

Proper Sleep Can Help Shed Pounds

Experts are starting to see a critical link between getting enough sleep and weight control, says medical contributor Dr. David Katz. A new study shows that sleeping fewer than 8 hours a night boosts levels of the hormone ghrelin that stimulates hunger, while suppressing leptin, a hormone that makes people feel sated. Some estimate as many as 63% of American adults do not get 8 hours of sleep a night, while 65% are overweight or obese.

As Reported by Good Morning America / ABC News

Diet Goals Too Ambitious

A recent poll conducted by the Pew Research Center found that dieters over the age of 18 would like to lose an average of 29 lbs. "That's an extraordinary amount of weight to lose," says Thomas Wadden, president of the Obesity Society, an organization of weight-loss scientists. "People are lucky if they can lose 10% of their starting weight." Wadden says most dieters hit "a biological wall," when hormones that regulate appetite kick in, and fight to stabilize weight.

As Reported by USA Today

Green Tea Can Help Your Diet

Do you want to cut down on the amount you eat? Drink some green tea before your meal.

Green tea has many mechanisms of action in stimulating weight loss. The most important is probably the inhibition of catechol-O-methyl-transferase (COMT). COMT is the enzyme that breaks down norepinephrine (NE), one of the body's most important lipolytic (breaking down fat) hormones. Caffeine also plays a synergistic role.

Secondly, green tea decreases the digestibility of dietary fat. The proposed mechanism of action is inhibition of both gastric and pancreatic lipase. These enzymes both play major roles in the digestion of fat, so when they are inhibited a smaller proportion of fat is absorbed and a greater proportion excreted.

Green tea is also a potent appetite suppressant. This can be partly explained by the fact that it increases both NE and dopamine, but further mechanisms of action have been hypothesized. Specifically, tea polyphenols have been known to elevate levels of cholecystokinin (CCK), a hormone which depresses food intake. While not all of the mechanisms of action are known, it could be that green tea simultaneously elevates CCK and decreases pancreatic lipase, conferring the benefits of both appetite suppression and decreased fat digestibility.