

The Visceral Fat Explainer

A simple way to explain the deep belly fat that matters most — for yourself, your family, or anyone else who's confused about the difference.

Two kinds of belly fat

Pinchable fat (subcutaneous)

This is the soft fat you can grab between your fingers — the kind that sits just under the skin, most visible on your belly, hips, and thighs. It's mostly cosmetic. It's what most diets try to shrink.

Deep fat (visceral)

This is the fat wrapped around your organs — your liver, pancreas, intestines. You can't pinch it. You can be a normal weight on the scale and still have too much of it. This is the fat that matters most for your health.

Why the deep fat is different

- It behaves like an active organ, constantly releasing inflammatory signals.
- It blocks insulin from doing its job — which raises blood sugar and drives more fat storage in a self-reinforcing loop.
- It's strongly linked to a doubled risk of heart disease, type 2 diabetes, and several other serious conditions.
- It can be high even when your body weight looks fine. "Skinny fat" is real.

How to know if it's likely a problem

You don't need expensive scans. Two simple measurements tell you most of what you need to know.

Measurement	General guideline
Waist-to-height ratio	0.5 or higher signals increased metabolic and heart risk regardless of weight.
Raw waist (at the navel)	Above 40" (men) or 35" (women) is a common yellow-flag threshold.

What actually helps

Because deep fat is so metabolically active, it's often the first fat to respond when you change a few daily habits — hydration, protein-anchored meals, walking after eating, protected sleep, and less ultra-processed food. That's the whole system behind The Visceral Fat Fix.

Not medical advice. Educational only. See page 1 for the full disclaimer.