

April 2023 - New Scientific Discovery

## Stanford Scientists Discover A Shocking New Cause Of Belly Fat, And It's *Not What You Think...*

Are you struggling to lose weight no matter how much you diet or exercise? Turns out, **it's not your fault.**

In 2023, after studying over 170 years of scientific data, a team of researchers from the Stanford University School of Medicine discovered one common factor in overweight women and men – **low inner body temperature.** And one thing common in the skinny people? Normal inner body temperature! <sup>a</sup>

Inner body temperature is not how hot or cold your skin feels, it's the temperature of your internal organs and cells. And further clinical research from Switzerland has shown that inner body temperature plays a role on how your body metabolizes fat. <sup>b</sup>

When inner body temperature is normal, calorie burning is **fast** and effortless. When inner body temperature is low, your metabolism is **slow.** In fact for every drop in inner body temperature, your metabolism slows 13% or more! <sup>c</sup>

References:

a. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6946399/>

