

# Visceral Fat Activity Drives Aggressive Endometrial Cancer

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## STORY AT-A-GLANCE

- › Visceral fat – the deep fat around your organs – acts like a hormone-producing organ that fuels inflammation, disrupts metabolism, and increases the risk of aggressive endometrial cancer
- › New research shows that fat activity, not fat amount, predicts cancer severity, meaning even women with moderate weight face higher risk if their fat is metabolically active
- › Chronically inflamed visceral fat releases cytokines, fatty acids, and signaling molecules that promote tumor growth, insulin resistance, and immune suppression, creating a biological environment where cancer thrives
- › You can calm overactive fat by eliminating seed oils, lowering stress hormones like cortisol, and supporting mitochondrial function through healthy carbs, restorative sleep, and natural progesterone balance
- › Restoring metabolic health through consistent, daily habits helps deactivate inflammatory fat, lower cancer risk, and rebuild your body's natural resilience and energy production

Cancer doesn't always begin in the place you'd expect. Sometimes, it's ignited by what's happening deep inside your own fat tissue. Hidden beneath the surface, visceral fat – the kind that wraps tightly around your organs – behaves less like padding and more like an active organ, influencing hormones, metabolism, and even how your immune system responds to disease.

Endometrial cancer has long been linked to excess weight, but new evidence shows that the real danger comes from how metabolically active your fat is, not simply how much of it you have. This shift in understanding challenges decades of thinking about obesity and cancer risk. It's not the scale that predicts your health trajectory – it's what your fat is doing at the cellular level.

The deeper story here isn't just about cancer; it's about energy, inflammation, and the way modern lifestyles have altered how our bodies process fuel. When visceral fat becomes inflamed and hyperactive, it sends a steady stream of chemical signals that keep your system on alert – a biological alarm that doesn't shut off.

Over time, that constant stress sets the stage for disease to take hold. In the next section, you'll see how researchers have uncovered a direct connection between fat metabolism and cancer aggressiveness – and why understanding this relationship gives you powerful insight into protecting your own metabolic health.

## **Visceral Fat Behavior, Not Size, Predicts Cancer Aggressiveness**

A study presented at the 38th Annual Congress of the European Association of Nuclear Medicine revealed that visceral fat is more than an innocent energy storehouse.<sup>1</sup> Researchers from Haukeland University Hospital and the University of Bergen used advanced imaging to study 274 women diagnosed with endometrial cancer.

Their goal was to see whether fat activity, measured by glucose uptake – how much sugar the fat consumes for energy – predicted the aggressiveness of the disease. What they discovered changes how doctors understand obesity-related cancer risk: it's not the volume of fat that matters most, but how metabolically active it is.

- **Women with "hyperactive" fat faced more aggressive cancers** – Patients whose visceral fat showed high glucose uptake were more likely to have advanced cancer stages and lymph node metastases.

This means that fat cells acting like overcharged engines – burning sugar and releasing inflammatory signals – were directly linked to cancer spreading faster. That distinction is key because women with similar body fat levels could have very different outcomes depending on how their fat behaves metabolically.

- **Even women with moderate weight weren't spared** – The findings challenged the assumption that only **obesity** drives endometrial cancer progression. Some women with relatively modest body fat still showed intense metabolic activity in their visceral tissue – and those women faced worse disease outcomes.

The study showed "no strong correlation between the volume of visceral fat and its metabolic activity," meaning you can't judge your risk by body size alone.<sup>2</sup> It's the internal chemistry of the fat – its energy output and inflammatory signaling – that determines danger.

- **Your body's internal environment explains this link** – **Visceral fat** acts like a hormone-producing organ, constantly sending chemical messages throughout your body. Visceral fat's chronic inflammation leads to the release of cytokines and fatty acids that create a pro-tumor environment.

Cytokines are small proteins that act like distress signals, calling in immune cells, but when they're overproduced, they push your body into **chronic inflammation**. This chronic inflammatory state damages healthy tissues, weakens immune surveillance, and allows cancer cells to grow unchecked.

- **Inflamed fat drives insulin resistance, fueling cancer metabolism** – **Insulin resistance** means your body no longer responds properly to insulin, the hormone that moves glucose into cells for energy.

As the researchers described, this metabolic disturbance floods your bloodstream with glucose and insulin, both of which act as growth fuel for cancer. The tumor cells, always hungry for energy, thrive in this environment. In essence, inflamed visceral fat turns your bloodstream into a steady food source for cancer cells.

