

Your Body Revival: Weight Loss Straight Talk
by Dave Draper

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Female Fat Cells

Scientists at work

Researchers do the darndest things. One day, when things were dull in the laboratory, they took samples of fat cells from the buttocks of nearby men and women. Here's what they found:

- A woman's fat cell is larger than a man's—five times larger.
- Her fat cells have at least twice the fat-storing enzymes as a man's.
- Female fat cells have half the fat-releasing enzymes as a male's.
- Of course, woman's propensity to hold fat is attributed to her child-bearing and nurturing function.
- Furthermore, other studies prove that man has a greater percentage of muscle mass and burns fat more efficiently. Neat, but it catches up with the ole boy, because:
 - Women live eight to 10 percent longer lives, and if there's a famine, men are the first to go.