

THE BLOG

THE BEST WAY TO LOSE BELLY FAT | COOLSCULPTING THE STOMACH

THE BEST WAY TO LOSE BELLY FAT | COOLSCULPTING THE STOMACH



THE BEST WAY TO LOSE BELLY FAT | COOLSCULPTING THE STOMACH

The best way to lose belly fat may not be through abdominal exercises or eating foods that burn belly fat. Instead, for many adults, the best way to lose belly fat is through a fat reduction treatment. Such treatments include CoolSculpting stomach fat or liposuction. But to understand why, you must comprehend the physiology of abdominal fat.

Read on to learn what causes belly fat, why it is so hard to get rid of belly fat, and why millions of men and women opt for non-surgical CoolSculpting to flatten their stomachs.

Skip ahead to PART II: HOW TO LOSE BELLY FAT | WHAT WORKS AND WHAT DOESN'T >>

WHAT CAUSES BELLY FAT?

Belly fat notoriously resists diet and exercise, resulting in stubborn midsection bulges. The best way to lose belly fat is to understand why weight clings to our stomachs

Dr. Mark Lowney, medical director and body-contouring surgeon at Advanced Body Sculpting of New England, explains, "lifestyle is not the only cause of stomach fat. Various biological factors play a role in creating abdominal fat." These include:

HORMONES

Hormones play a significant role in determining where fat stores in the body. For example, Estrogen in women directs fat to accumulate around their thighs and hips in preparation for pregnancy.

Men, on the other hand, produce low levels of Estrogen, causing their hormones to push fat higher up their bodies. According to Dr. Lowney, "men are more like to gain weight around their midsection."

Related article: CoolSculpting Fat Reduction for Men >>

AGE

Both men and women typically store additional fat as they age. In part, this is "because hormone levels decrease as we age," explains Dr. Lowney. When estrogen levels diminish in women, the fat that accumulates in the thighs and hips moves up the body towards the lower stomach area. This results in a fat deposit, often termed the "belly fat pouch."

For men, the age-related decrease in testosterone (a hormone thought to hinder the growth of fat cells) results in accelerated weight gain around the abdomen.

Additionally, "as we age, we lose muscle mass," says Dr. Lowney. This causes our metabolism to slow down, allowing for more weight gain. "The aging process creates additional fat deposits to the midline, chin, and buttocks. This leads to stubborn bulges."

GENETICS

"Genetics influences the presence of belly fat, perhaps more than any other factor," states Dr. Lowney. If you inherited an "apple shape" body type, you might have a greater mass of abdominal fat. Furthermore, your belly fat may be more resistant to exercise and diet than an individual with a "pear-shaped" body.

WHY IS IT SO HARD TO LOSE BELLY FAT?

There are different types of fat. Subcutaneous fat (fat below the skin surface) and visceral fat (dangerous fat that deposits in the abdominal cavity and wraps around the organs.) Furthermore, not all fat cells are alike. Fat cells with additional Alpha-2 receptors will automatically store fat for more extended periods. In comparison, fat cells with more Beta-2 receptors will inevitably break down when the body requires energy.

Many people develop belly bulges that consist mainly of Alpha-2 receptors. These types of receptors resist diet and exercise because the body clings to this type of fat. In this case, the best way to lose belly fat, or to lose weight fast, may consist of a professional fat reduction treatment, such as liposuction or CoolSculpting.

Read on to learn the most effective way to tackle belly fat that resists diet and exercise.

PART II: HOW TO LOSE BELLY FAT | WHAT WORKS AND WHAT DOESN'T >>

SCHEDULE A FREE COOLSCULPTING CONSULTATION

SAVE UP TO 25% OFF
Schedule by phone (508) 217-9624 or online below

Form with fields for name, email, phone, and a large text area for questions. Includes a 'Select files' button and a 'SUBMIT' button.

Tags: Best way to lose belly fat

LEAVE A REPLY

Your email address will not be published. Required fields are marked *

Form for leaving a reply, including a comment text area and fields for Name, Email, and Website. Includes a 'SUBMIT' button.

CALL TO REQUEST A CONSULTATION
508.217.9624

ADVANCED BODY SCULPTING OF NEW ENGLAND IS LOCATED AT
484 Highland Ave
Fall River, MA 02720



Accredited by the
ACCREDITED BY THE ASSOCIATION
FOR AMBULATORY HEALTH CARE, INC.



Form titled 'REQUEST A CONSULTATION' with fields for Name, Email, Phone, and Questions/Message. Includes a 'Select files' button and a 'CHAT LIVE NOW' button.

OUR LOCATION

Advanced Body Sculpting of New England
484 Highland Ave Fall River, MA 02720
(508) 217-9624
MAP

Chat widget titled 'Can I help you?' with a 'CHAT LIVE NOW' button.

Chat widget titled 'Can I help you?' with a 'CHAT LIVE NOW' button.

Chat widget titled 'Can I help you?' with a 'CHAT LIVE NOW' button.

Chat widget titled 'Can I help you?' with a 'CHAT LIVE NOW' button.