

The Benefit of Having Brown Fat in Your Body

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We all wish we had a little less fat on our bodies. But did you know that there's such a thing as good fat? There are two kinds of fat that we store in the body – yellow fat and brown fat.

Yellow fat is the unhealthy stuff that you want to say goodbye to. But brown fat is actually a good thing to have on your body. This is a special kind of fat that can actually help make you healthier.

What Is Brown Fat?

Brown fat is a substance that scientists once thought was found only in babies and young children. However, it's been found in many other species such as bears and other animals that hibernate for the winter.

Brown fat is thought to have the purpose of keeping the body warm. Hibernating animals use it to stay warm in the wintertime while they hibernate. This fat actually produces heat to keep them warm.

It makes sense that infants would have a lot of it because they're small and can't shiver to stay warm. Babies also have the inability to move to a warmer environment or take care of their own temperature needs.

But as you grow older, brown fat tends to diminish and get replaced with yellow fat because you develop better ways to handle cold temperatures. For example, you can shiver, put on layers of clothing, and control the temperature of your home.

In fact, scientists thought that brown fat actually completely disappeared in humans as they become adults. But recent evidence has shown that humans still continue to have some brown fat even as adults.

Brown fat is actually metabolically active. That means that it burns calories while it does its job. Recent research has shown that adults don't actually lose all of their brown fat when they mature.

Studies have shown that brown fat is actually related to the skeletal muscle in your body. It's more related to the muscles than it is to the yellow fat that you have. How much brown fat you have in your body depends on personal factors.

What makes brown fat different from yellow fat is its mitochondria. Mitochondria are parts of cells that give them their power. Brown fat cells have many more mitochondria than yellow fat cells. These mitochondria are what give brown fat its color.

Brown fat also seems to contain more of a blood supply than yellow fat because it needs more oxygen in order to produce energy and heat.

Who Has Brown Fat?

Studies looking at brown fat have identified that some people have more than others. Usually young women and people who are thin have the greatest amounts of brown fat. People who are obese generally don't have any.

Women have more brown fat than men do. The younger you are, the more brown fat you will have. Another interesting finding is that blood sugar is related to brown fat amounts.

If you have normal blood sugar, then you're lucky enough to have more brown fat than those with high blood sugar. That's important when you look at diet and maintaining a steady blood sugar level.

But there is evidence that you can actually work to develop more brown fat in your body that will burn calories and help you maintain better health.

A Little Brown Fat Goes a Long Way

Unlike yellow fat, brown fat tends to be in very small amounts in the body. Most of the initial findings of brown fat show that human adults have just a few ounces of brown fat in their bodies.

But even though the amount is small, brown fat burns a lot of energy and even a small amount can shift your metabolism for the better. When you have some brown fat, you burn more calories and can maintain a healthy weight more easily.

The Location of Brown Fat in the Body

In infants, brown fat is located in the upper part of the spine and the shoulder blades. Most brown fat that's been found in adults has been found in the upper body as well.

The neck is the easiest place for brown fat to be seen and measured through imaging exams. It's also been found that adults can have it in the upper chest around the collarbones.

Another type of brown fat has also been found mixed in with yellow fat. This fat is harder to see and measure in the body.

Exercise for More Brown Fat

The best way to create more brown fat in your body is to exercise. Because brown fat and skeletal muscle are closely linked, it seems that the more muscle mass you build, the more brown fat you'll develop.

A recent study of men who exercised on a stationary bicycle for 12 weeks showed that some of their yellow fat had turned into brown fat. That's good news - because brown fat can help increase your metabolism.

That means you'll burn more calories even when you're at rest – not just when you're exercising. If you want to lose weight overall, adding brown fat to your frame can be very beneficial.

Brown Fat and Temperature

Another way that brown fat becomes activated is when you're in cold temperatures. Brown fat actually produces heat, so when you're in a cold environment, you may produce more brown fat.

That can be good news for people who live in colder climates. But that doesn't mean you should expose your body to dangerous cold conditions in order to develop brown fat. Exercise is still a simpler and safer way to do it.

Some experts recommend exercising in colder temperatures to help stimulate brown fat production - for example, exercising without the heat on in the gym or exercising outside to force your body to warm itself.