- **Signaling molecules act as secret messengers between fat and tumors** – In healthy tissue, signaling molecules produced by fat cells help regulate metabolism, hunger, and immune balance.

But in inflamed visceral fat, these molecules become distorted messengers, sending "growth and survival" signals to nearby tumor cells. That cross-talk between fat and cancer creates a dangerous feedback loop – tumors grow faster, which further stresses your body's metabolism, which in turn activates more inflammatory fat.

## **Understanding Visceral Fat Activity Matters for Metabolic Health**

Active, inflamed fat isn't just linked to cancer – it's a driver of insulin resistance, cardiovascular disease, and premature aging. Recognizing that your internal fat chemistry matters more than your outward appearance empowers you to take meaningful steps to lower risk. Unlike genetic mutations, fat metabolism is modifiable through lifestyle changes – something entirely within your control.

- **Technical advances could refine cancer risk prediction** – Measuring fat metabolism is challenging because the signal from fat tissue is weaker than from other organs. However, the researchers emphasized that newer tools, including AI-assisted image analysis, could soon overcome these barriers.

These improvements would allow precise tracking of fat metabolism and its relationship with cancer progression – helping doctors monitor treatment effectiveness or detect early warning signs of relapse.

- **Lifestyle choices influence how your fat behaves** – Visceral fat activity responds dynamically to your habits. Diets high in processed oils and refined sugars activate inflammatory pathways, while whole foods rich in antioxidants, sunlight exposure, and restorative sleep help deactivate them. This means every decision – from the oils you cook with to how often you move – directly affects whether your internal fat acts as a healing ally or a metabolic saboteur.

- **Researchers are now expanding on these findings** – The researchers plan to study how fat metabolism interacts with circulating biomarkers such as cytokines, hormones, and tumor genetics.

Understanding those relationships could open doors to personalized therapies that target fat activity itself, not just the tumor. It's a profound shift in thinking: instead of seeing fat as a passive symptom of obesity, science is beginning to view it as a metabolic participant in disease – one that you can influence with the right interventions.

## **Simple Daily Steps to Defend Against Fat-Driven Cancer**

When you understand that active, inflamed visceral fat behaves like an engine of disease, not just storage tissue, the solution becomes clear – you have to quiet the engine. The goal isn't weight loss for appearance's sake; it's restoring balance inside your body so that your fat stops releasing inflammatory molecules and starts functioning normally again.

Fortunately, your metabolism is adaptable. With the right changes, you can teach your body to shift from inflammatory energy production back to healthy cellular balance. Here's how to start rebuilding that resilience step by step:

- 1. Eliminate seed oils to protect your mitochondria** – If your diet includes **vegetable oils** like soybean, corn, sunflower, or canola, your visceral fat is constantly bathed in **linoleic acid** (LA) – a polyunsaturated fat that oxidizes easily and triggers toxic byproducts inside your cells.

Those byproducts damage your mitochondria, the tiny power plants that fuel your body, and drive the inflammation linked to cancer. Replace these oils with stable, saturated fats such as tallow, ghee, or grass fed butter. When you remove LA, your fat tissue slowly detoxifies, and its inflammatory signaling begins to subside.

**2. Eat enough healthy carbs to heal your gut and fuel your cells** – Carbs aren't the enemy – your body runs best on glucose, and glucose comes from carbs. The real problem is eating the wrong kinds when your gut isn't ready. Your gut acts as the command center for metabolism.

When it's inflamed, it releases endotoxins – toxic bacterial byproducts that clog your mitochondria and stall energy production. If you notice bloating, loose stools, or fatigue after meals, your gut is likely overproducing these toxins.

Avoid high-fiber foods until your digestion steadies, since fiber feeds harmful bacteria in a damaged microbiome. Start with gentle, easy-to-digest carbs like fruit and white rice. As your gut heals, reintroduce root vegetables, then legumes, and eventually whole grains.

Aim for about 250 grams of healthy carbs per day to support your metabolism. Cut out ultraprocessed carbs entirely – they inflame your gut and drain energy. Over time, the right carbs help your beneficial bacteria make **butyrate**, a compound that repairs your gut lining, reduces inflammation, and stabilizes cravings.

