

How to Lose Subcutaneous Fat Fast

How to lose subcutaneous fat fast is easy when you understand this simple concept.

Subcutaneous fat is the fat layer under your skin. It's what you can pinch. And, if the layer of subcutaneous fat is too thick, it will hide your abs.

While research seems to indicate that subcutaneous fat has some health benefits, visceral fat is another matter. Visceral fat accumulates internally around your organs like your heart, liver and lungs. People with lots of [visceral fat](#) around their organs have greater risks for fatty liver disease, metabolic syndrome, type 2 diabetes, cardiovascular disease as well as colorectal cancer.

Subcutaneous Fat and Visceral Fat Go Together

Belly fat comprises primarily the fat that hides around internal organs (visceral fat). But, the fat we can see (subcutaneous fat) also affects the size and shape of the belly.

Excess visceral fat seems to encourage the accumulation of subcutaneous fat. So, excess fat in the layer that hides your abs (subcutaneous fat) is an indication that you probably have the dangerous levels of visceral fat.

Once you realize that **subcutaneous fat and visceral fat go together**, you can be more effective in knowing how to [lose subcutaneous fat](#) fast. Reducing hidden visceral fat helps quickly and effectively reduce subcutaneous fat.

How to Lose Subcutaneous Fat Fast

Here are some keys to losing fat in your belly.

Reduce Simple Carbohydrates

Carbohydrates are digested, broken down in the digestive tract, into sugars. Increases in sugar levels in your bloodstream tells the pancreas to release insulin. Insulin tells your body to store sugar, stop burning fat, and causes leptin resistance (so your brain does not get the “I’m full” signal).

Did you get that? Elevated insulin levels tell your body to **stop burning fat** and **store sugar**. This stops the burning of subcutaneous fat. This will definitely NOT help you lose subcutaneous fat fast.

Simple carbohydrates are digested quickly and enter your bloodstream rapidly, elevating your blood sugar levels. Simple carbohydrates include sugars, syrups, juices, soft drinks and, surprise, energy drinks. Refined grains also qualify because most of the fiber has been removed. Breads, pastas, most breakfast cereals, and grits are made from refined grains. White bread is the equivalent of table sugar in spiking insulin levels.

Reduce your intake of simple carbohydrates to reduce insulin levels. This allows your body to burn more fat, helping you lose subcutaneous fat fast.

Consume More Fiber

Men should have 30 to 38 grams of fiber per day and women should have about 25 grams of fiber daily.

- **Soluble fiber** helps slow digestion, thus reducing the rate at which sugars enter the bloodstream. This helps control insulin levels.
- **Insoluble fiber** gives bulk to your stool making you more

regular and helps move material through your digestive system.

Whole fruits and vegetables are good sources of fiber. An apple, for example, contains about 4.4 grams of fiber while unseetened apple juice contains only 0.5 grams of fiber. Four medium carrots contain about 6.8 grams of fiber while a cup of carrot juice contains only about 1.9 grams of fiber.

So, if you are going to consume foods with sugar content, make sure the foods contain fiber to slow digestion which moderates insulin levels.

Avoid Stress

Prolonged stress raises cortisol levels. Chronic high cortisol levels increase insulin levels. High insulin levels lower your blood sugar and cause you to crave sugary and fatty foods. This helps form a stress-eating habit that add fat to your body.

Cardio Exercise



Cardio
exercise

Aerobic exercise includes most movements that help increase heart rates. This helps burn more fat for energy. The longer the duration and the more intense the exercise, the more fat you will burn.

Cardio exercises include running, cycling, swimming, rowing, jumping rope, and outdoor games such as tennis.

Strength Training



Strength training

Using weights or weigh machines will help build muscle tissue. Muscle is important tissue for many reasons. Here we are concerned about the ability of muscle to use energy. A pound of lean muscle burns about 50 calories a day a rest. Compare that to a pound of fat which burns about 3 calories per day. You can increase your metabolism by building muscle.

Replace Carbohydrates with Protein and Healthy Fats

Protein and fats help you feel full. If you experience frequent hunger spells, you may not be getting enough protein and healthy fats.

Here is a video of a woman who had to have liposuction to remove subcutaneous fat. While this is one way to lose subcutaneous fat fast, it is not the ideal way.

She still needs to learn to eat right to reduce her visceral fat. And, she thought as a vegetarian she was eating the right foods.

But the one thing, Case, when I saw that picture of you grabbing, and I saw you have a fairly large handful of subcutaneous fat. I expected to see this on your MRI scan. When we pull this MRI scan, I'm going to show you that fat your pinching is all this yellow fat here. But subcutaneous fat doesn't just hide here. All of that, this is subcutaneous fat, Dr. Ordon, that's the kind you liposuction out, right?

Exactly. Exactly. This is the front, this is what you were pinching. Pinching, but you can see this is no we're lower

than that. This, right here, is your hips. That's something we can remove with liposuction. But the inter abdominal fat that Dr. Travis showed you, no, that's that's more related to diet and exercise. So the question is: what kind of things do you eat? Do you eat breads, pastas, those kind things?

How to Lose Subcutaneous Fat Fast by Eating From the Bottom of the Food Pyramid?

I've been a vegetarian since I was like five. So I only eat, pretty much, the bottom food group. I'm burnt out on vegetables. And fruit is always...

So, let's rewind there. I heard two words that should never be spoken together I'm a vegetarian, I don't eat veggies.

That means that you're not eating foods that are...

So you basically a lot of starches probably, a lot of bread..

Yea, I do good. I do wheats and egg yolk.

When you find sugars, that's what gives you that intra-abdominal fat that you're seeing there in the scan. So you know what you can do? Next time you make a sandwich you can throw a few veggies on it that don't predominate. Or if you make a sauce a pasta sauce, puree up vegetables, carrots sneak it into the sauce you won't even know the veggies are on there

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