

The Dangers of Belly Fat

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What to do with the midriff crisis. Some try running so they bounce their belly around the block on screaming knees and realize this isn't going to cut it. Then they try some free-weight workouts and speed-bag boxing bouts hoping to get the flab to fall off. During the whole scenario they give up on apple pies heaped with ice cream + bags of corn chips + double burgers with cheese and instead they cash in on the good, low-fat, healthy foods: fruits, vegetables, lean meats, nuts, and whole grains. It's all in the name of pursuing minus-flab.

Can we do it? Can we banish the belly? Can we roll back the pounds and shrink down the inches that have crept up on us through the years.

You know the stomach is getting the best of you when you have to buy a bigger pair of pants because you didn't fit into your old size anymore. Or perhaps it's the way stomach wants to hang over the belt area. Or for sure it's become much harder to bend over and tie your shoes. Whatever you do, don't let your belt and your feet disappear when you look down the line.

By the way, isn't it amazing that Nielsen Media Research tells us the most popular excuse for not exercising is that we don't have the time, yet the typical American manages to find at least 3 ½ hours each day for some TV viewing.

Take a waist-to-hip ratio: Measure the waist and the hips. Divide the waist into the hip measurement. If the number is greater than 0.85, the belly needs help. Man's ideal waist is 35" and woman's is 32 ½". For the man anything above 40" is dangerous and for the woman the danger zone is 37". Waist circumference, not overall weight, can be the most important indicator of health. Measure at the point of the belly button.

There is great risk in being round.

The nemesis of belly fat:

- Heart disease
- High blood pressure
- High Cholesterol
- Blood sugar surges
- Too tired to move around
- Too winded to climb the stairs
- Vision impairment
- Sleep apnea
- Abdominal fat is highly active. The chemical output of belly fat cells increases blood levels of estrogen (hence the link to obesity and cancer). Highly active belly fats cells then decrease the amount of androgens (decline in libido). As the cells in the belly fat expand, they also release chemicals that increase and promote fat accumulation, ensuring their own existence. This results in increasing cellular resistance to the efforts of insulin. Now the cells cannot burn blood sugar for energy. As blood sugars rise, the pancreas pumps more insulin, until the gland is exhausted and fat storage is at its maximum capacity. When the fasting blood sugar reaches 126 milligrams, you have diabetes.
- More likely to be depressed or anxious
- Impotence
- Gout
- Cancer
- Plague of chronic illnesses and early grave

Good News: Even a reduction in body fat of 10% can reduce the severity of high blood pressure + high cholesterol + diabetes. Anything is better than nothing. More is better than less.

What to do:

- Take a walk (got to get off the duff)

- Change the diet
- To rev up the fat-burning furnace, eat protein for breakfast. This will increase the metabolism by 25% and that increase lasts for several hours.
- Quantity and quality of foods play equally important roles
- Saturated fats, trans-fats, fake fats, aspartame and other artificial sweeteners, refined carbohydrates, processed meats and processed cheeses, diet foods and sodas disrupt our hormones and become toxic foods to our bodies.
- Eliminate the white foods – white sugar + white flour + white rice + white pasta + white potatoes.
- Say no to hors d'oeuvre
- Get motivated and accentuate the positive
- Take Select
- Never go back to your old “weighs”

Why Select?

- Low thyroid function and exhausted adrenals are two major reasons we gain belly fat and have no desire to work out.
- There is a complex interplay of hormonal + biochemical + genetic + physical + lifestyle factors that cause the battle of the bulge.
- Basal Metabolic Rate is shot – then the body doesn't burn calories when at rest.
- Inside the cells need to create energy and to do this best requires breaking down carbohydrates + fats + essential fats+ proteins in the food we eat (thermogenesis burns stored fat).
- Healthy liver is essential for fat loss (filters the blood + processes hormones + removes toxins + metabolizes proteins + burns down carbohydrates + produces dynamic energy + manufactures good cholesterol + breaks down fats + performs hundreds of other vital functions.
- Excess weight around the middle, whites of the eyes that are dotted with fatty yellow bumps, fatty cysts, skin mottled with age spots are all signs of a congested liver – fatty liver.

- Disruption of liver detoxification pathway leads to imbalances of hormones causing estrogen dominance – thus it is very difficult to lose weight around the abdominal area (estrogen belly).
- Too much fat on the body increases the estrogen levels because fat cells are storage sites for estrogen.
- Addition of an excessively high carbohydrate diet pushes insulin too high (fat storage hormone).
- High insulin also increases the secretion of cortisol which in turn lowers our DHEA levels. When DHEA levels drop, the muscle mass also drops.

What's in Select?

- ✓ Advantra Z (citrus aurantium) – a natural stimulant which is a thermogenic known to increase metabolism rate to burn fat more efficiently. Improves energy levels. Allows you to work out longer and with more endurance.
- ✓ Acacia Rigidula (95%) – helps to halt the conversion of carbohydrates into fat and increase fat-releasing enzymes. It also inhibits glucose-stimulated insulin secretion.
- ✓ Guarana increases the proliferation of BAT (brown adipose tissue) and thus disrupts the events that lead to the accumulation of white adipose tissue (WAT is fluffy stuff). Stimulates energy production. Improves fat loss in persons on a low-calorie diet. Increases loss of fat mass rather than lean body mass. Improves growth of skeletal muscle. Tends to compensate for thermogenic defects that predispose people to obesity. Helps normalize the thermogenic response. Improves mood, concentration, impulse control, attention span, alertness and stamina. Guarana is also an appetite suppressant.
- ✓ Green Tea with EGCG offers thermogenic action which aids in fat loss. Helps control blood sugar levels – burns fat, especially belly fat.