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A fat person has a risk to develop another problem. A fat person has more risk of this than the thinnest one. Person faces fat problems in different parts of the body such as belly fat, but fat, arm fat etc. and the reason behind it is that the people eat more than they can burn off. May be, this is the major concern but similarly, hypothyroidism, deficiency of essential fat acid, food sensitivity, emotional rating and many other things cause of gaining weight and receiving fat. In the terms of red meat it is most serious source of causing cancer, heart problems and diabetes etc. red meat concerns with the breast cancer, lung cancer and the liver cancer. The meat is harmful because it carries heavy amount of acid, iron and other things. One factor about danger of red meat seems to be inherent. Haem, the pigment that is in hemoglobin which gives red color to our blood is also present in red meat.

Butt fat which is increasingly turning to be the big concern. The ultimate butt today may be bigger, tighter and firmer tomorrow. Butt fat is related to the flat and poorly development of the buttock. Many men and women needlessly think that a man or woman having round and fat bottom appear to be more sexy than one who carries normal oneâ€™s. Many incorrectly consider t well-formed buttock to be sexually attractive. Many women unnecessarily increase their buttock if it seems to them that there is imbalance between the breast and the buttock. However, here we are concerned with the reduction of the butt fat. The following instructions will help to reduce your butt fat successfully-

â€¢ Good cycling and diet are the best way to get rid of your butt fat.

â€¢ Take 2 glass of water as soon as you get in the morning. Walk at medium pace with the arm movement. Drink one glass of water. Take your breakfast after an hour.

â€¢ Use mineral oil while cooking. In the evening you can take sugar free tea. Include light diet in your dinner. You can have a bowl of soup, salad and protein in the form of grilled fish or chicken.

â€¢ 1. You take exercise also to reduce the far. Lie on your side with legs together. Put your arm comfortably behind your head. Align your shoulder, hips and ankles.

â€¢ 2. Rotate your hips forward. Contract your butt muscles by putting your toe point down. Slowly lift your top legs up to 10-12 inches above the floor. Keep your knee extended at all times.

â€¢ Lie on the floor or the exercise bed. Tense your butt muscles together as hard as you can. Hold it for 10-15 seconds. Do it for 5 minutes in a day.

â€¢ Take papaya or vegetables soup regularly for at least 3 months.

â€¢ Cabbage is good to reduce your weight as well as helps to butt fat. This is because the vegetables slowdown the change of sugar and other carbohydrates in fat.

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