

Body Fat: The Good, the Bad, the Ugly.

脂肪：
好的，坏的，
丑陋的。

Body fat is something that our body cannot live without but did you know that there are different kinds of body fat—some that are healthy and some that are harmful to our health?

脂肪是我们的身体不能没有的东西，但您知道脂肪有不同的种类——一些是健康的，一些是对我们的健康有害的吗？



There are 6 types of body fat:

1. Essential Fat

As the name suggests, essential fat is required for good health. It plays a role in regulating body temperature, vitamin absorption, and the production of fertility hormones, just to name a few. This fat is not highly visible but is located throughout the body.

2. Brown Fat

Brown fat burns energy and is responsible for maintaining the body's temperature.

3. White Fat

White fat is the body's largest energy storage system. It is essential for insulin management to maintain a healthy blood sugar balance and it also helps to manage hunger. White fat also plays a role in managing growth hormones and cortisol. While white fat can be a good thing, too much of it becomes a bad thing. White fat can cause insulin resistance at greater levels, further raising the risk of weight gain.

4. Beige Fat

Beige fat is created when the body is exposed to stress, leading to the "beiging" of white fat. While a high level of beige fat is not a target goal, it is a step in the right direction to maintain healthy levels of good brown fat; which allows for the transformation and burning of fat as energy.

5. Subcutaneous Fat

Located just underneath the skin, subcutaneous fat accounts for approximately 90% of the overall body fat percentage. It is responsible for the production of estrogen. This fat type also acts as a cushion between muscle and skin tissue for protection and comfort. Subcutaneous fat is essential but too much, particularly around the abdomen, increases the risk of health complications.

6. Visceral Fat

Visceral fat, also known as 'hidden fat', is fat that is stored deep inside the body and wraps around the abdominal organs including the liver and intestines. It makes up about one-tenth of all the fat stored in the body. You can't always feel it or see it. Even thin people can have high levels of visceral fat.

Dangers of Visceral Fat

Visceral fat is dangerous because it releases proteins and hormones that can be toxic to the body and cause inflammation.

Having visceral fat in the belly is a sign of metabolic syndrome, a collection of disorders that include high blood pressure, obesity, high cholesterol and insulin resistance. Together, these increase the risk of stroke, heart disease and type 2 diabetes.

Higher levels of visceral fat are also linked to an increased risk of colorectal and breast cancers, liver disease, gall bladder disease and gout, fertility problems, lower back pain, osteoarthritis, dementia and Alzheimer's disease.

脂肪有六种类型:

1. 必需脂肪

顾名思义,必需脂肪是身体健康所必需的。它在调节体温、维生素吸收和生育激素的产生等方面发挥作用。这种脂肪不明显,但遍布全身。

2. 棕色脂肪

棕色脂肪燃烧能量,负责维持体温。

3. 白色脂肪

白色脂肪是人体最大的能量储存系统。白色脂肪对胰岛素管理至关重要,以维持健康的血糖平衡,它还有助于控制饥饿感。白色脂肪也在控制生长激素和皮质醇中扮演了重要的角色。虽然白色脂肪是一件好事,但过多的白色脂肪就会变成一件坏事。白色脂肪会导致更高水平的胰岛素抵抗,进一步增加体重增加的风险。

4. 米色脂肪

当身体受到压力时,就会导致白色脂肪变黄,产生米色脂肪。虽然高水平的米色脂肪不是目标,但它是朝着保持健康水平的良好棕色脂肪的正确方向迈出的一步;这使得脂肪转化和燃烧成为能量。

5. 皮下脂肪

皮下脂肪位于皮肤下方,约占全身脂肪比例的90%,负责产生雌激素。这种脂肪类型是肌肉和皮肤组织之间的缓冲,起到保护和舒适的作用。皮下脂肪是必不可少的,但过多的脂肪,尤其是腹部周围的脂肪,会增加健康并发症的风险。

