



The general rule of thumb is that if you expend more energy than you are putting in, you will lose weight. This is true but when it comes down to losing those last kilos of stubborn body fat it starts to get a little more complicated.

By Brett Campbell

Yes

You Can Lose Belly Fat!

Before you start to panic and stress (which actually makes us fatter - more on that in a minute) I'll let you in on a little fat-loss secret - our hormones are the key to losing those last kilos of stubborn fat.

Let's be honest, if fat was easy to lose, all guys would all be buff and have six-pack abs and all the gals would be walking around in nothing but a bikini and a pair of Jimmy Choos. What a different world it would be.

With the invention of processed foods, the 12-hour working day and the many, many chemicals used to produce the masses of foods (don't get me started) it is no wonder we all hold too much body fat.

You're probably thinking that if you eat well and do 30 minutes of continuous exercise each day that you will definitely lose body fat. This is true to a certain degree but there are a few other things that you need to take into account.

In this article, we're going to talk about the three most common types of fat storage and the hormones that cause them. Hormones don't just determine if you gain fat, they determine where you gain it and whether you're able to lose it from those areas. Luckily, there is a solution to combating all these problem areas!

One of the most common types of fat storage that we see in women is the pear shape; fairly thin on top but heavy on the bottom.

This is so common that we often refer to a pear shape as a body type. This is true to an extent but this type of fat storage is also heavily dependent on the female sex hormone oestrogen. This is one reason why you see this type of fat storage primarily in women.

High levels of oestrogen are awesome for enjoying *The Notebook* and for making babies but are terrible for fat loss. This is why women usually have more trouble losing fat than men. However, anyone, male or female, with high oestrogen levels will have trouble losing fat, especially from their lower body. No matter your sex, the higher your oestrogen levels, the greater the likelihood you'll store fat on your hips and thighs.

On the whole, oestrogen-related fat storage is a pain in the arse (pardon the pun) but it is not completely unmanageable. You can offset this phenomenon with certain types of training - that's how I personally overcame this hormone.

We need to fight oestrogen with the hormone testosterone. We can release more testosterone into our

body a number of ways. I used heavy weight training, which required me to put my body under a certain amount of tension. I also supplemented with BCAAs (branch chain amino acids) which can aid in the removal of excess oestrogen.

Love handles? Let's be honest, no one loves them. Again, the reason you tend to store fat this way is because of how your body reacts to certain hormones.

If you were a fat kid and ate lots and lots of goodies, you would have screwed your endocrine system a wee bit. Nothing too serious but add a decade of eating rapidly digesting carbohydrates like sugary cereals and lollies and this will cause another hormone, insulin, to spike and crash and spike and crash all over the place.

You know that feeling you get after eating a piece of cheesecake? The sugar gives you a quick high, then shortly after you feel like you've been on the drink all night and you suffer a mini hangover. Well, that right there is your hormones going crazy.

On top of making you fat in the short term, this sugar habit also has a pretty negative effect on the way your

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body processes and handles insulin in the long term.

The degree to which you are able to process and respond to glucose (sugar) in your body is called insulin sensitivity. The higher this is, the easier and more efficiently your body utilises carbs for energy and the less like you are to store carbs as fat.

On the other hand, insulin resistance is the opposite; you don't deal well with carbs and anything other than a low-carb diet pretty much means you're going to hang on to some excess fat.

To make matters worse, as I mentioned previously, there are regional effects. It's been shown that people who store fat in the love handles are generally very insulin-resistant and therefore it can be reasoned that insulin resistance leads to love-handle and lower-back fat storage. Insulin resistance makes it very hard to lose fat from that area as well.

The good news is that insulin resistance and the resulting regional fatness can be lessened with certain types of training. With careful planning and selection of exercises, you can start to whittle away at the love handles and lower back fat while you increase insulin sensitivity.

This can be accomplished by performing workouts based around fast circuits that involve dynamic exercises

which involve using more than one muscle group at a time. When performing a squat, add a push press at the top of the movement. By doing so, you are involving your shoulders and triceps as well as your lower body. When you do a lunge, add a plate raise to it.

This type of training will help increase IGF (Insulin Growth like Factor) which is another hormone that has a profound effect on insulin sensitivity.

Without question, the most common type of regional fat storage is belly fat. If this isn't you, it's someone you know.

Abdominal fat storage obviously has a lot to do with your diet and overall body fat level. That should be obvious but it never hurts to touch on it.

Outside of diet and lifestyle, it's all about the hormones. The one we're talking about here is cortisol. This hormone has been in the media a lot the past few years, so by now you know that cortisol is sometimes called a "stress hormone." So next time you are late for an appointment, miss the bus or just feel anxious, remember that cortisol is out in force.

Your body will produce cortisol (and encourage belly fat storage) under

conditions of nearly any type of stress, both emotional and physical. So to combat cortisol, it's not enough to just get more sleep. Instead, it's best to combat cortisol through resistance training. It sounds like a contradiction. Cortisol is produced through physical stress and training is actually one of the many ways through which your body will produce this sneaky little hormone – but only if you overtrain. There is no need to spend hours at the gym. Long-duration cardio and extended lifting sessions are what produce the most cortisol and I always recommend against those.

Instead, I recommend short, intense training sessions with minimal rest periods which release a hormone called Growth Hormone (GH). GH helps to counteract the effects of cortisol. Both the muscle-wasting effects and the cortisol related belly fat storage. ☉

For more great tips on the best methods to burn unwanted body fat go to <http://products.21dayrapidfatlossblueprint.com/freegiveaway> and get a free copy of Brett's 13 Untold Ultra Fat Burning Secrets report.

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