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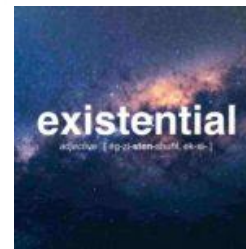
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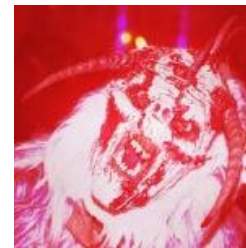
- 1 a presumed region in the human brain, possibly the hypothalamus, that functions to adjust [appetite](#).

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appe(tite) + -stat

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appestat

/ (ˈæpɪstæt) /

noun

- 1 a neural control centre within the hypothalamus of the brain that regulates the sense of hunger and satiety



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Word Origin for appestat

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C20: from appe (tite) + -stat



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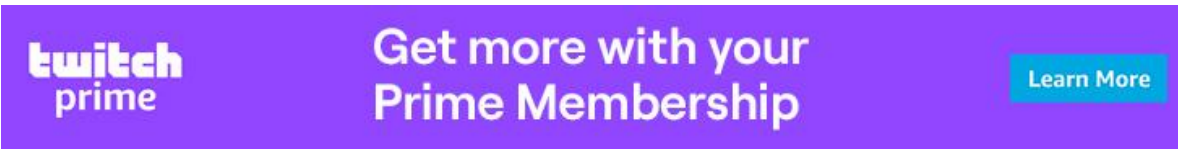
Medical definitions for appestat

appestat [p' -st t]

n.

The area in the brain that is believed to regulate appetite and food intake.

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CELEBRITY, EXERCISE, INSPIRATION, QUICK WORKOUTS, UNCATEGORIZED

30-Minute Jennifer Lopez Workout Is Intense and Intensely Fun!

POSTED ON FEBRUARY 5, 2018 BY DK

Popsugar ran this FUN and informative piece on a workout that I use with JLo.

“Get ready for your muscles to shake and burn — it’s intense. You can do this workout without equipment, but you can make it more challenging with gliders (or hand towels) and a set of light dumbbells.”

Check out the video [HERE](#), and enjoy!

30-Minute Full-Body Jennifer Lopez Workout



This entry was posted in [Celebrity](#), [Exercise](#), [Inspiration](#), [Quick Workouts](#), [Uncategorized](#).
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