A new scientific discovery on fat burning and the role of hypoxia training

It is widely known that excess body fat can be detrimental to health. However, what many people may not realize is that this does not only apply to individuals who are overweight. Even people of normal body weight can have high levels of what is called visceral fat, which accumulates in the gastrointestinal tract and can impair the functioning of the organs in this system.
Visceral fat is particularly dangerous because it surrounds vital organs such as the liver, pancreas and intestines. This can lead to a range of health problems, including heart disease, diabetes and some types of cancer. In fact, visceral fat is considered a greater risk factor for heart disease than total body fat.

Another important aspect to note is that excess body fat can also be a sign of ageing. While it is natural for body fat to increase with age, high levels of body fat, especially visceral fat, can accelerate the aging process and lead to the early development of age-related diseases.

There is a general perception in society that the body follows a specific order of energy consumption: first glucose, then glycogen from the liver, and finally fat. This has led to a common recommendation to do at least 40 minutes of exercise to deplete the stores of glucose and glycogen and thus start burning fat. However, recent research challenges this notion and suggests that fat can be burned almost immediately.

According to this research, optimal fat breakdown occurs when the body uses between 45-65% of its oxygen intake. To illustrate this, if you run at high speed, you can use almost 100% of your oxygen intake. Using only 45-65% of oxygen intake means that the exercise is of low intensity. It is during this low-intensity exercise that we can burn the most fat (7).

However, for fat burning to be effective, the fat molecules must be broken down to make them smaller. In this way, all cells in the body can use fat as fuel. One of the most effective methods to stimulate this process is to increase the levels of adrenaline and noradrenaline in the body. These hormones can start a process called lipolysis, which involves the breakdown of fat molecules.

An effective strategy to increase the production of these hormones is through short but intense exercise. This type of exercise, which can often b e as short as two to three minutes, can help increase the body's production of adrenaline and noradrenaline, which in turn can stimulate lipolysis and thus increase fat burning.

After this short but intense training period, you can then move on to low-intensity training, which can last for a longer period of time. By combining these two forms of exercise, you can optimize the body's fat burning and thus contribute to a more efficient use of the body's energy resources.
In summary, recent research challenges t h e traditional notion of fat burning and suggests that optimal fat burning can be achieved through low-intensity exercise and a process of breaking down fat molecules. This means that we need to re-evaluate our exercise strategies to improve fat burning efficiency.
Our hypoxia training program does exactly what has been proven in research.

The program begins with a high-intensity short-term physical exercise lasting one to two minutes. This intense exercise generates a n increase in adrenaline and noradrenaline, hormones that promote the breakdown of fat molecules. This is the first step in the process of fat burning.

After the initial high-intensity exercise, the program transitions to a low-intensity hypoxia exercise with hand placement. This exercise is designed to ensure that oxygen intake is within the optimal window of 45-65%. This is the critical point where the body begins to burn fat effectively.

But what makes our hypoxia training program even more effective for fat burning is its ability to increase the cells' sensitivity to fatty acids during hypoxia training.
By increasing this sensitivity, the body can burn fat more efficiently, resulting in faster and more noticeable fat burning.

Insulin resistance - harmful effects on the body and solutions to the problem

If you suffer from poor sleep, fatigue, constipation, difficulty concentrating, obesity and other health problems, it is essential that you start by controlling your blood sugar. Without this basic control, other therapies and treatments may prove ineffective.

Blood sugar regulation involves the balance of glucose in the bloodstream, which is a crucial source of energy for the body's cells.
When this balance is disrupted, it can lead to a range of negative effects. In this context, it is important to address the issue of insulin resistance.