

Re: HELP PLEASE: Constant Boated Stomach

Source: <http://sci.tech--archive.net/Archive/sci.med/2005-08/msg00465.html>

- *From:* wright@xxxxxxxxxxxxxxxxxxxx (David Wright)
 - *Date:* Tue, 30 Aug 2005 05:02:02 GMT
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In article <431373fb\$0\$264\$bb4e3ad8@xxxxxxxxxxxx>, Howard McCollister <nospam@xxxxxxxx> wrote:

>
>"Jags" <njagan@xxxxxxxx> 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.

Before going in for liposuction, do note that the recovery time for lipo in, say, the abdomen is measured in many weeks, and it hurts. A lot.

-- David Wright :: alphabeta at prodigy.net
These are my opinions only, but they're almost always correct.
"If you can't say something nice, then sit next to me."
-- Alice Roosevelt Longworth

- **Follow-Ups:**
 - ◆ **Re: HELP PLEASE: Constant Boated Stomach**
 - ◇ From: Howard McCollister

- **References:**
 - ◆ **HELP PLEASE: Constant Boated Stomach**
 - ◇ From: njagan
 - ◆ **Re: HELP PLEASE: Constant Boated Stomach**
 - ◇ From: Howard McCollister
 - ◆ **Re: HELP PLEASE: Constant Boated Stomach**
 - ◇ From: Jags
 - ◆ **Re: HELP PLEASE: Constant Boated Stomach**
 - ◇ From: Howard McCollister

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