



Why Your Body Stores Belly Fat — The Science Behind It

Belly Fat Is Not Just Fat — It's a Protective Mechanism



Your body stores energy in fat cells for survival



 The belly area has more alpha receptors which tell fat cells to hold on rather than release energy.



 This is why belly fat is usually the last to shrink.

Types of Fat in Your Body

Subcutaineous Fat

 The soft layer under the skin — easier to mobilize.



† Visceral fat

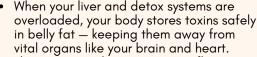
 Deep fat around organs biologically active and excess amounts can create stress on the body's systems



Why Your Belly Stores Toxins

 Everyday, your body faces toxins from environment, food, and hormones.





• This is a survival strategy, not a flaw.

Hormones & Stress Influence Belly Fat

- High cortisol levels from chronic stress promote belly fat storage.
- Hormone changes, especially in women during perimenopause, increase fat retention in the belly area.





What You Can Do to Support Your Body

✓ Manage Stress

Practice deep breathing, meditation, or gentle yoga daily to lower cortisol.

Support Liver Detox

Eat cruciferous vegetables (broccoli, cauliflower, kale) and drink plenty of water.

Avoid Frequent Snacking

Give your body time to balance insulin and energy signals — space meals 4-6 hours apart. Consider intermittent fasting and reduce carbohydrates.

▼ Choose Whole Foods

Prioritize unprocessed, fiber-rich foods and avoid sugary snacks that spike blood sugar.

V Include Movement that Activates Brown Fat

Exposure to mild cold, brisk walking, or strength training can help activate energy-burning brown fat. Brown fat helps burn energy and generate heat, supporting a healthy metabolism and weight balance.

📍 Bonus Tips

- Track blood glucose with a Continuous Glucose Monitor if possible
- Test fasting insulin (<6 uIU/mL is optimal)
- Try apple cider vinegar or lemon water before meals to blunt glucose spikes
- Add magnesium, omega-3, and fibre-rich veggies to support blood sugar balance

Health & longevity tips by Miri, Certified Nutrition & Health Coach

Science-backed wellness tools to help you rebalance your metabolism and thrive long-term.

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