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Melatonin may Help Control Weight Gain, Prevent Heart Diseases

by VR Sreeraman on April 29, 2011 at 8:06 PM

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Researchers have proven that melatonin - a natural hormone produced by the body - helps in controlling weight gain, even without reducing the intake of food, increases HDL cholesterol and reduces LDL cholesterol.

Melatonin is found in small quantities in some fruits and vegetables as mustard, Goji berries, almonds, sunflower seeds, cardamom, fennel, coriander and cherries. Thus, the intake of this kind of food might help in controlling weight gain and preventing heart diseases associated to obesity and dyslipidemia.

Trials with rats

University of Granada researchers have analyzed in young Zucker diabetic obese rats the effects of melatonin on obesity, dyslipidemia and high blood pressure associated to obesity. Melatonin was found to be beneficial for young rats that had not still developed any methabolic or heart disease. Researchers think that melatonin might help in preventing heart diseases associated to obesity and dyslipidemia.

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