

# ARE YOU FREE FROM FILTHY FAT?

Hate those notorious love handles? Getting irritated from that tire around your belly when you sit down? Does the sagging double chin double your guilt in pictures? Do your skinny jeans soak into your skin and bulge out?

Yes? Yes! It's time to get free from this Filthy Fat! Every third individual today suffers from regional obesity. To be exact, this term refers to fat accumulation in specific areas that pose a threat not only to the aggregate body weight but also to the rigid fat loss regime which needs to be specified to maintain body balance. Indeed this comes as a menace to those who have regional obesity with:

- An overall skinny body but chubby cheeks
- Perfectly toned legs but heavy shoulders/upper abdomen (the lollipop fat)
- Size 2 waistline but flabby arms
- Stubborn love handles
- Protruding belly that adds a disgrace to the generally flat body

Such disturbing fat deposits around the body contribute some reasonable numbers to your general body weight and also make the body disproportionate. However, it is never thought that a specific food, exercise or magic pill could help cut it down.

Body loses fat by reduction in size as well as contents of fat cells. However this largely depends on the dieting regimen, exercise intensity and total dietary fat intake. Thus it is designed by default to gain and reduce fat in a certain devised way that is predefined in the body's formula. This formula can only be unrevealed by trying and testing some effective weight loss techniques.

One thing we all must remember is that mostly, there are some simple yet very effective tips to reduce 'addition weight' from the body;

- Get rid of body toxins that add to your weight. Drink at least 8 glasses of water per day to wash out the toxins
- Reduce overall salt intake especially at night since this causes water retention in the body and thus causes it to swell
- Go high on potassium! Fruits and vegetables such as bananas, raisins help in reduction by reducing the amount of excess water swelling in the body
- Snack on yogurt! A yummy yogurt snack will not only fill you up but will also deteriorate the symptoms of bloating
- Omit sodium from diet: this is only possible if you cut on all processed foods such as those crisps, cookies, crackers, canned foods, jams, jellies, cereals and spreads including dressings and pre-cooked meals

So, it is advised to keep a check on water retention if you feel over weight. It is quite possible that a big percentage of the weight you carry is water weight!