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Gorging on Fast Food May Escalate Depression

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Submitted by **Jason Ramsey** on Sat, 03/31/2012 - 11:58 **Health** **TNM**

Almudena Sánchez-Villegas



While there is hardly any doubt left that gorging on unhealthy snacks could make one end up grappling with range of health complications, a recent study has affirmed that eating such junk food could make them under the escalated risk of depression.

It was found after a joint study of scientists from the University of Las Palmas de Gran Canaria and the University of Granada that those who indulge in such eating practices are as much as 51% more likely to develop depression. Not even the food, the rate at which the food is eaten is being linked with depression, with high eating rate linked with increasing rate of depression.

While such people are more likely to have a sedentary lifestyle, it has become all the more imperative that there is some sort of solution devised to cater to the growing mess of junk food.

"Although more studies are necessary, the intake of this type of food should be controlled because of its implications on both health (obesity, cardiovascular diseases) and mental well-being", said study researcher Almudena Sánchez-Villegas.

The study, based on 8,964 people who never had depression, came to the conclusion after an average of six months of trial that those who gorge too much on junk food are more likely to work 45 or more hours a week. It was even reported by another study that those who consume a lot of junk foods become irritable and aggressive with time, thereby adding more weight to the latest study published in the journal Public Health Nutrition.

There have been slew of studies done on the same underlying theory in the past few years, which has made it clear that there is no alternative to healthy lifestyle if someone really wants to live a healthy life.

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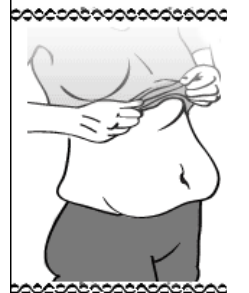
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