



BELLY FAT DIET: The Essential Belly Fat Diet Plan: Belly Fat Diet Cookbook And Belly Fat Diet Recipes To Lose Weight Naturally, Burn Fat Fast, Transform ... Fat Diet Books, Diet Recipes, Diet Cook)

Dr. Michael Ericsson

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Belly Fat Diet: The Essential Belly Fat Diet Plan - Belly Fat Diet Cookbook And Belly Fat Diet Recipes To Lose Weight Naturally, Burn Fat Fast, Transform Your Body And Feel Great

Today only, get Belly Fat Diet: The Essential Belly Fat Diet Plan and Read on your PC, Mac, smart phone, tablet or Kindle device.

In a world with so many things to do and so little time, there is just no reasonable excuse to get sick. And with a lot of pressure from the media and the society, it is imperative to always look and feel good. This book contains proven steps and strategies on how to stay healthy, feel great and look your best by losing your body's most hated villain – your belly fat.

Provided also are belly fat diet plans and an explanation of how it works and for whom will it work best, and numerous recipes that would help you take away extra pounds from your tummy and keep it that way. Tips in losing your belly fat for good that goes well with your diet are also included in this book to help you with your new healthy lifestyle.

Here Is A Preview Of What You'll Learn

- Why do People Get Fat Around the Belly?
- Your Health and your Belly Fat
- Losing Your Belly Fat
- Belly Fat Diet Plan
- Belly Fat Diet Cookbook
- Much, much more!

Why do People Get Fat Around the Belly?

First, what is belly fat?

Belly fat, or what doctors would call abdominal fat or central obesity, is the development of excessive fat found around the stomach, thus, the name belly fat. These excess visceral fats (fats that cover the internal organs) are accumulated when we consume more calories than we need, use and eliminate.

The following are the most common factors that cause abdominal obesity:

- Visceral adiposity, low insulin sensitivity and lipid deregulation which leads to excessive fructose consumption
- Genetics and environment
- Cushing's syndrome and other diseases related to hypercortisolism
- Intake of drugs such as dexamethasone and some other steroids
- Decreased level of estrogen (for women with hormonal imbalance or in menopausal age)
- Lifestyle (high-calorie diet paired with low physical activity)
- Age (body's natural ability to burn calories decreases; diminished muscle mass)

Why are you not losing your belly fat?

There are multiple factors why you fail to lose your belly fat.

1. Lower hormone levels – A woman's estrogen level decreases as she ages so when she reaches menopausal stage and gains weight, the fat she accumulates goes straight to her belly. This is also true for men's testosterone levels, but at a much slower pace.
2. Wrong diet – Processed food may be convenient and tasty, but too much of it is not good for your health and not good for the belly. Processed food may cause inflammation in the body so having too much soda, white bread or dessert in one day can worsen this internal inflammation, which is associated with developing belly fat. Too much fat of any sort is also a bad idea.

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From reader reviews:

Lenore Cortez:

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Ronald Meyers:

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