6. 内脏脂肪

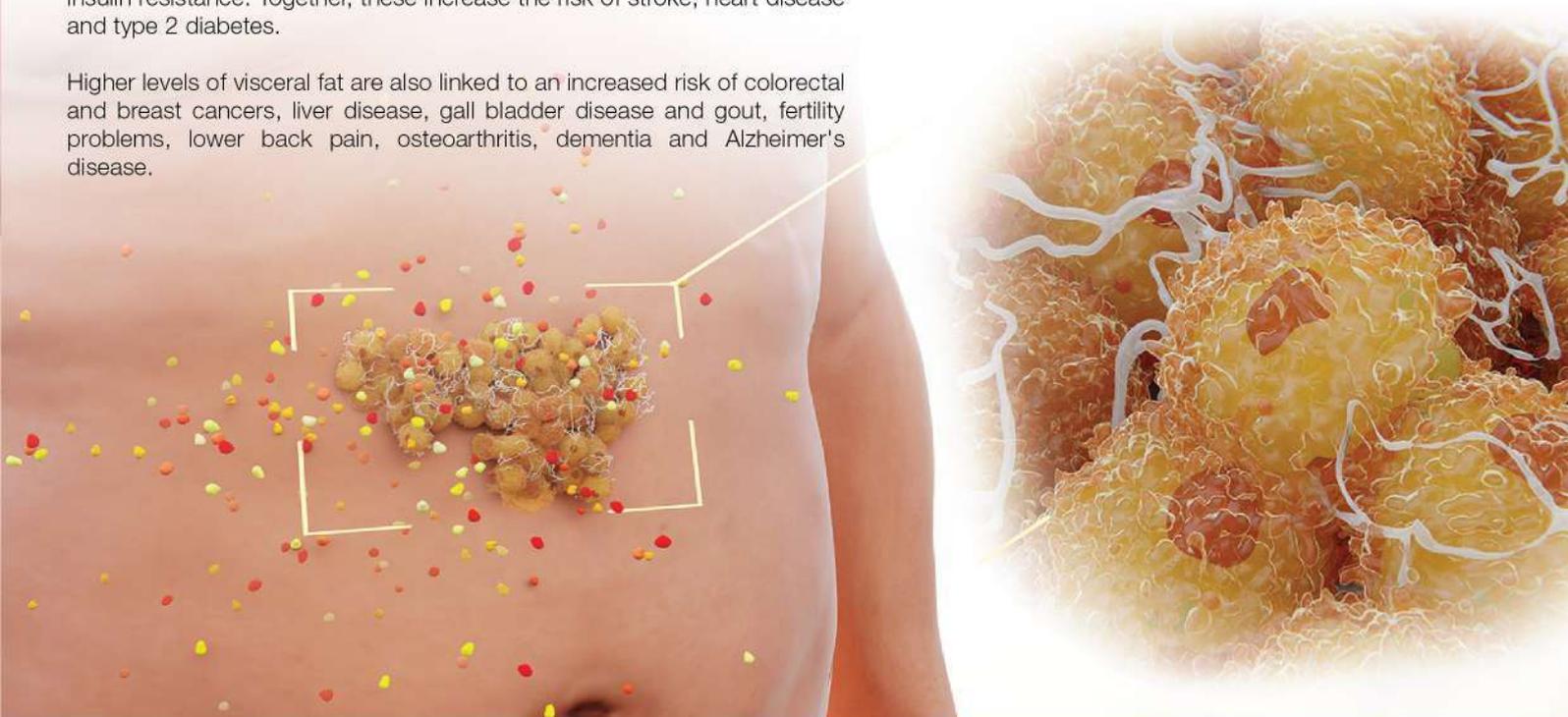
内脏脂肪,也被称为“隐藏脂肪”,是储存在身体深处的脂肪,包裹在肝脏和肠道等腹部器官周围。它约占人体储存脂肪的十分之一。您不会总是感觉到或看到它。即使是瘦人也可能有高水平的内脏脂肪。

内脏脂肪的危害

内脏脂肪是危险的,因为它会释放对身体有毒的蛋白质和激素,导致炎症。

腹部有内脏脂肪是代谢症候群的标志,代谢症候群包括高血压、肥胖、高胆固醇和胰岛素抵抗等一系列疾病。这些因素加在一起会增加中风、心脏病和2型糖尿病的风险。

高水平的内脏脂肪还与结直肠癌和乳腺癌、肝脏疾病、胆囊疾病和痛风、生育问题、腰痛、骨关节炎、痴呆症和阿尔茨海默病的风险增加有关。



What Causes Visceral Fat?

Visceral fat is more common in men than in women.

In men, age and genetics play a role in developing visceral fat. Drinking alcohol can also lead to more belly fat in men.

In women, getting older can change where the body stores fat. Especially after menopause, as muscle mass reduces while body fat increases. As women age, they are more likely to develop increased visceral fat in the belly, even if they do not put on weight.

Although visceral fat levels generally increase with age, our diet and activity levels have a much deeper impact on the level of visceral fat. If you consume excessive empty calories and do not exercise, you will be at a higher risk!

Are You at Risk?

There's no way to know where and how much visceral fat is hidden in your body without expensive imaging tests. There are some other ways that may give you some indications:

- Measuring the Body Mass Index (BMI) may tell whether you are carrying too much fat.
- Waist circumference is also a good indicator of how much fat is deep inside the belly, around the organs.

什么导致了内脏脂肪?

