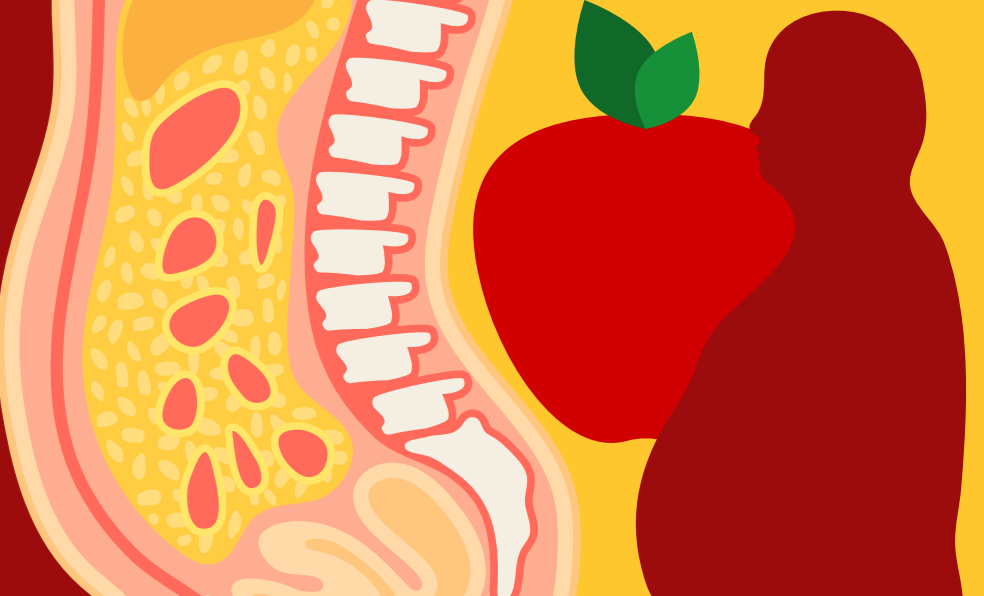


TIPS for reducing VISCERAL FAT

90% of our body fat is subcutaneous and the other 10% is visceral fat (VF). VF surrounds vital organs such as the liver and intestines, and is stored in the omentum, an apron-like flap of tissue that lies under the abdominal muscles. Although it leads to increasing waistline and 'apple body shape', it isn't always visible on the outside.



VF cells are more biologically active than other fat cells and secrete harmful hormone and chemicals:

- Inflammatory markers such as cytokines
- Releases lipids into bloodstream and liver
- Raises angiotensin, a protein that causes blood vessels to constrict and blood pressure to rise
- Lowers testosterone in men
- RBP4, a molecule that increases insulin resistance

WHAT INCREASES VF STORAGE?

<p>PROLONGED STRESS</p> <p>Cortisol hormone leads to VF storage</p>	<p>GUT BACTERIA</p> <p>4x more impact than genes</p>
<p>POOR SLEEP</p> <p>Increases cortisol and interferes with appetite and growth hormones</p>	<p>SMOKING</p> <p>Increases insulin resistance, which leads to VF storage</p>
<p>ALCOHOL</p> <p>3+drinks daily = 80% more likely to have a 'beer belly'</p>	<p>FRUCTOSE</p> <p>Excess intake directly converted by the liver into fat</p>
<p>HORMONES</p> <p>Drop in oestrogen at menopause</p> <p>Low testosterone relative to oestrogen in men</p> <p>Drop in growth hormones</p>	<p>AGE</p> <p>From 40+</p> <p>Affects women more than men</p>

HOW TO REDUCE VF?

<p>Reduce or cut out smoking and alcohol, sugar and trans-fats</p>	<p>Probiotics / fermented foods</p> <p>Gut bacteria influence fat deposition</p>
<p>Protein with every meal</p> <p>Meat, fish, eggs, legumes, nuts, seeds</p>	<p>Calcium & Vitamin D</p> <p>Supplementation can reduce VF</p>
<p>Resistant starch</p> <p>Potato salad, green bananas, beans, peas, lentils</p>	<p>Switch off</p> <p>Get 7-9 hours sleep at regular times</p> <p>Manage stress levels</p>
<p>Keep moving</p> <p>Min 30mins most days</p> <p>Aerobic and strength training, HIIT</p>	<p>Intermittent fasting</p> <p>Increases growth hormone levels and insulin sensitivity</p>
<p>Minimise fructose</p> <p>Max 2 pc of fruit per day</p> <p>Avoid fruit juice, smoothies</p>	<p>Minimise refined carbs</p> <p>More effective than low fat diet</p>
<p>Soluble fibre</p> <p>For every 10g added daily, VF reduced by 3.7% over 5 years</p> <p>Fruit, vegetables, flax seed</p>	<p>Omega-3 fats</p> <p>Increase adiponectin, a key hormone for fat burning</p> <p>Oily fish, chia seeds, seaweed</p>

Increasing health risks for:

<p>DEMENTIA</p> <p>High VF in your 40s: 3 x more likely to develop dementia by mid-70s</p>	<p>CANCER</p> <p>Breast cancer</p> <p>Colorectal - 3x increased risk</p> <p>Inflammation may lead to cell abnormalities</p>
<p>DIABETES TYPE 2</p> <p>Due to insulin resistance</p>	<p>ASTHMA</p> <p>Due to inflammatory effects on the airways</p>
<p>MAY LOWER BONE MINERAL DENSITY</p> <p>Esp in men</p>	<p>HEART DISEASE & STROKE</p> <p>Risk increases by 10% per 2 inches extra waist size</p>

HOW DO YOU MEASURE VF?

BMI IS NOT ALWAYS INDICATIVE OF VF

<p>MEASURE YOUR WAISTLINE REGULARLY</p> <p>At the level of the navel</p>	<p>CT SCAN OR FULL-BODY MRI</p> <p>Most precise but expensive</p>	<p>BIO-IMPEDANCE TESTING</p> <p>Good for progress tracking and motivation</p>
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