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Calcium Important During Weight Loss

In a study conducted at Rutgers University, researchers studied 73 women who were either on a weight loss diet or a weight maintenance diet, with either normal or high intakes of calcium. The study lasted a total of 6 weeks. Out of the 57 women who finished the study, those on the weight loss diet taking only normal amounts of calcium exhibited inadequate absorption of the nutrient, which has the possibility of impacting bone mass. The researchers suggested that weight loss programs may be associated with increased calcium requirements to help maintain bone mass. More research is needed to support their suggestion. For more information go to the *American Journal of Clinical Nutrition*, Volume 80, August 2004.

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Research Shows Green Tea Has Positive Anti-Obesity Effects and Even More Research Would be Helpful

Over the last ten years, the notion that green tea consumption is healthy has received significant scientific attention, especially as it relates to the areas of cardiovascular disease and cancer. Because of the ever-growing obesity pandemic, the anti-obesity effects of green tea are being increasingly looked at in cell, animal, and human studies. Green tea, green tea catechins, and epigallocatechin gallate (EGCG) have been demonstrated in cell and animal research to reduce adipocyte differentiation and proliferation, lipogenesis, fat mass, body weight, etc., as well as to increase beta-oxidation and thermogenesis. Human research has confirmed these findings. For additional confirmation, more research would help solidify what we know about green tea and since EGCG is regarded as the most active component of green tea, its specific effects on obesity should also be investigated in human trials. For more information go to *Molecular Nutrition & Food Research*, Volume 50, February 2006.

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Percentage of Adults Who Are Obese,* By State

(Centers for Disease Control and Prevention Department of Health and Human Services)

Magnesium Intake Essential For Good Cardiometabolic Health

In a recent study published in the journal *Obesity* researchers wrote about the intake of dietary magnesium and the prevalence of metabolic syndrome among U.S. adults. They stated that their research showed an inverse association between dietary magnesium intake and the prevalence of metabolic syndrome, adding to the evidence that adequate magnesium intake or a diet rich in the mineral may be important for good cardio-metabolic health. Metabolic syndrome describes cardiometabolic risk. Cardiometabolic risk factors are primarily overweight, type 2 diabetes, high cholesterol, and high blood pressure.

For more information go to the journal *Obesity*, Volume 15, May 2007.

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