

Burn That Belly Fat

Tips For Getting Rid Of Stubborn Belly Fat

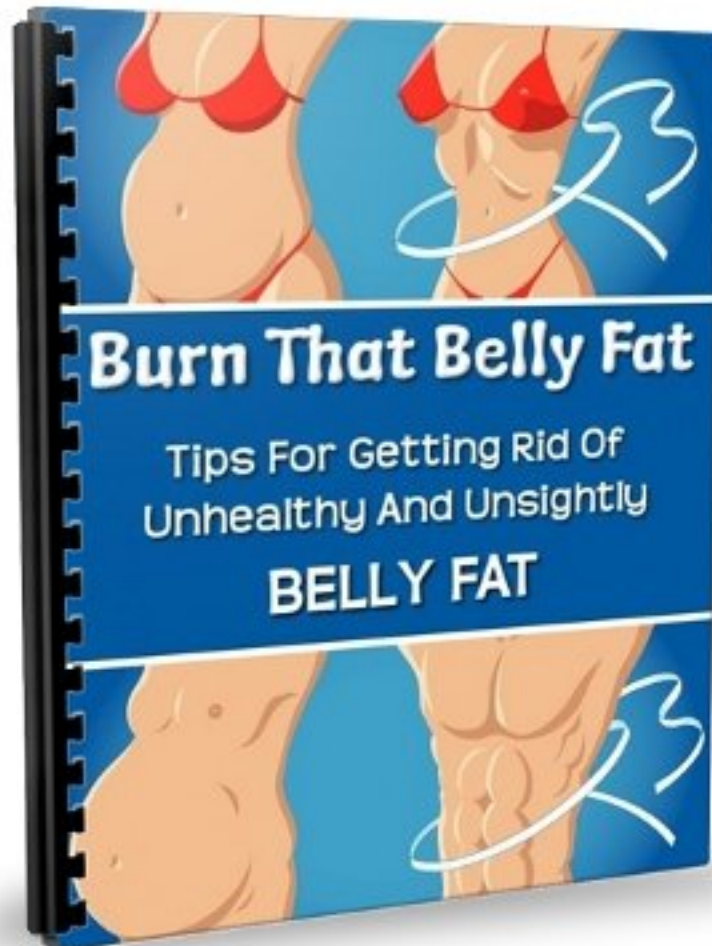


TABLE OF CONTENTS

Where'd That Belly Fat Come From?	3
The Health Risks Of Belly Fat	3
Getting Rid Of Stubborn Belly Fat	4
Eating To Lose Belly Fat	6
Foods That Burn Belly Fat	7
Fat Burning Exercises	9
Healthy Dieting Tips	10
Conclusion	11

Where'd That Belly Fat Come From?

If you are like most people, you might find yourself looking down and wondering where that belly fat came from. Where there was once a flat area, is a protruding ball that seems to have sprung from nowhere, but did it really?

The truth is that stressful living, overeating and not exercising enough takes it's toll on everyone and while it might seem like your big belly just suddenly expanded, the truth is that it has been slowly growing for quite some time.

If you are smart, you will recognize this and take steps to remedy it because not only is belly fat unsightly, it is also harmful to your health. Taking the necessary steps now is important, because it only gets harder to lose it as time goes on!

The Health Risks Of Belly Fat

Aside from the low self esteem and frustration that having excess belly fat brings, carrying those extra pounds has many other dangers and disadvantages. The health risks of belly fat are numerous and they will always remain as threats to your overall well-being if you don't do something about your weight as soon as you possibly can.

One of the health risks of belly fat is that people with excess belly fat have an increased risk of heart disease. Heart disease is one of the major killers in the United States, Canada, England and many other counties.

Now, in general, being overweight gives you a higher risk of heart disease, but belly fat (or the visceral fat around the organs in the abdomen) in particular is problematic according to a study done on mice at the University of Michigan Cardiovascular Center which found a direct correlation between inflammation around the visceral fat cells and atherosclerosis or hardening of the arteries. This makes belly fat particularly dangerous.

Another risk that is associated with being overweight is diabetes. Diabetes is often hereditary but you can significantly decrease the chances of you contracting this disease by keeping your weight in control. Having extra pounds causes a disturbance in the normal insulin production which results to a higher level of blood sugar and consequently, diabetes.

Hypertension is also closely associated with people who are overweight. Also referred to as high blood pressure, this hypertension is often called the "silent killer" because many people don't even know they have it. Hypertension can lead to stroke, heart attack, aneurysm, heart failure, renal failure among many other problems.

Belly fat also causes an increased risk of contracting cancer. Some of the types of cancer which is closely associated with obesity includes colon, prostate, kidney, endometrial and post-menopausal breast cancer. This is again related to the visceral fat around your abdominal organs which is present in larger amounts with people who have excess belly fat.