内脏脂肪在男性中比女性更常见。

对于男性来说，年龄和基因在内脏脂肪的形成中起着重要影响。喝酒也会导致男性腹部脂肪增多。

对于女性来说，年龄会改变身体储存脂肪的位置。尤其是在更年期之后，肌肉减少而体脂增加。随着女性年龄的增长，即使她们的体重没有增加，她们仍然很有可能在腹部长内脏脂肪。

虽然内脏脂肪水平通常会随着年龄的增长而增加，但我们的饮食和活动水平对内脏脂肪水平有更深层次的影响。如果您摄入过多的空热量而不运动，您将面临更高的风险!

您是高危人群?

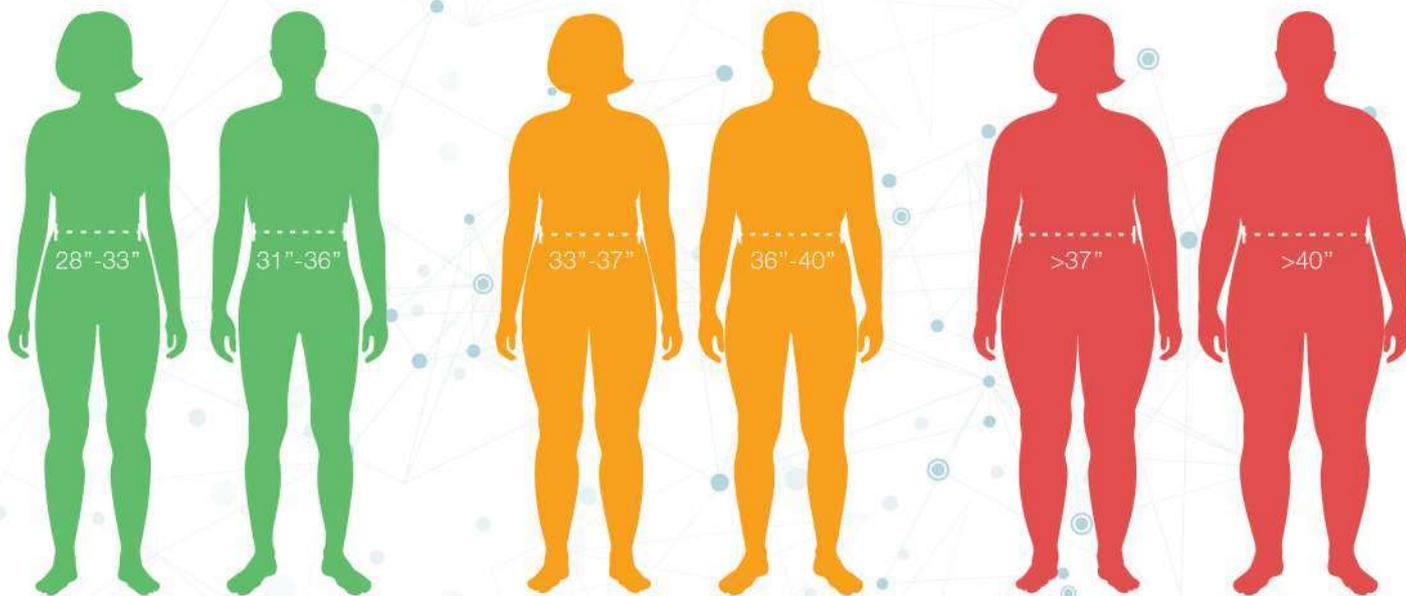
如果没有昂贵的成像测试，就没有办法知道身体里藏着多少内脏脂肪。话虽如此，还有一些其他的方法可以给您一些提示：

- 测量身体质量指数(BMI)可以判断您是否有过多的脂肪。
- 腰围也能很好地反映出腹部器官周围的脂肪含量。

IDEAL | 理想

OVERWEIGHT | 超重

OBESSE | 过度肥胖



Female 女性	Male 男性
between 28 and 33 inches 28-33英寸之间	between 31 and 36 inches 31-36英寸之间

Female 女性	Male 男性
between 33 and 37 inches 33-37英寸之间	between 36 and 40 inches 36-40英寸之间

Female 女性	Male 男性
over 37 inches 超过37英寸	over 40 inches 超过40英寸

These measurements do not apply to children and pregnant women.

If you fall into one of the overweight or obese categories, there is hope! Getting your nutrition and exercise regimen in check will start you on a path to getting rid of that visceral fat! It may not be easy but it is so worth it.

以上测量法不适用于儿童和孕妇。

如果您超重或过度肥胖，还是有希望的！控制好您的营养和锻炼方案，它们将开始您摆脱内脏脂肪的道路！这条路可能不容易走，但很值得。

How to Lose Visceral Fat

Eat smart. One of the best ways to minimize visceral fat levels is to eliminate sugar from your diet. Sugar has zero nutritional value and is very addictive. Avoid soda, sugary drinks, high-fructose corn syrup and table sugar. Refined starches such as white rice and white flour metabolize quickly into sugar and should also be eliminated. Other foods that seem to encourage belly fat include trans-fat and processed foods such as margarine, packaged foods, potato chips and fast food.

