

3 Vegetables That Fight Abdominal Fat

A unique way that a few specific vegetables can actually stimulate the burning of abdominal fat...

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I bet you didn't know that there is a **specific class** of vegetables that contain very specific phytonutrients that actually help to fight against stubborn belly fat.

Let me explain what these unique vegetables are and why they help to burn stomach fat...

Chemicals that force your body to hold onto belly fat

Something you may have never heard about is that certain chemicals in our food supply and our environment, such as pesticides, herbicides, and certain petrochemicals from air and water pollution, household cleaners, cosmetics, etc can react with your body and make your body store excess abdominal fat.

These chemicals are known as xenoestrogens.

Xenoestrogens are chemicals that you are exposed to (and are hard to avoid in the modern world) that have an estrogenic effect in your body. Excess exposure to these can cause hormone balance disruptions for **both** men and women. So these can wreak havoc in the body for both guys and gals.

These estrogenic chemicals that we are exposed to on a daily basis can stimulate your body to store belly fat, along with many other problems (including cancer risks in the long term).

So here's where this specific class of vegetables comes in handy...

One of those cool tricks that I teach my clients that hire me for nutritional counseling is the use of cruciferous vegetables to help fight against stomach fat.

Cruciferous vegetables such as broccoli, cauliflower, brussels sprouts, kale, cabbage, etc. contain very specific and unique phytonutrients such as indole-3-carbinol (I3C) that help to fight against these estrogenic compounds...

And by fighting against these belly fat stimulating estrogenic chemicals, this is just 1 more step in helping you to win the battle against abdominal fat!

So there you go... just another excuse to do what mom always told you and eat more broccoli!

I've really learned to like brussels sprouts in the last year too... Melt a little grass-fed cheese on them and some garlic and they're great!