

## "Your Ideal Body Mass"

**Is my fat point determined by my genes? Science Says No! It is determined by your eating habits and the correlation between that and your ideal body mass index.**

Many people have long held the mistaken belief that everybody has a particular fat point where their body realizes that this is the level of fat that is normal to that particular person.

This is not true and we all develop our own fat point based on our lifestyles.

While there are various different body types that are determined by our genes the percentage of fat that we carry around in our body is not due to the genes that we have inherited. It is due to the food that we have been eating from the beginning of our life to the stage where we are at presently. Your body mass index is actually determined by your height and weight on a scale from healthy to obese.

If you have been over eating for a long period of time and you have remained at a specific fat percentage for quite some time then that becomes your new fat point. And that can change up or down according to the lifestyle that you choose to lead.

If you have remained at a particular fat point for a year or two then your body will develop all the necessary requirements in the form of capillaries, connective tissues, hormonal levels and so on to support that point.

You have determined what that point is and your body will now try to maintain the new level.

Your body will constantly monitor that new fat point by all the messages that are sent to the brain. If you are to go on a crash diet your body will react to the fact that it sees an attack on that fat point and will do all it can to maintain what it believes is the correct balance. The maintenance can be in the form of a reduction in muscle tissue to save fat.

Unfortunately for many people they don't like to accept the fact that it is not their genes or anything else that has resulted in their fat point being too high.

**To actually lose the fat** and attain your ideal body mass index in the healthy spectrum, [Slim Diet Secrets](#) will change your fat point down to what it actually is based on a formula specific to you. Everybody is different and your body mass index is a key factor to this amazing secret that the diet industry doesn't really want you to know.

If you are here to lose weight and do it naturally, then Slim Diet Secrets is probably the best plan you are going to find. I have decreased my fat point down to a body mass index spectrum from obese to now just into the healthy spectrum using the slim diet secrets and applying them to my life.

It's all automatic, but does take time. I average about a pound to pound and half a week in weight loss and have already lost four inches in my waist. Not water weight, but true weight has been lost and my fat point is decreasing with the change.

[Get Your Ideal Body Mass.](#)



**Ideal Body Mass - Where do you fall on the Ideal Body Mass Index?**

