

3 SECRET WAYS BURN FAT WITHOUT BREAKING A SWEAT ... OR THE BANK! AND FIGHT DIABETES!



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You probably already know that a healthy lifestyle includes a balanced diet and exercise. When your doctor told you about your diabetes, he/she probably also told you to eat a balanced diet, include complex carbohydrates such as vegetables, and to avoid sweets and fatty foods. That is true. Developing healthy eating habits and incorporating EXERCISE into your daily life are important in managing diabetes. But, figuring out what foods are best for diabetics can be confusing and frustrating. Just walk into a bookstore and you will find dozens of books with conflicting diets all meant to help you manage your diabetes. Plus, there is a lot of new, unfamiliar terminology to learn. All of this while you aren't feeling very good



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just adds to the frustration.



Ready for some **good news** about diabetes?

Scientists in the US and Sweden are finding ways to fight fat by using, well, fat!

It's true!

There are three different kinds of fat in our bodies. There is **white fat**, which is the fat we usually think of- not healthy or good. There is **brown fat**, which helps regulate heat. Infants have a lot of brown fat which helps keep them warm. There

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is **beige fat**, which can turn into white or brown fat.



For a long time, doctors and scientists thought brown fat was just for warmth. The brown fat does help regulate body temperature. The amount of brown fat people have lessens as people get older. But now, researchers at the University of Michigan are finding this hormone, **NRG4**, in brown fat helps reduce the amount sugar that turns into white fat. Up until now, researchers did not know what the function of this hormone was. They have found that it helps regulate the production of white fat. Research has shown that obese humans have less **NRG4** than non-obese humans. Jiandie Lin from the Life Sciences Institute at The University of Michigan thinks **obesity is a condition caused by a lack of the hormone**

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NRG4. This possibly means increasing the amount of brown fat in humans would increase the amount of NRG4 and help humans lose weight.

Researchers in Sweden have found a signaling pathway, which regulated the amount of brown fat in mice. Discovering this pathway is helping them to find an alternative way of controlling blood sugar.

(Instead of insulin) Controlling this pathway can even help

increase brown fat and for use as weight loss therapy.

Shihuan Kuang of Perdue University has found a Notch pathway. By blocking this pathway, white fat turns into beige fat. Beige fat can then transform into brown fat. Blocking this fat, “notch” pathway leads to maintaining a constant blood sugar level. It also increases the effectiveness of insulin. **This is another scientific breakthrough in the path for a cure for diabetes.**

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So- how do I get brown fat?

Here's the great news- you already have it! You simply need to **activate** the brown fat in your body. You won't believe how. It's not through exercise! It is through exposure to the cold. Chilling the body set brown fat into action. You can chill your



body by taking a cold shower. You can hold a frozen water bottle in your hands. Or simply go outside (if you live somewhere where there is a ten degree difference in the outside temperature and the inside temperature.)

Wondering how long should you “chill out?” Research shows that as few as ten minutes can be beneficial, and no more than 15 minutes are necessary. That means remaining chilled for longer than 15 minutes does NOT have

increased benefits. As with any new treatment, do not stop taking insulin without first talking to your health care professional.

Scientists are currently researching medications to activate brown fat. For more information like this, “like” us on [Facebook](#) at Diabetic Discussion.

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We are here to help. We want to help you manage your diabetes. We want to help you feel and look better than you have in a long time. And give you the confidence in knowing you are taking control of your body. More than that, we will be there with you, every step of the way.

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