

# Burn Fat Smarter

By Robert Ferguson

If you're looking to lose fat, not just from your body but also from your liver and around your organs (called visceral fat), it's important to understand how your body works. One of the key things to focus on is how sensitive your body is to the hormone, insulin. When your body is **insulin-sensitive**, it uses the food you eat more efficiently for energy instead of storing it as fat. This makes it easier for your body to burn fat from places like your belly and liver, helping you to optimize health and reach your fat-loss goals.

But what if your body isn't insulin-sensitive? Many people struggle with **insulin resistance**, where their cells don't respond well to insulin, making it harder for their body to use food for energy. Instead, insulin resistance leads to more fat being stored, especially around the belly and liver. According to a Tufts University study, **only 7% of American adults have good cardiometabolic health**, meaning that **93%** of adults have some level of metabolic dysfunction, which often includes insulin resistance. This is a key reason why many people have difficulty losing fat and improving their health.

The good news is that insulin resistance can be reversed, and one powerful tool to help is **omega-3 fatty acids**. Studies show that a high-quality omega-3 like BalanceOil+ can **help reverse insulin resistance**, making it easier for your body to become insulin-sensitive again. This not only helps with fat loss but also reduces fatty liver and improves overall health.

Omega-3s do more than support insulin sensitivity—they also serve as a prebiotic, promoting gut health, and they **boost your metabolism**, helping your body burn more calories even at rest. Studies suggest that sufficient omega-3 intake can increase calorie burn by **over 200 calories a day**, which is like taking a brisk walk without leaving your chair! Additionally, omega-3s help **preserve skeletal muscle**, keeping you strong and preventing muscle loss, even during periods of low activity.

However, in the world we live in today, it is practically impossible to get an adequate intake of high-quality omega-3s from food alone. Factors like farm-raised fish that's fed unnatural diets and the widespread use of omega-6-rich vegetable (seed) oils in our foods make it difficult to achieve the balance our bodies need. That's why supplementing with **BalanceOil+** is crucial.

What sets **BalanceOil+** apart is its combination of omega-3s with **polyphenols**. Polyphenols naturally occur in fish but are often removed during the purification process of most fish oils. BalanceOil+ addresses this issue by infusing the perfect number of polyphenols from unripe olives back into the oil. These polyphenols are essential not only because they protect omega-3s from oxidation and enhance their stability, but also

because they act as a “chaperone” for omega-3s. In other words, polyphenols enhance the omega-3s’ effectiveness by ensuring proper penetration and saturation in our tissues and cell membranes, maximizing their benefits.

If you want to lose fat, reduce fatty liver, and improve your health, focus on becoming insulin-sensitive. Supplement with BalanceOil+ to get the omega-3s and polyphenols your body needs. You’ll be giving your body the tools it needs to burn more calories, keep your muscles strong, and achieve your goals.

### References:

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