

The Flat Belly Diet A Hope For A Healthier Life

Each year women for all walks of life assume a commitment, a shared one, they all commit to lose weight and start a new chapter in their life, for the journey of losing weight cannot be achieved by an outer source rather than it must come from within. Thus, women start looking and digging each and every diet plain out there and test it even it involves starving to death or cutting fat all together or even drink energy drinks rather than real food. Nonetheless, I came across a new diet that promising losing weight will eat real food, how amazing is that!!

The diet is a combine creation of the dynamic authors the editor in chief of the American magazine called Prevention magazine Liz Vaccariello and the nutrition director of prevention magazine Cynthia Sass. This diet is specially designed to target belly fat (practically the vascular fat) to reduce its amount in the body by following a Mediterranean based diet which consist of meals combined with a well balance monounsaturated fat (MUFAs).

According to the authors, the fat inside ones belly can be divided into two types, the first is the subcutaneous fat which can be seen (inch can be pinch); a small amount of subcutaneous is sufficient to us in order to keep us warm in winter, on the other hand the second type is called visceral fat; its name comes from viscera that mean internal, this fat is most dangerous type of fat one can hope for, it may be as deadly as poison because of the fact of that it is more hidden inside the body surrounding its internal organs in the abdomen (such as the heart, liver) which could surely subtract years of one's life not to mention the diseases that will harm his/her health starting with the possibility of sky rocking blood pressure to a high cholesterol and diabetes. And if this scientific based information were not enough a study published circulation: Journal of the American Health Association, visceral fat may have a stronger impact on the cardiovascular health of elderly women than OBESITY, also a Danish researchers have discovered that women with superfluous belly fat are more highly likely to the risk of atherosclerosis than those who stored fat in their hips, thighs, and buttocks.

So, after hearing those shaking horrifying the two dynamic authors started looking for answers and requiring solutions to this dilemma and the year of 2007 came bring them the answer in a study done by a Spanish researchers: Journal (Diabetes Care) the study found that people that follow a diet rich in (MUFAs) fats can actually decrease the amount of visceral fat and hopefully eliminate it as Liz Vaccariello said in her interview with CNN the early show.

The Flat Belly Diet starts with a four days jumpstart in which one must avoid ten types of FOOD including (salt-refined sugar-chewing gum-white carbohydrates-soft drinks-alcohol drinks-row vegetables-spicy foods-coffee and tea-), in addition of drinking special water called sissy water (in an honor to its creator and co-writer Cynthia Sass); which can be done at home, along

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with a 400 calorie meals combined with a well balance monounsaturated fat (MUFAs) in every 4 hour period ;this methods of meals should be followed during the course of the diet.

Those meals are full with (MUFAs) fats which are so diverse. However, they are juror into five categories which are (Oils-Nuts and Seeds-Avocados-Dark Chocolate-Olives).Those five Goddess

along with well balanced meals will help you lose this stubborn dangerous from your body; in another words, you will use fat to destroy another(funny) but the trick lies in the type of fat you use.

In a conclusion, the Flat Belly Diet had helped some women get though their problems with weight from the beginning of its existent and represented an answer finally bringing with it some hope to those who are lift to face that problem, so whether one believe in it or not they who believed in it, it was not Just a diet but away of living a healthier life.