HOW TO

BURN MORE

FAT

By Cristian Rosenbeiger

If you're like most people, you've probably heard of white fat and brown fat, but not much about brown adipose tissue (BAT).

BAT, or brown fat, helps your body burn fat to generate heat through the process of thermogenesis. And as it turns out, it's actually pretty easy to increase your levels of brown fat—and burn more fat in the process!

Read on to learn more about BAT and how to increase your levels so you can reach your weight loss goals faster.

What is brown fat?

Brown adipose tissue or brown fat is a type of fat that burns energy instead of storing it, thereby leading to increased metabolism.

Brown fat helps maintain body temperature by burning calories. It also increases glucose uptake in the blood stream, which helps boost your insulin sensitivity, both of which lead to weight loss.

Brown adipose tissue weight loss has been shown to be an effective way for people who have struggled with obesity.

A recent study published in Cell Metabolism found that people who had higher levels of brown fat weighed less than those who had lower levels of brown fat.

The researchers said that this may be because the higher amount of brown fat cells were protecting their bodies from obesity-related conditions such as diabetes and heart disease.

The benefits of having more brown fat

Brown adipose tissue is a heat-generating tissue that is important for regulating the body's temperature, as well as playing a role in glucose metabolism.

Brown fat cells are also called brown adipose, with brown adipose tissue being specialized white fat cells that contain more mitochondria than other white fat cells.

The main function of brown fat is to burn calories by generating heat through mitochondrial uncoupling.

Brown fat can be activated by cold temperatures or exposure to cold air, but it can also be stimulated by the hormone irisin, which was discovered in 2012.

Brown adipose tissue weight loss will increase your ability to burn calories and lose weight since brown fat increases your metabolic rate.
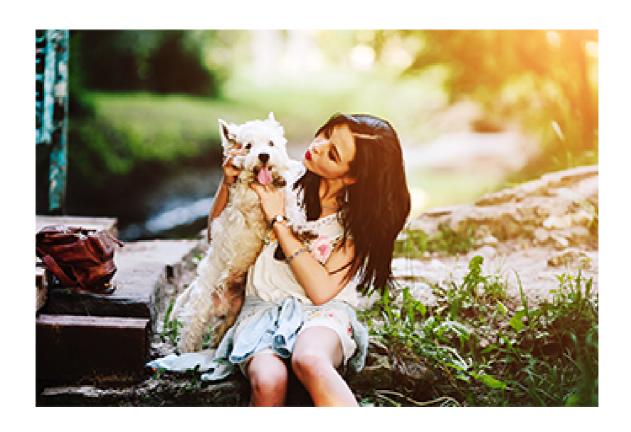
That's why it's so important for people who are obese or overweight.

Ways to increase your brown fat levels

Since brown fat cells burn more calories than white fat cells, they are a great way to increase your metabolic rate.

One of the best ways to increase your brown fat levels is by getting enough exposure to cold temperatures.

Studies show that exposure to extreme cold for up to 2 hours a day can significantly increase the number of active brown adipose tissue in adults.

Another way you can boost your body's production of brown fat cells is by increasing your exposure to sunlight--especially during the warmer months when the sun's rays are stronger.

Finally, eating foods with omega-3s like salmon, walnuts, and flaxseed oil can also help increase brown adipose tissue weight loss.
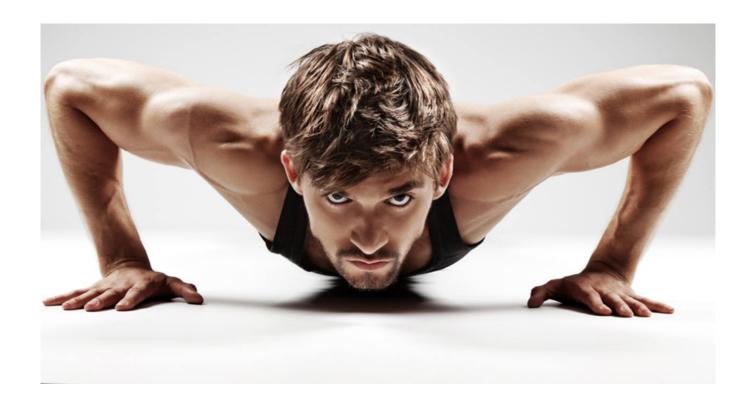
Foods that help increase brown fat levels

Eating a diet that is high in protein can help increase brown fat levels, as well as have positive effects on your metabolism.

Protein-rich foods include animal-based foods such as meat, fish, eggs, milk, cheese, beans and soy products. Plant-based proteins include nuts, seeds and lentils.

Other healthy fat sources are avocados, olives and olive oil. Brown adipose tissue weight loss can be achieved by avoiding refined carbohydrates like white breads or pasta.

Brown fat increase is also linked with exercise - even just 30 minutes of walking per day can make a difference!

Exercise and brown fat

Some research has shown that brown fat cells have the ability to burn off energy by generating heat, even when we're not exercising.

This is great because it means you can increase your brown adipose tissue weight loss without necessarily having to exercise more.

One way of doing this is by eating spicy foods, which are thought to have a thermogenic effect on our body.

If you want to target low brown adipose tissue the easy way, click the button below.

Click here

THANK YOU