

THE BLOG

THE ADVANCED BODY SCULPTING BLOG HOW TO LOSE BELLY FAT | WHAT WORKS AND WHAT DOESN'T | COOLSCULPTING

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If conventional attempts fail in flattening the stomach, rest assured you are not alone in not knowing how to lose belly fat. Frustrated men and women seek answers to a flatter stomach. There are many solutions purported on the internet. But many are false. Belly fat diets and belly fat exercises do not work. Discover real solutions and determine which method for losing abdominal fat is right for you.

Go back to PART I: WHAT CAUSES BELLY FAT AND WHY IS IT SO HARD TO LOSE ->

HOW TO LOSE BELLY FAT

In the previous post, the best ways to lose belly fat, you discovered what causes belly fat and why it is so hard to lose fat around the midsection. Knowing the physiological components of abdominal fat will assist you in determining what solutions work best--and what solutions do not work at all. Read on to learn how to lose belly fat safely and permanently.

BELLY FAT EXERCISES

People are misled by information on the internet promoting belly fat exercises that claim to target stomach fat specifically. This is called "spot reduction," and it is a myth. Exercises may target precise muscle groups. Crunches can focus on strengthening your core and abdominals. However, specific bulges will not respond to particular exercises. The only way to lose belly fat is to lose weight overall and hope that some of it comes from your waist. However, since belly fat is notoriously stubborn, exercise may not result in reduced stomach fat, no matter how much weight you lose.

FOODS THAT BURN BELLY FAT

"There are certain foods that boost the metabolism; yet, there are no foods that specially target fat around the midsection," states Dr. Mark Lowney, a body contouring surgeon and medical director of Advanced Body Sculpting of New England. Foods that burn belly fat demonstrate another myth by well-meaning individuals on the internet.

HOW TO LOSE FAT UTILIZING FAT REDUCTION TREATMENTS

You now understand that belly exercises and belly fat burning foods are unsuccessful ways to lose belly fat. Fortunately, there are ways to lose belly fat, effectively and permanently. These professional fat reduction treatments, such as liposuction or CoolSculpting, destroy abdominal fat cells. The body cannot replenish these fat cells--so results are long-lasting.

There two types of fat reduction procedures: surgical and non-surgical.

LIPOUSUCTION ON THE STOMACH

Before developments in non-invasive body shaping technology, liposuction served as the fastest and most effective method to reduce fat. Liposuction is effective in tackling stubborn bulges that resist diet and exercise. However, liposuction requires invasive surgery and includes all the challenges associated with it, like general anesthesia, scarring, stitches, and long recovery times.

Learn more about liposuction ->

HOW TO LOSE BELLY FAT WITH COOLSCULPTING

The #1 non-surgical option is CoolSculpting. Also known as fat freezing, CoolSculpting destroys fat cells by freezing them to death, providing an effective, safe, and pain-free solution for a flatter stomach. CoolSculpting provides a natural look and is long-lasting. With little to no downtime, CoolSculpting stomach fat may be your solution.

See Real CoolSculpting Results

Stop asking how to lose body fat and get started on obtaining a slim, flat, stomach. Get started today on a flatter stomach by scheduling a complimentary consultation with Advanced Body Sculpting of New England, the premier CoolSculpting Fall River provider. Reach out online, or call (508) 217-9626.

SCHEDULE A FREE COOLSCULPTING CONSULTATION

SAVE UP TO 25% OFF

Schedule by phone (508) 217-9626 or online below

Form for scheduling a free CoolSculpting consultation, including fields for name, email, phone, and a message box.

Tags: how to lose belly fat

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OUR LOCATION: Advanced Body Sculpting of New England, 484 Highland Ave Fall River, MA 02720, (508) 217-9626, MAP

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CALL TO REQUEST A CONSULTATION 508.217.9626 ADVANCED BODY SCULPTING OF NEW ENGLAND IS LOCATED AT 484 Highland Ave Fall River, MA 02720



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