



# Healix Hospitals

## **Did you know that consuming high-fried food leads to an**

Studies have shown that fried foods' high-fat content can lead to an imbalance in the body's production of hormones like serotonin and dopamine, causing #depression and #anxiety. 🧑  
Additionally, fried food contains trans fats, which can increase #inflammation, a known contributor to obesity. 🍔

Discover healthy habits and healthy living from our experts. 🧑

Contact Information. 📞

📞 Call us on +91 40-4200-7070

👉 Visit : <https://www.healixhospitals.com/contact>

#obesity #WeightLoss #fattofit #Fitness #friedfood #obesitysucks #foodhabits #bariatricsurgery  
#obesityreduction #obesitycontrol #BariatricSurgery #WeightLossSurgery #fatburn  
#weightlosstips #healthylifestyle #Fat #HealthClinic #MedicalServices #bestHospital  
#fatlosstips #Hospital #medical #Health #HealixHospitals



# CONSUMING HIGH-FRIED FOOD LEADS TO **ANXIETY** **AND DEPRESSION**

DISCOVER HEALTHY  
HABITS AND HEALTHY  
LIVING FROM OUR  
EXPERTS.



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