



Breaking News: HC directs Punjab and Haryana govts to deal sternly with parents responsible for honour killings of _

Ads by Google

Int'l Master's Degrees

Get Online
International Master's Degrees at University of Liverpool
www.Online-Education.net

MBA Anywhere, Anytime

Recognised London MBA Degree 9 Specialisations, Now Online!
www.StudyInterActive.org/MB

Snoring Mouth Guard, € 49

Hinged for comfort. Free Shipping! Allows Mouth Breathing. No fitting.
SnoreMenders.co.uk/Compare

Masters in Marketing

Recognised University MSc Degree Leading Faculty, Career Support
www.LSBF.org.uk/Marketing

Asian Female For Love

Feel alone? Meet sweet chinese girl & share romance with her! Join free.
www.ChnLove.asia

INDIAN TV

[Indian Channels](#), TV Shows, [Hindi Movies](#) and much more, are coming to you live on WatchIndia. Get your free trial now!

Sleep regulating hormone can help shed flab

IANIS

Friday, 29 April 2011

LONDON:Melatonin, which helps regulate sleep and wake cycles, can also help you shed weight and improve blood lipid profile. A natural hormone, it is found in small quantities in some fruits and vegetables such as mustard, Goji berries, almonds, sunflower seeds, cardamom, fennel, coriander and cherries.

Thus, its intake might help in controlling weight gain and preventing heart diseases linked with obesity and dyslipidemia, the Journal of Pineal Research reports.

University of Granada researchers in Spain have analysed in young diabetic obese rats the effects of melatonin on obesity, dyslipidemia (abnormal cholesterol levels) and high blood pressure (BP) linked with obesity, according to a Granada statement.

Melatonin was found to be beneficial for young rats that had still not developed any heart disease. Researchers think that melatonin might help in preventing heart diseases associated with obesity and dyslipidemia.

Administration of melatonin might be potentially useful in fighting obesity and its risks.

The study was authored by professors Ahmad Agil, Miguel Navarro, Rosario Ruiz, Sausan Abuamada, Yehia El-Mir and Gumersindo Fernández of Granada University.



Related Stories

- [British PM gifts book to Will-Kat](#)
- [World's first electronic glasses to replace bifocals](#)
- [Low iodine levels in teen girls put future babies at risk](#)
- [Energy saving light bulbs may be cancer causing](#)
- [It's tough for teenaged girls to live in Britain: Study](#)

[more stories](#)

[Add Comment](#)



Credits - Editor: Satinder Bains | Executive Editor: Pawandeep Sooch