

Belly Fat Connected to Brain Volume

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Recent research shows strong evidence between abdominal fat and reduced brain function. In a large study of healthy adults, data showed a greater visceral and subcutaneous abdominal fat on abdominal MRI predicted brain atrophy on imaging, especially in the female population.



It was shown that excess fat is bad for the brain. The problem is worse in women. Included is the risk for Alzheimer's disease. Multiple studies have shown a connection between body fat storage and increased risk for dementia. Previously few have examined the relationship between types of fat (visceral and subcutaneous) and brain size.

Research has found that higher amounts of visceral and subcutaneous abdominal fat predicted lower gray and white matter volume as well as lower volume in the hippocampus, frontal cortex, temporal, parietal, and occipital lobes.

Women had greater brain atrophy with increased visceral fat than men. The analysis did not account for other lifestyle changes such as diet, physical activity, and genetic variables.

Reduced brain volume may be associated with cognitive processing, memory, and performing everyday tasks. Rates of obesity continue to rise in the world; therefore, this problem can be ranked along-side other obesity-related conditions including heart disease, stroke, type 2 diabetes, and certain types of cancer.

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Mark Buse is Nationally Board-Certified Colon Hydro-Therapist (NBCHT) and a leading colon hydrotherapy practitioner, instructor, and researcher of colon health. Mark studies the impacts of the gut microbiome on gut motility, digestion, constipation, and general wellness. Mark has a Bachelor of Science in Chemistry, is a Fellow with the American Institute of Chemists, has obtained several patients involving replacement of toxic materials, and is a science writer in areas of gut microbiota and probiotics. Mark is the International Association for Colon Hydrotherapy President-elect, Co-Chair and Founder of IACT's Leadership and Mentorship Program and the Chair and Founder of IACT's Research Committee and is a member of the American Gastroenterology Association (AGA). Marks is the colon hydro-therapist and owner of Turtle Creek Wellness Center in Tyler, Texas.

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