It's also suggested that you turn the heat down in your environment. Even a few degrees in your home or car can be beneficial. Finally, some scientists also suggest drinking cold water or other beverages at a very cold temperature.

The idea is that this might trigger the body to produce more brown fat. However, the jury is still out on whether or not this is an effective way to increase your brown fat amounts.

Your Diet and Brown Fat

There is also some evidence that you can help turn brown fat production on by using a special diet called carb cycling. This is when you alternate a high protein day with a high carb day in your diet.

The diet also requires that you eat six times a day so that you can help keep your metabolism from experiencing highs and lows. For high protein

days, you need to eat foods such as lean meats, eggs, seafood, poultry, nuts, and low fat dairy.

On higher carb days, your carbs should come from fruits, vegetables, and whole grains. You can also eat beans on both days for protein and carbohydrates. Part of this diet also allows you to have a free day when you eat whatever you like - but try to keep it below 2,000 calories for the day.

The idea is that this diet helps keep your blood sugar stable. It helps you get rid of yellow fat. This makes it easier for you to lose weight and help you develop more brown fat in your body.

Because blood sugar levels and brown fat are linked, the idea is that when you keep your blood sugar low, you can actually raise your brown fat. You can also use the glycemic index as a standard when choosing foods to eat.

There are also some scientists who suggest that eating spicy foods can help improve your production of brown fat. However, there hasn't been any human research to confirm this idea.

This diet is one that can be followed as a lifestyle rather than a fad. You can enjoy the foods you love within reason and continue to lose weight and feel great about the way you look and feel.

Scientists Look Toward Obesity Treatment

While the discovery of brown fat is fairly new, it's still been exciting for researchers interested in treating obesity. Many scientists believe that there is a way to turn on brown fat production in the body.

This would make it possible to help people lose more weight and lower their risk of diseases such as diabetes, heart disease, and stroke. For now, though, that research is in its infancy.

Most of the studies done on brown fat production have been performed on mice. While many of them are promising, the only way to know for sure how humans will benefit is to research humans.

In the future, researchers may come up with programs that can help turn on the body's ability to produce more brown fat. This could be by introducing specific proteins to the body.

At this time, though, there isn't a magic pill that can help you develop more brown fat in your body. For now, the only way to improve your levels of brown fat is through diet and exercise.

Exercise, especially, seems to be important when it comes to brown fat production. Keeping your blood sugar levels in check can also contribute to better brown fat levels in the body.

What Brown Fat Means for You

At this time, it's not possible to go to your doctor and get a test to measure your brown fat. This type of measurement is only done in scientific labs. So it's not realistic to try to measure your brown fat and see if you're able to increase it.

However, you can take the basic principles that cause brown fat production and apply them to your lifestyle. The idea is that you'll stimulate some brown fat growth and you'll also create a calorie deficit that helps you lose yellow fat.

While you may not be able to measure brown fat in your body, you can make changes and then measure other aspects of your health such as:

- Weight
- Body fat percentage
- Measurements
- Energy levels
- Strength

These measures will give you an idea of your overall health. And as you work to exercise more and keep your blood sugar regulated, you may experience a metabolism boost brought on by added brown fat.

The discovery of brown fat in adults was very significant for scientists and could be an important discovery for the future health of people who struggle with obesity and weight issues.

In labs all over the world, researchers are hard at work looking for connections between brown fat and other factors - including genes, blood sugar, exercise, proteins, and disease.

However, the discovery is so new that it's not completely understood yet. With time, more and more research will help us harness this information and use it to improve our health.

But for now, it's important to live a healthy lifestyle that supports a healthy weight. Following a plan that's suggested for increasing brown fat will help your overall health. It can:

- Help you lose yellow fat
- Reduce your risk of heart disease and stroke
- Improve your blood sugar and prevent or manage diabetes
- Help you have fewer aches and pains
- Reduce your risk of some cancers

A healthy lifestyle is always a good choice - even if you can't measure the change in brown fat on your body at this time. The good news is that it won't be long before brown fat is understood more clearly.

That will certainly translate into new and innovative ways to lose weight, raise your metabolism and help you have better health. Until that time, you can still make healthy choices that will improve the quality and extend the number of years in your life.



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