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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

A Startling Fact About Losing Dangerous Belly Fat-- Without Exercise

By David L. Kern

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The story broke in the international press on October 4th, 2004. Scientists in Japan announced that laboratory rats lost large amounts of organ fat, and increased muscle strength, when a portion of their diet was replaced by a new fruit extract.

Could this new discovery be "Exercise in a Pill?"

These unexpected results left the researchers puzzled. No drug or food had ever shown the ability to target and dramatically decrease dangerous organ fat, also known as visceral, or "belly" fat. In fact, only one thing is proven to reduce it... exercise.

The New American Epidemic-- Obesity.

And the unsightly bulge of stubborn belly fat isn't the only problem. Controlling this fat is important, say researchers at Duke University Medical Center, because increased levels have been associated with diabetes, cardiovascular disease, and the alarming rise in obesity rates in the United States, where presently two out of three adults are overweight or obese.

In the Japanese study, conducted at the Nippon Sport Science University graduate school, lab rats were fed a chemical extract from apples as 5% of their diet. The animals lost an average of 27% of organ fat in only 3 weeks. Even more baffling to researchers was a 16% increase in muscle strength observed in the test animals.

Proven Health Results from Apple Chemicals

Chemical extracts from apples have been extensively studied for years for their health benefits in cancer, heart disease, diabetes, and other chronic diseases. Recently, apple extracts have been shown to protect the brain against nerve damage associated with Alzheimer's Disease. But this is the first evidence that these phytochemicals-- termed apple polyphenols-- have been shown to reduce belly fat deposits.

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The Japanese researchers have now turned their attention to confirming these results in human subjects, and one Japanese company announced plans to market health drinks containing the extract in the U.S. later this year.

Too Early to Tell?

Although it will likely be some time before human weight loss trials are reported, some consumers aren't willing to wait. Since November, a small group of people in the U.S. have had access to these apple chemicals in pill form. You can track their intriguing results, which are now being reported on our web site, where you can also follow the latest news and research about apple polyphenols.

David L. Kern is a health researcher and publisher of New Health & Longevity, a newsletter devoted to the latest advances in nutritional science. Get more info on this new health discovery now at <http://www.applepoly.com/bellyfat/>. You can find a link there for current medical studies and breaking news on apple phytochemicals.

How To Lose Belly Fat Fast And Lose Love Handles Fast

By Chris Chew

As we age, our metabolism starts to slow down and we start to gain fat in all the wrong places. To make matters worse, it is known that the older we get, the more sedentary our lifestyle will be. This will be translated to less fat getting burnt off and more fat being accumulated. For men, fat is often gained around the belly. If you are lucky, only your waistline will bulge which is commonly being referred to as love handles. But for most of us, fat will build up on the tummy or what is commonly called, belly fat. The ladies tend to accumulate fat around the thigh and butt. That is not to say they will not have belly fat or love handles. In fact, women have it worse than men and are more inclined to gain fat all over. All of us want to own an attractive flat belly and a slim waistline. We will not only look attractive, we will also have less risk to fat related diseases such as heart attacks, strokes and other medical complications.

So how do we get rid of belly fat and love handles fast? First, let the truth be out. There is no such thing as spot reduction short of invasive medical procedures such as mesotherapy which actually inject drugs into your fat to supposedly melt them away. This treatment still has its controversy at the time of this writing. The other is liposuction. A very excruciatingly painful and expensive medical procedure. But do these procedures as well as others such as body wraps, slimming pills, diets etc keep your waistline slim and belly fat at bay? Well, perhaps initially, but to keep fat off permanently, they are questionable unless you keep popping pills or on a diet for the rest of your life.

To keep belly fat and your love handle off permanently, you will need to incorporate regular cardio exercises, weight training and a healthy eating habit into your life style. No starvation diet is required. Cardio exercises will burn fat fast. Weight training which will build you some muscles will also burn body fat. The added advantage is that when you pack on more muscles, your metabolism skyrockets and you burn fat round the clock, not just your belly fat and love handle but body fat from all over you.

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You will also have the benefit of owning an attractive flat belly and a slim waistline with beautiful muscle tone and that fabulous six pack abs for the guys. Added to your healthy eating habit such as avoiding too much dietary fat, sugar, simple carbohydrate, you will not only lose your belly fat and love handle, you will lose them forever. And if you have other fat deposit in other parts of your body, the same routine will also burn away those fat fast too.

So the if you want to own an attractive flat belly and a slim waist line fast, add cardio and weight exercises along with a healthy eating habit. Then watch the massive improvement to your health and fitness and watch your belly fat and love handle melt away quickly.

Well, it may take some effort getting used to the new routine at first but when you start to see your belly fat and love handle melting away and when you are forced to change you wardrobe because of your new slim waistline, you will enjoy and appreciate your new healthy lifestyle and attractive body. Try it.

Chris Chew is a personal trainer who counts top fashion models, international male pageant winners and actors as his clients. He is the author of "Burn Fat Build Muscles Fast!"

For more free fitness tips check out his sites at

and



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