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yourhealth

FOUND...PLANTS THAT COULD HELP TO BEAT OBESITY



Saturday February 11, 2012

By Jo Wiley

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FOUR potent plant extracts could be the key to preventing and even beating obesity, according to promising research.

The results also offer new hope in the battle against heart disease, strokes and diabetes.

Two of the extracts have the potential to reduce fat absorption by blocking the activity of a key enzyme needed for the

Two of the extracts have the potential to reduce fat absorption

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breakdown of dietary fats.

The other two reduced the fat content in cells by sparking the breakdown of triglycerides.

These are compounds derived from fatty acids in the diet that can trigger high cholesterol and are linked to heart disease and strokes.

Researchers at the University of Granada in Spain tested the extracts on laboratory rats.

One of the extracts fed to obese rats significantly reduced triglyceride and cholesterol levels in blood by 67 and 49 per cent respectively. Glucose and insulin levels also significantly improved.

“The results also offer

The rats were fed with a fat-rich diet supplemented with the extracts found to block fat absorption over three days.

new hope in the battle against heart disease, strokes and diabetes

This led to a six to eight per cent rise in excreted fat compared to a control group of rats not fed the extracts.

Subsequently, obese rats were fed the two extracts that reduced cell fat contents over 10 weeks.

Fat concentrations in blood improved as did the parameters associated with the metabolism of glucose, related to diabetes

and obesity.

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One extract reduced free fatty acid levels in the blood by 68 per cent compared to a control group of obese rats receiving no extract.

Next step is to confirm the findings with tests on other animals before human trials can begin.

The scientists are not naming the extracts for confidentiality reasons.

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