

# DON'T LET BODY FAT KILL YOU

"Research shows that just a little extra body fat is enough to significantly increase your risk of disease."

Courtesy of



If you're unhealthy and feeling sick and tired of feeling sick and tired, then you've come to the right place.

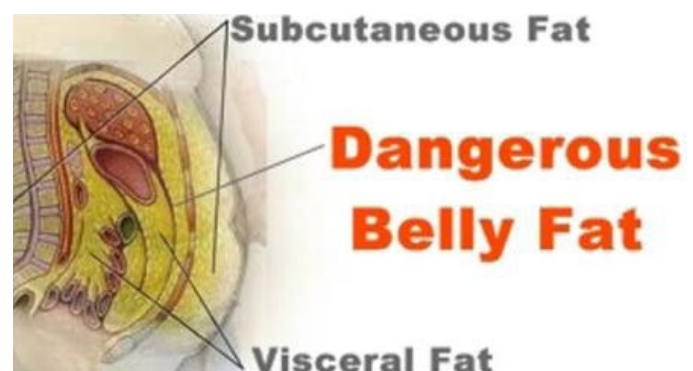
Trying to reach and/or maintain a healthy weight is often a very emotional experience. New Years weight loss resolutions often die at the hands of frustration and discouragement. "Cheat" meals turn into cheat days, cheat weeks, and so on, which turns into another reason for giving up.

These emotions have sparked hundreds of dieting fads, and the even greater frustration and feeling of failure has, in more recent years, sparked an anti-dieting movement. The following research can help bring you back to center and show you why to set the diet/anti-diet mindset aside and instead simply care about what you eat for the sake of your health.

While subcutaneous fat measurement is a decent indicator of health risks, there's another type of fat, called visceral, that's a more accurate indicator of your health. This fat lines your abdominal organs, and it's either cushioning or slowly crushing them.

It's far too common for people to not care about their health until something bad happens, like a serious diagnosis, injury, or getting blood work plagued with red flags. It's so easy to take good health for granted, assuming it'll last forever because it has so far, so why let all those scary facts and figures worry us? Worrying is bad for your health, after all.

The inherent flaw in this is your good health won't last without your help. So, even if you want to look good, you have to nutritionally take care of yourself. You have to love your body for the sake of your health, instead of its physical shape.



*Based on the Harvard meta analysis, for every inch of extra body fat you have around your stomach, your risk of disease and early death increases dramatically.*



The amount of body fat you have is in direct proportion to your quality of life, which means everything from happiness to aches, pains, disease and eventual death. Some body types should and do carry more than others but the statistics are strong as to what the healthy limits are.

The best way to calculate body fat is some-thing called waist-to-hip ratio. It is calculated by measuring your hips and your waist and dividing the waist measurement by the hip measurement. A ratio of 1.0 or greater for men, and 0.85 or greater for women, indicates that you're carrying too much belly fat around your abdomen. For fitness, a ratio between .80-.90 for men and between .70-.80 for women is best. Anything below that is equally unhealthy as anything over it.

If your WHR measurement is high, you have an almost 50 percent increased risk of premature death when compared to people with a healthy ratio.

People with a large waist-to-hip ratio, even if not overweight, are at increased risk of dying prematurely, a new study<sup>1</sup> from the Mayo Clinic has found. The study was published in the annals of internal medicine.

For this study, Dr. Lopez-Jimenez and his colleagues used data collected from 12,785 people aged 18 and older who had participated in the Third

National Health and Nutrition Examination Survey<sup>2</sup>, which was conducted from 1988 to 1994. The data included not only body measurements, but also demographic and health information.

The researchers then searched through the National Death Index<sup>3</sup> to determine which of the 12,785 participants had died before the end of December 2006 — an average follow-up period of slightly more than 14 years. They found 2,562 deaths, of which 1,138 were related to cardiovascular disease.

*From 1980 to 2000, the percentage of Americans who were obese more than doubled from 15% to 31% of the population.*

They then calculated the chances of dying within five- to 10-year time frames for people with different combinations of BMI (normal, overweight or obese) and waist-to-hip-ratios (normal or with "central obesity").

They found that the risk of dying from heart disease was 2.75 times higher, and the risk of death from all causes was 2.08 times higher, among people who had normal BMIs but also central obesity.