Instead, increase your intake of lean proteins (chicken, eggs, beans), unsaturated fatty foods (fish, nuts, avocados), whole grains and fibre (beans, berries, oatmeal).

Intermittent Fasting is very effective in helping your body reduce fat. The 16/8 Method: fast for 14-16 hours, with a daily "eating window" of 8-10 hours. Women tend to do better with slightly shorter fasts, recommended duration of a fast should be between 14-15 hours for women and 16 hours for men.

The following intermittent fasting (I.F.) nutritional programme is a suggested guide:

I.F. PROGRAMME 间歇性禁食计划

- **Upon rising:** 1 glass of water + 1 heaped teaspoon of **Herbal Klenz Powder**. Drink another glass of water with ¼ teaspoon of **K-Salt** immediately after.
- **Breakfast:** 1 cup homemade organic low-fat yoghurt with fruits. In addition, you may take 2 eggs (scrambled, half-boiled or hard-boiled) if desired.
- **Supplements:** 1 tablet of **Chromium Picolinate** + 5 tablets of **Kelp** + 1 capsule of **Liverin**.
- **Before lunch:** 1 glass of water + 1 heaped teaspoon of **Herbal Klenz Powder**. Drink another glass of water with ¼ teaspoon of **K-Salt** immediately after.
- **Lunch:** Salad (comprises 50% of the meal) and a small quantity of your usual food. Eat brown rice instead of white rice.
- **Before dinner:** 1 glass of water + 1 heaped teaspoon of **Herbal Klenz Powder**. Drink another glass of water with ¼ teaspoon of **K-Salt** immediately after.
- **Dinner:** Same as lunch.

Practising healthy sleep habits will also offer fat-burning benefits. You should aim to have seven to nine hours of sleep daily.

Keep moving. Studies have shown that regular exercise can help rid your body of visceral fat. Exercise reduces inflammation and can help normalize insulin and leptin levels. Start slow and try to work your way up. Every bit helps. Go for walks after dinner. Take the stairs instead of the elevator.

Additionally, full body strength-training exercises will increase caloric burn and help melt away visceral fat as compared to cardio. It is also important to keep building your muscles. Work out with weights, and do resistance training such as push-ups and leg raises.

The recommended amount of time to exercise is at least 30 minutes per session, 3 times weekly.

如何减掉内脏脂肪

明智的饮食。减少内脏脂肪水平的最好方法之一就是从您的饮食中消除糖。糖没有任何营养价值，而且很容易上瘾。避免汽水、含糖饮料、高果糖玉米糖浆和蔗糖。代谢很快变成糖的精制淀粉，如白米和白面，也应该被淘汰。其他会增加腹部脂肪的食物包括反式脂肪和加工食品，如人造黄油、包装食品、薯片和快餐。

相反，要增加瘦肉蛋白(鸡肉、鸡蛋、豆类)、不饱和脂肪食物(鱼、坚果、牛油果)、全谷物和纤维(豆类、浆果、燕麦片)的摄入量。

间歇性禁食帮助身体减少脂肪是非常有效的。16/8法：禁食14-16小时，每日“进食窗口”为8-10小时。女性禁食时间稍短会更好，建议女性禁食时间为14-15小时，男性为16小时。

以下是间歇性禁食营养方案的建议指南：



- **醒来后：**一杯水 + 1茶匙天然净化粉。之后立即再喝一杯水 + ¼茶匙新生命钾。
- **早餐：**一杯自制的有机低脂酸奶和水果。另外，可以加两个鸡蛋(炒鸡蛋、半煮鸡蛋或煮熟的鸡蛋)。
- **补充：**1颗有机铬 + 5颗海藻宝 + 1颗肝脏宝。
- **午餐前：**一杯水 + 一茶匙天然净化粉。之后立即再喝一杯水 + ¼茶匙新生命钾。
- **午餐：**沙拉(占每餐的50%)和少量的日常食物。吃糙米而不是白米。
- **晚餐前：**一杯水 + 一茶匙天然净化粉。之后立即再喝一杯水 + ¼茶匙新生命钾。
- **晚餐：**和午餐一样。

改善睡眠卫生也有助于燃烧脂肪。每天应该睡7到9个小时。

保持活跃。研究表明，有规律的锻炼可以帮助清除体内的内脏脂肪。运动可以减少炎症，并有助于使胰岛素和瘦素水平正常化。慢慢开始，试着提高您的锻炼水平。每一个动作都是有用的。晚饭后散步。走楼梯而不是坐电梯。

此外，与有氧运动相比，全身力量训练可以增加热量燃烧，并帮助融化内脏脂肪。锻炼肌肉也很重要。做负重训练，做阻力训练，比如俯卧撑和抬腿。

建议每周运动3次，每次至少30分钟。