

Five Culprits That Keep You Fat

Got some flab around your hips, thighs and belly that won't go away? No matter how much you starve yourself, does it still persist? Well, it seems that there are four big reasons you're having a hard time releasing that excess baggage you've been carrying around. Once you identify these causes, you can take steps to conquer them!

Enemy #1: *Dehydration*

Few of us drink enough pure water, which is the transport mechanism that flushes toxins out of the body. The basic formula for figuring out your daily requirement is to take your body weight and divide by two. That gives you the minimum number of ounces your body needs each day. Since you're constantly inundated from pollutants everywhere you turn today: the air you breathe, the tap water you drink, preservatives and artificially processed food--and the list goes on and on—your body is overwhelmed and needs help. When it comes across foreign agents that it can't eliminate, such as fat-soluble toxins, it warehouses them in fat to protect the body from harm. Hence, the more toxins, the more fat.

Enemy #2: *Stress*

When you are stressed, your body releases the “fight or flight” hormone called cortisol. Part of its mechanism of action is slowing down your metabolism to conserve as much energy as possible in case you need it (sooner or later) to flee some danger. Decreased metabolism triggers storage of this energy into fat cells. Once that occurs, it's very difficult to remove since fat cells expand to accommodate this extra baggage and then hang onto it for dear life!

Enemy #3: *Nutrient Depletion*

It's hard to find truly nutritious foods in today's market. Modern farming practices have depleted the soil of its native array of nutrients, and chemical fertilizers only supply the bare minimum of nutrients: phosphorous, potassium, and nitrogen (without which the plants can't grow at all). To top it off, you now have to worry about (GMO) food made from genetically modified organisms--including genes from animals and pesticides inserted into the very food itself.

Enemy #4: *Overwhelmed Digestive System*

When you overeat, your body cannot assimilate your food without the assistance of specialized enzymes. Raw fruits and vegetables contain their own inherent enzymes, but cooked food is more difficult to metabolize. When food is not digested properly, it can become toxic to the body. Digestion requires a lot of energy and is one of the reasons you feel like taking a nap after eating a large meal. Intermittent fasting and detoxification are two practices used by many health-minded people to give their digestive system a break, keep their weight under control, and slow down the aging process.

Enemy #5: *Lack of Exercise*

Fitness trainers estimate it takes five pounds of muscle to burn one pound of fat, so exercising regularly helps keep that extra padding at bay. You're encouraged to alternate aerobic workout and strength training days for at least 30 minutes each session to give your body maximum benefit. Establish a set time daily for your routine and buddy up with someone else to help keep you accountable!

As you can see, there are five areas to consider when you would like to shed those extra pounds. Stay tuned for more information in future blog posts!

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