



Camellia Newsletter

<Vol.152>

December, 2015

Being extremely underweight or overweight is unhealthy. Know some facts about fats!!

We all desire to be slim at least on one occasion. Fat is very often said as a negative matter for our bodies. However, too little fat brings a risk of various diseases to us. In order to rethink an excessive dieting habit in recent years, today, we would like to introduce the importance of fat.

◆◆ Fat is an essential nutrient and serve as an energy source for the body

The term “fat” may bring to your mind images of weight gain and obesity. Fat became a kind of disliked matter for many people, but not many people really know about the real role of fat for the body. Unfortunately, a number of extremely underweighted young people have grown because of their excessive self-consciousness about weight gain. It is very important to gain a confident understanding of functions of fats and to utilize them in a proper way for your health management.

The three major nutrients that we must take from diet are proteins, carbohydrates and lipids (fats).

Overconsumption of fat certainly makes people being obese but fat is also an absolutely necessary nutrient for us to live. Once we consume fats from diet, they are accumulated in containers in the body, so-called “fat cells”.

The fat cells are a type of cell existing throughout the whole body and their roles are storing fats that were taken from diet. The number of fat cells increases rapidly during puberty. Their numbers reach to about 40 billion pieces by the age of around 20.

The fat cells that are widely distributed in the body get natural fats and carbohydrates which are circulating in the blood after we eat meals, and eventually store them in the cells for an energy source for the body. When the body needs energy, the fat cells start degrading stored fats and deliver materials throughout the body which are necessary for its maintenance.

◆◆ Fats are necessary for maintenance of the body temperature and protection of internal organs

Do you think the fat cells only accumulate energies for the body? They do more than that. There are two types of fat cells: subcutaneous fat and visceral fat. Subcutaneous fat is present under the skin and visceral fat is around gastrointestinal tract.

Subcutaneous fat has a heat insulation property that keeps the body temperature. Even though the air temperature is lower than body temperature, our bodies can maintain the body heat due to the presence of subcutaneous fat. It also plays a role of cushioning in order to protect the body from impact. Moreover, subcutaneous fat is necessary for women to have a balanced figure. Fats also have a function to keep inner organs in the right positions. Many of slim people tend to have gastroptosis because they do not have enough fats to keep the right position of their inner organs which in turn displace them downwards.

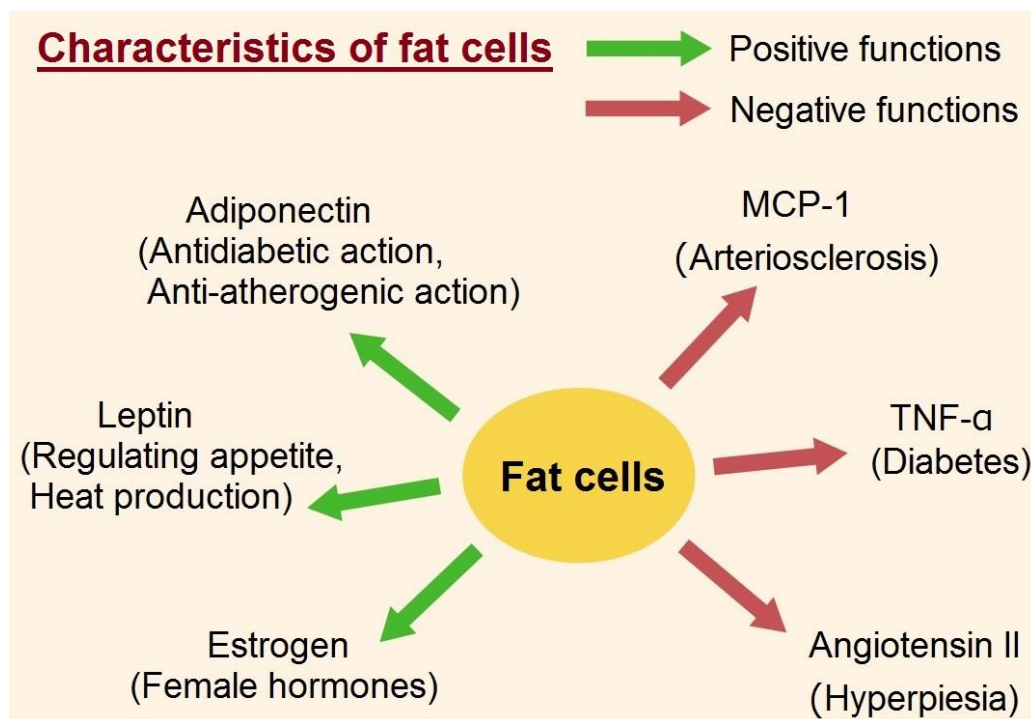
Unfortunately, the amount of fats beyond the scope of subcutaneous fat is stored as visceral fat. Basically, men easily store visceral fat because of their hormone activities. It rises the risk of developing metabolic syndrome.

◆◆ Fats relate with female hormones.

The above explanations are common knowledge about fat. Recent researches have revealed that fat cells serve various roles that are essential to our health.

The first finding what we want to introduce is the relationship between fat cells and female hormones. According to the findings, fat cells transform the estrogen precursor to estrogen. The fat cells that did not get fats cannot accomplish this transformation process. Therefore, women who are extremely underweight fall into a reduction of the secretion of female hormones which in turn creates a lot of female-specific problems for them like irregular periods. Many female athletes have experienced their periods stopped when they devoted themselves to intense physical training. Nowadays, there is a tendency for women in their early adolescence and in the prime of their life to be fascinated about obtaining an ultra-slim body which has brought up a lot of problems. There are several sources of information that points out the problems of slim female high school and university students. According to those data, about 90% of females yearn to be slim. In reality, many extremely underweighted women are included in those data. They are having troubles with unidentified clinical syndromes including a menstrual disorder caused by disrupted hormonal balances, intolerance to cold, getting easily tired and more. The researchers point out that a deficiency of fats in the body resulting from an excessive diet becomes a strong factor of these symptoms.

The other finding about the characteristic of fat is the secretion of adipocytokine. Despite its negative reputation for producing inflammation and damaging the body, fats secrete adipocytokine which actually suppresses inflammation. Recent studies have revealed that adipocytokine can suppress the development of diabetes and arteriosclerosis. Now, you know that fats are playing such an important role in our bodies.



◆◆ Watch your waistline! Find out an acceptable BMI and body fat percentage

Excessively accumulated fats not only make us obese but also unnecessarily enlarge the capacity of fat cells. Even though fats play an essential role, they alter for the worse under such circumstances. For example, bad substances increase their numbers. In previous lines, we introduced adipocytokine as a beneficial substance.

However, it actually has 2 types: good and bad. When people gain weight and their fat cells are enlarged, the number of good adipocytokine decreases and bad adipocytokine increases. As a result, metabolic syndrome is developed which is associated with lifestyle-related diseases including diabetes, hypertension, dyslipidemia and more.

Additionally, another substance called angiotensin II which has a property of elevating blood pressure is excessively produced. Normally, it does not behave bad. However, once it is secreted excessively due to being obese, it will be a factor in the developing hyperpiesia. These bad substances have more impact on visceral fat than in subcutaneous fat. The substances that are secreted from visceral fat can easily enter the liver and will impair hepatic function. Basically, too little fat brings negative effects and excessive fat also causes adverse effects to the body.

The simplest way to know the condition of current own fat level is to find out an acceptable BMI and body fat percentage. We need to control our own fat level in order to avoid risks of being extremely underweight or obese.