

Re: HELP PLEASE: Constant Boated Stomach

Source: <http://sci.tech--archive.net/Archive/sci.med/2005-08/msg00452.html>

- *From:* "Howard McCollister" <nospam@xxxxxxxxxx>
 - *Date:* 29 Aug 2005 15:47:02 -0500
-

"Jags" <njagan@xxxxxxxxxx> wrote in message
news:1125341248.191791.28500@xx
> Hi Howard,
>
> Thanks for the valuable insights that you have provided.
>
> You mention that "Your only options for getting rid of abdominal
> subcutaneous fat are weight-loss or liposuction". So, if I understand
> you correctly, by "weight loss" you mean even though I am 155lb I
> should probably lose more weight to such a point that my stomach looks
> flat (even though that would mean I would be under-weight). And then
> probably once my stomach is flat & trim, then from that point onwards I
> can work on *increasing* my weight back to 155-160lbs. Did I interpret
> your suggestion correctly? Please confirm.
>

There is no way to target one particular area of your body for loss of subcutaneous fat, no matter what diets or exercise toys you see on late infomercials. Your particular distribution of body fat is as genetically determined as your hair color.

Without liposuction, you can get rid of the subcutaneous fat (not any loose skin) by losing weight until it's gone, but if you gain weight back, you will reaccumulate body fat and it will go preferentially to the same abdominal area because those fat cells are still there. The only way you will permanently get rid of your "gut" is to get rid of the actual fat cells -> liposuction.

HMc

-
- *Follow-Ups:*
 - ◆ ***Re: HELP PLEASE: Constant Boated Stomach***

Re: HELP PLEASE: Constant Boated Stomach

◇ *From:* David Wright

◆ **Re: HELP PLEASE: Constant Boated Stomach**

◇ *From:* Sbarris[at]signix.netcom.com

• **References:**

◆ **HELP PLEASE: Constant Boated Stomach**

◇ *From:* njagan

◆ **Re: HELP PLEASE: Constant Boated Stomach**

◇ *From:* Barry

◆ **Re: HELP PLEASE: Constant Boated Stomach**

◇ *From:* Jags

◆ **Re: HELP PLEASE: Constant Boated Stomach**

◇ *From:* Howard McCollister

◆ **Re: HELP PLEASE: Constant Boated Stomach**

◇ *From:* Jags

• Prev by Date: **Re: HELP PLEASE: Constant Boated Stomach**

• Next by Date: **Re: HELP PLEASE: Constant Boated Stomach**

• Previous by thread: **Re: HELP PLEASE: Constant Boated Stomach**

• Next by thread: **Re: HELP PLEASE: Constant Boated Stomach**

• Index(es):

◆ **Date**

◆ **Thread**