**3. Lower your exposure to estrogen and endocrine disruptors** – **Excess estrogen** disrupts your metabolism and promotes fat storage, especially around your midsection. It also interferes with thyroid function and energy balance in both men and women. Start by reducing exposure to hidden sources of **estrogenic chemicals**. Ditch plastic containers, never heat food in plastic, and switch to glass or stainless steel.

Avoid handling receipts and minimize use of conventional personal care products filled with synthetic fragrances and parabens. If you're using **birth control pills** or estrogen replacement, recognize that these add to your body's estrogen load. Natural progesterone helps restore balance, counteracting estrogen's metabolic slowdown and improving thyroid health and mood stability.

**4. Reduce excess cortisol to shrink visceral fat and restore calm** – Chronically **high cortisol** – your body's main stress hormone – drives stubborn belly fat and keeps your metabolism stuck in "survival mode." You can lower it through daily habits that signal safety to your brain.

Start with slow, deep breathing several times a day and get early morning sunlight to reset your cortisol rhythm. Include healthy carbohydrates with your meals to stabilize energy and calm your nervous system. Simple joys matter, too.

**Laughter**, music, time with pets, and doing something you genuinely enjoy all trigger biochemical changes that lower cortisol and tell your body it's safe to relax. For deeper support, natural progesterone is one of the safest and most effective ways to block cortisol's harmful effects, helping your body recover from stress overload and reestablish **hormonal balance**.

**5. Rebuild consistency to retrain your metabolism for lasting health** – Your metabolism thrives on rhythm. Eat meals at steady times to maintain stable blood sugar and hormonal patterns. Get morning sunlight to anchor your circadian rhythm and promote nighttime melatonin release for recovery. Avoid **alcohol** – it poisons mitochondria, spikes cortisol, and inflames visceral fat.

Focus on what you can sustain long term. Each time you choose real food over processed oils, walk instead of sit, or unwind instead of doomscrolling, you're sending your metabolism a powerful message: it's safe to function efficiently again. Over time, this consistency transforms your body's inner chemistry – your fat calms down, your energy returns, and your terrain becomes resistant to chronic disease.

Your metabolism isn't fixed; it's trainable. By addressing the root cause – the inflammatory, energy-draining behavior of your visceral fat – you reclaim energy, reduce your long-term cancer risk, and strengthen the systems that keep you alive and vibrant.

## **FAQs About Visceral Fat and Endometrial Cancer**

**Q: What makes visceral fat more dangerous than regular body fat?**

**A:** Visceral fat surrounds your internal organs and behaves like an active organ itself. Unlike subcutaneous fat under your skin, it releases inflammatory molecules and hormones that disrupt metabolism and weaken immune function. When it becomes inflamed and metabolically active, it drives insulin resistance and feeds cancer growth by flooding your body with glucose and inflammatory compounds.

**Q: How is visceral fat linked to endometrial cancer?**

**A:** Research from Haukeland University Hospital and the University of Bergen found that women whose visceral fat had higher metabolic activity were more likely to have aggressive or advanced endometrial cancer. The danger wasn't related to fat quantity but to fat behavior – its glucose consumption, inflammatory signaling, and hormonal effects. These processes create an internal environment that supports tumor growth and spread.

**Q: Can I have dangerous visceral fat even if I'm not overweight?**

**A:** Yes. The study showed no strong correlation between the amount of visceral fat and its metabolic activity. This means even people with moderate weight can harbor metabolically "hot" fat that increases disease risk. Regular movement, balanced nutrition, and eliminating seed oils help keep this fat calm and inactive.

**Q: What lifestyle changes help reduce visceral fat activity?**

**A:** You can quiet inflamed visceral fat by eliminating seed oils, eating enough healthy carbohydrates to stabilize metabolism, reducing stress hormones like cortisol, and avoiding endocrine disruptors such as plastics and synthetic

fragrances. These steps improve mitochondrial function, lower inflammation, and restore hormonal balance, helping your fat act like healthy tissue again.

**Q: Why does balancing hormones like estrogen, progesterone, and cortisol matter for fat metabolism?**

**A:** Excess estrogen and cortisol push your body into fat storage mode, especially around your waist. Natural progesterone helps counteract both, restoring calm and improving thyroid and mitochondrial function. Managing these hormones through lifestyle and targeted support lowers visceral fat activity and helps protect against diseases driven by metabolic inflammation, including cancer.

## Sources and References

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- [1, 2 News Medical October 5, 2025, Study presented at the 38th Annual Congress of the European Association of Nuclear Medicine](#)