



THE BROWNIE SYNDROME

It was recently announced by the Centers for Disease Control (CDC) that life expectancy in the United States for most of the population has remained unchanged from the 2013 to 2014. However, life expectancy decreased by 0.1 years for white females. Why does this matter and what is it indicative of as a culture? For starters, consider that life expectancy has increased consistently since the year 1900 when this statistic was first collected. Let there be no doubt that this trend is a result of the advancement of all types of technology. That improving trend would be expected coming from the most medically advanced country in the world. We are the United States, after all! But something has happened in our culture to upset this otherwise impeccable improvement trend in the average duration of American life here on earth.

I attribute this to the Brownie Syndrome. I love brownies, as most people do. I like mine triple chocolate, with extra chocolate chips and extra fudge mixed into a rich chocolaty batter, along with an extra shot of oil to make them especially moist. Oh, and let's not forget a sprinkle of powdered sugar on top. What's not to love? You see, the problem with brownies is that they are just so darn delicious. So much so, that they are nearly impossible to not eat when presented to us. To make matters worse, it is hard to just eat one! All who have been there with me say "I!" That is the Brownie Syndrome – it represents something so tempting that it is nearly impossible to resist yet we know in the end that what we are doing is not good for us. Moderation is a difficult concept to grasp when faced with a plate full of brownies.

LIFE'S "BROWNIES" WILL SHORTEN YOUR LIFE!

The world dishes out all sorts of brownies that compromise our safety. Indeed, the Brownie Syndrome shows itself in many forms and sets us up to fail in terms of our personal safety. Remember, safety is about avoiding unintended outcomes. When eating brownies, no one ever intends to get obese, clog their arteries, and strain their heart and joints from all the extra weight. This is what happens and it inevitably catches up with us. The Brownie Syndrome shows itself in the form of all-you-can-eat food buffets, over-eating as a result of stress, super-sized fast food orders, and bacon-wrapped pizza crust. We have lost our ability to regulate ourselves.

The Brownie Syndrome is not just about food either. If you are not managing your finances because it is overly tempting to have a lifetime of frivolous spending then that will eventually catch up with your retirement account. If you are tempted to slowly erode your relationship with your spouse and your family, then you will likely end up divorced and estranged from your children. Likewise, if you don't maintain your car and instead ignore the check engine light, you will surely pay for it in the long run. Life in the United States has made it too easy to succumb to the Brownie Syndrome. We have lost our ability to make good choices - it is far easier to choose to eat brownies than it is to choose to avoid them!

Check out my safety books and other safety resources and information at <http://www.markkowaleski.com> for more insights to guide you on your journey to living a healthier, wealthier, longer, and happier life.

Remember: keep TABs on your safety: Think safe, Act Safe, Be safe!

- Mark M. Kowaleski