Lopez-Jimenez and his colleagues suggest several possibilities: The high risk of death may be related to the fact that the fat that accumulates around the internal organs in the abdomen is associated with insulin resistance, higher cholesterol levels and inflammation of the blood vessels. Also, a higher waist-to-hip ratio is associated with decreased muscle mass in the legs, which is a risk factor for heart disease.





# BODY FAT INCREASES YOUR RISK FOR DISEASE



Carrying excess weight puts a lot of strain on your body, especially your heart. Not only does it weigh you down, fat cells are notorious for stealing nutrients.

People become overweight due to overeating, under-exercising, genetic factors, and more. One meta analysis concluded in 2011 showed that, "Excess fat tissue can directly damage the heart muscle even before symptoms are evident."

- Gallbladder Disease and Gallstones
- Heart Disease and Stroke
- High Blood Pressure
- High Cholesterol
- Osteoarthritis
- Sleep Apnea
- Fatty Liver
- Diabetes
- Cancer
- Gout

*The CDC reviewed data on excess body fat and disease. Statistics show that excess body fat contributes to major causes of death and disability, including heart attacks, strokes, high blood pressure, cancer, diabetes, osteoarthritis, fatty liver, and depression.*

## THE PATH TO RECOVERY IS FASTER THAN YOU MIGHT THINK



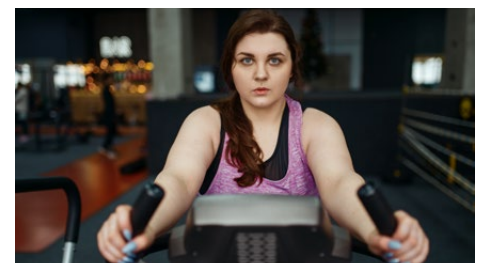
The moment you start working towards shedding excess pounds is the moment your body starts thanking you for it.

Your blood pressure approaches a healthier range, blood sugar starts leveling out, and LDL cholesterol starts dropping. You even sleep better and your energy levels start rising.

*Women who have 5-6 extra inches of belly fat have double the risk of having a heart attack regardless of their weight.*

Changing up your diet for the healthier helps improve your mood, skin health, boost your metabolism, and eating well can become habitual once you get used to it. Your body will naturally start craving nutrients over empty calories. Sure, your favorite indulgence will always sound more tantalizing than a crisp salad emanating the healthy scent of lettuce heaven, but you'll start craving to maintain how your body feels when you eat well.

Sometimes it takes a little nutritional help to coax your body to work with out. Take a look at the last page to see what supplementation you can add to make life easier.



# TWO POWERFUL FORMULAS WITH INGREDIENTS THAT CAN HELP YOU TAKE BACK CONTROL OF YOUR WEIGHT AND HEALTH

## OPTIMAL FAT • SUGAR • TRIM

otherwise known as the metabolism formula, the ingredients get rid of undigested fats, helps normalize blood sugar levels, and gives your body the nutrients it needs to metabolize them as energy, instead of being stored as fat.

It is an easy, sensible way to reduce damage caused by fats and sugars, and help the body ward off common

diet-related diseases, such as diabetes and high cholesterol. The ingredients in this formula help your body use up the fats and sugars in your diet that may otherwise be stored.

**Dosing:** Take 1-2 capsules with meals to encourage the digestion of fats and sugars.

Take 1-2 capsules between meals, or as recommended by a health professional, to help with blood fats and sugar levels.



## OPTIMAL LipoLean CLA

contains pure CLA in a potency needed based on research. CLA has been proven to curb appetite, help burn FOUR times more fat, and help retain lean muscle mass.

CLA has been the focus of hundreds of studies, which show huge differences between people who took 3 to 4 grams of CLA per day and those who took a placebo. Studies consistently showed weight loss up to 400% faster.

A double-blind, placebo-controlled human study conducted by Swedish researchers showed that those who took CLA lost 400% more fat than the placebo group over 12 weeks. This was done while both groups were on the same nutrition and training regimen.

**Dosing:** Take 4 capsules daily, 2 with breakfast, and 2 before bed for 12 weeks, up to 6 months straight.



## REFERENCES

1. <https://www.cardiosmart.org/News-and-Events/2011/03/The-Effect-of-Obesity-on-Heart-Function>
2. <https://www.health.harvard.edu/staying-healthy/why-people-become-overweight>

These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure or prevent any disease.