

Can genetics make weight gain inevitable for some?

The greatest gift I gave my children was my husband's genes. I'm not the only one who thinks that – those who've been researching obesity agree that the genetic component is the hardest to beat.

They acknowledge that even if you are really on top of your fitness and your food choices, those conniving, rotten, dirty genes may well win out in the end.

And I'm guessing that we've all read that research on genetic predisposition – which is why people think it is perfectly OK to make very personal remarks about those they hardly know.

Read the full, original story here: [How seven calories can ruin it all](#)