



[Famlynet International Homeschooling Resources](#) :: Your Favorite Site

Win the Battle Against Fat Cells

<http://www.homeschoolfitnesscoach.com/blog/win-the-battle-against-fat-cells/>

As a fitness expert, you know I'll never promise you a pill is going to be the answer to that "jiggle in your wiggle." If you want six pack abs you're going to have to work for them. BUT! There is some very promising research out there in regards to a dietary supplement you've probably been hearing a lot about. Yes, I'm talking about Essential Fatty Acids. You probably have heard them called something like Fish Oil pills. How's this for good news?! *University of Georgia researchers have found something pretty amazing about Essential Fatty Acid supplements containing DHA. Get this: They actually help STOP the conversion of pre-fat cells into fat cells by causing them to die out before they can mature. Once a pre-fat cell becomes a fat cell, well, there's no turning back. You've got that fat cell for life. Imagine, actually decreasing the accumulation of fat by taking an Essential Fatty Acid supplement containing DHA! Now let me do my best infomercial voice for you! But wait, there's more! Seriously, that's not the only benefit of Essential Fatty Acid supplements containing DHA. According to studies** done at the University of South Australia people that combined exercise with Essential Fatty Acid supplements containing DHA saw greater fat loss than the test group that only exercised and did not take the supplement. How can you not be excited by these research studies?? Now, personally, I don't like Fish Oil pills because they cause you to burp like crazy. If you've ever taken them you know exactly what I mean. And they aren't always the highest quality. I prefer EFA Icon from Prograde Nutrition because they use Krill Oil. It's been found to be a superior source of Essential Fatty Acids containing DHA. Plus, with EFA Icon there are NO fish burps. And I haven't even mentioned all the amazing health benefits from this dietary supplement. If you're looking to accelerate your fat loss results then I really recommend you go with Prograde Nutrition's EFA Icon. You can get it here: <http://inspirationfitness.getprograde.com/icon> Remember, EFA Icon is NOT a miracle solution. You will need sound nutrition and exercise. BUT the research is there. It's definitely a supplement with powerful fat loss properties. <http://inspirationfitness.getprograde.com/icon> * Journal of Nutrition, Vol. 136:2965-2969** American Journal of Clinical Nutrition, Vol. 85:1267-1274 Post from: Homeschool Fitness Coach

Date created: 2009/01/21