

April 5, 2019

Stubborn Fat: How to Get Rid of Bulges that Resist Diet and Exercise



Getting rid of stubborn fat is not as straight forward as the weight loss industry would have us believe. Our bodies are complex chemistry labs, not bank accounts, completely debunking the popular philosophy that reducing localized fat deposits is as simple as "calories in, calories out."

Learns more about the physiology of fat. Discover why some fat is so stubborn, why some fat resists healthy living and what we can do to get rid of the bulges that refuse to budge.

THE BIOLOGY OF BODY SHAPE

Genetics, gender, and hormones are just some of the factors that determine the number of fat cells within our body and where the body distributes those fat cells. Once we reach adulthood, the number of fat cells and their placement within our body becomes fixed. Lifestyle can influence how much fat is stored in those fat cells, but it cannot change how many fat cells are in our body or where our body stores those fat cells.

[Learn the difference between losing weight and reducing fat >>](#)

For women, the body distributes more fat cells to the lower body in preparation for pregnancy. For men, the body tends to distribute more fat in the upper body. Not only does the body distribute more fat to certain areas, but also, the fat cells in these areas may be predisposed to resist diet and exercise.

THE PHYSIOLOGY OF STUBBORN FAT

Fat cells have two receptors known as Alpha-2 and Beta-2 receptors. Alpha-2 receptors tell cells to store fat for later use. Beta-2 receptors tell cells to break down and release fat for immediate use. Fat cells have either more Alpha-2 receptors or more Beta-2 receptors. If the fat cell has more Alpha-2 receptors, it is predisposed to resist diet and exercise. If the cell has more Beta-2 receptors, it is predisposed to respond to diet and exercise by burning fat.

Unfortunately, the areas of the body with greater fat cell distribution are also composed of fat cells that have more Alpha-2 Receptors than Beta-2 Receptors. This means that for some people, their body not only stores more fat cells in the belly area, but that belly fat is predisposed to resist diet and exercise. This means that getting rid of stubborn belly fat can be nearly impossible for some individuals, no matter what they try.

FAT REDUCTION OPTIONS FOR STUBBORN BULGES

Fortunately, fat reduction treatments, such as [liposuction](#) or [CoolSculpting](#), offer a safe and effective solution for reducing stubborn fat on individuals who live healthy, active lifestyles but cannot get rid of a problematic bulge. Fat reduction treatments do not entice the fat cell to release its fat. Rather these treatments remove the entire fat cell from the body. This reduces the number of fat cells in a given area, leading to a noticeable reduction in circumference that mimics the appearance of natural weight loss.

Freeze Away Stubborn Fat

NEW PATIENTS RECEIVE 25% OFF COOLSULPTING COST

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FIND OUT MORE ABOUT COOLSULPTING

The best way to determine if CoolSculpting is right for you is to schedule a complimentary consultation with fat reduction specialist, Dr. Naralya Chalik of Emerson Medical. Contact Dr. Chalik online by filling out the form below or call (718) 448-3800 today.

Schedule a Free Consultation

SIGN UP ONLINE OR CALL

718-448-3800

• 25% OFF ALL AREAS FOR NEW CLIENTS

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Dr. Chalik is great, especially her bedside manner. I would wholeheartedly recommend her to anyone in need of a general care doctor

— Sergio R.

MEET DR. CHALIK



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OFFICE HOURS

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INSURANCE

Most insurances accepted - call for details

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