may and societal man does The human part - the mind - appears responsible for the disease It is important to analyze facts as primary and secondary risk factors Food is here secondary It contributes yet not causes the problem Just as cholesterol contributes but not causes heart disease [www.columbus-concept.com](http://www.columbus-concept.com) p This paper presents a theoretical concept which describes potential cause of obesity and the recommendations for its treatment p Once understood accepted such basic principle allows one to take the right decision to consult a psychologist prior to a nutritionist in any potentially successful attempt of addressing the problem of overweight Overweight expresses mind strain Reducing that strain through tracing back the environmental stressor causing fuelling it will go a long way in reducing the burden of obesity in mankind [www.tsimtsoum.net](http://www.tsimtsoum.net).