

Published based on [How To Remove Depot Fat In A Waist Area](#)

# How To Remove Depot Fat In A Waist Area

Doctors find connection between depot fat around and above a waist, which are characteristic for men and elderly women, and heart troubles, and also diabetes, a hypertension, insults and increase in risk of some kinds of a cancer occurrence.

The majority of us considers that if, having pinched oneself, we grasp two centimeters of fat, it is necessary to cease to eat ice-cream. But the fat which is located directly under a skin actually is harmless. Much more serious problems arise because of fat which is postponed round such vital internal organs, as an intestine and a liver. "Threat for health is defined not by the fact whether you have a superfluous fat or not, but where it is concentrated", - Dr. Arthur Frank, the medical director of the program for struggle against adiposity at George Washington's University states.

How to find out, whether it is necessary for you to lose a fat on a belly, without resorting to expensive check ups on a scanning tomography or by means of a magneto-nuclear resonance?

Despite all threats, many people find out that it is very easy to get rid of superfluous fat on a belly if to separate myths from the facts. These advices will help you to succeed there where many people sustain a defeat.

Remember, men and women lose weight differently.

Any woman who has begun struggle against a belly in the company with the man and disappointment waits for you. Dr. Frank explains: "When the man and the woman of identical height and weight intake the same food and the same physical activities, the man loses weight faster. Why? To reach at least the half the man achieves that, the majority of women should apply much more efforts, than they expect.

Find out the truth about fat-free products for yourself. Freakish and severe diets often help to lose weight quickly, but basically at the expense of water and muscular tissues. It is necessary to get rid of superfluous fat to remove the belly at all. The majority of experts recommend a diet with the low maintenance of the sated fats, engaging fresh fruit, vegetables and the products rich with starch, for example brown rice, bread from integral grain and pasta.

The only important caution: if you suffer from the metabolism disorder which is called insulin resistance, be cautious with diets with the low maintenance of fat. If you replace too many calories which give the sated fats (oil, cream and eggs) to an organism, the calories received from carbohydrates (macaroni, rice, a potato and fat-free desserts) a sugar level in blood can rise or the risk of a heart trouble occurrence increases. If you do not know, whether you suffer from insulin resistance, consult the doctor.

There is no one "correct" diet for all and for everyone because not all people get fat equally. It doesn't matter, how many fats are in your food, the main thing is how many calories are in it. To remove the fatty belly, you should receive calories from different products useful to health.

Nowadays the abdominal fat issue has gained in popularity very much. The thing is that losing [abdominal fat](#) is not only the matter of looking good but also healthy lifestyle. Those who need info on how to lose [abdominal fat](#), please go to this site.

Besides, to get the best results one must use all the tools available. And this is where the web technologies might be of great use. Learn to make use of blogs, niche forums, search Google and other searching engines for "[abdominal fat reduction](#)". Subscribe to the RSS feed on this and other blogs. All this will help you to make a smart and nicely balanced decision, and select exactly what you search at the best terms which are available on the market.

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