

Not dieting, this is the new method of preventing obesity

Obesity is a condition where the body accumulates excess fat tissue, which is abnormal in a body or body area.

Dr. Shu Wang, one of the most respected experts from Texas Tech Institute, has spent years studying obesity as well as how humanity can fight one of the most common diseases. in this modern world.

In the latest research, Dr. Shu Wang believes that nanotechnology can completely help prevent, or even 'reverse', obesity - health problems affecting more than one-third. United States population.

1. Predictable death through blood test, accuracy up to 83%



Obesity is a condition in which the body accumulates excess fat tissue

But first we need to understand what obesity really is. Basically, obesity is a condition where the body accumulates excess fat tissue, is abnormal in a body or body area, and the excess fat is so high that it can negatively affect health. . The direct cause of obesity is the imbalance in nutrition and exercise. In other words, the energy intake of obese people is often much greater than the energy consumed by the body's daily physical and metabolic activities.

Thus, it can be seen that obesity is characterized by an increase in fat tissue, which most people would call fat. All mammals (including humans) possess two types of fat tissue in the body: White tissue, also known as white fat, is a source of energy for the body. Brown tissue, also known as brown fat, supports the body's ability to

generate heat by burning fat through energy-consuming activities. Both types of adipose tissue include fat cells, which are specialized cells designed to store fat.

1. Simple and effective way to prevent and cure vestibular disorders



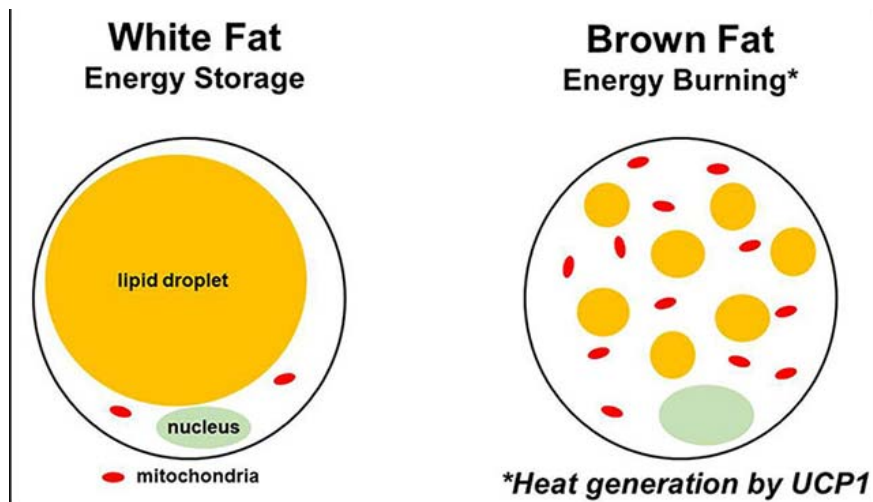
Simulate human condition according to BMI

As we age, however, our body's ability to use brown adipose tissue becomes progressively less effective. This can be clearly manifested through the phenomenon of metabolism, metabolism slows down significantly with age. Meanwhile, the sedentary lifestyle and the source of energy-rich foods (high in sugar, preservatives) in the modern world are also factors that make metabolism less efficient, thereby leading to excessive accumulation of white fat tissue in the body, and eventually obesity.

In addition to the physical effects such as obesity, heavy body, lack of aesthetics . obesity is also a cause of a series of extremely dangerous diseases such as dyslipidemia, hypertension, stones. bile, diabetes, osteoarthritis, cardiovascular and cancer . Causes us not only inferiority in appearance but also suffer from health torments.

Back to Dr. Shu Wang's research. The difference between the two types of fat tissue is that while white fat cells are used to store fat, brown (or beige) fat cells are considered an 'exchange sink'. substances' for fats, glucose and other metabolites. 'Brown fat cells can easily absorb, burn off large amounts of glucose and fat to release heat when needed, so they are the most promising factors in treating fat. obesity and related metabolic disorders, including insulin resistance (causing diabetes), dyslipidemia and other types of cardiovascular disease, 'said Dr. Wang.

1. The contradictions surrounding the sale of a \$ 30 bath and an interesting question about DNA

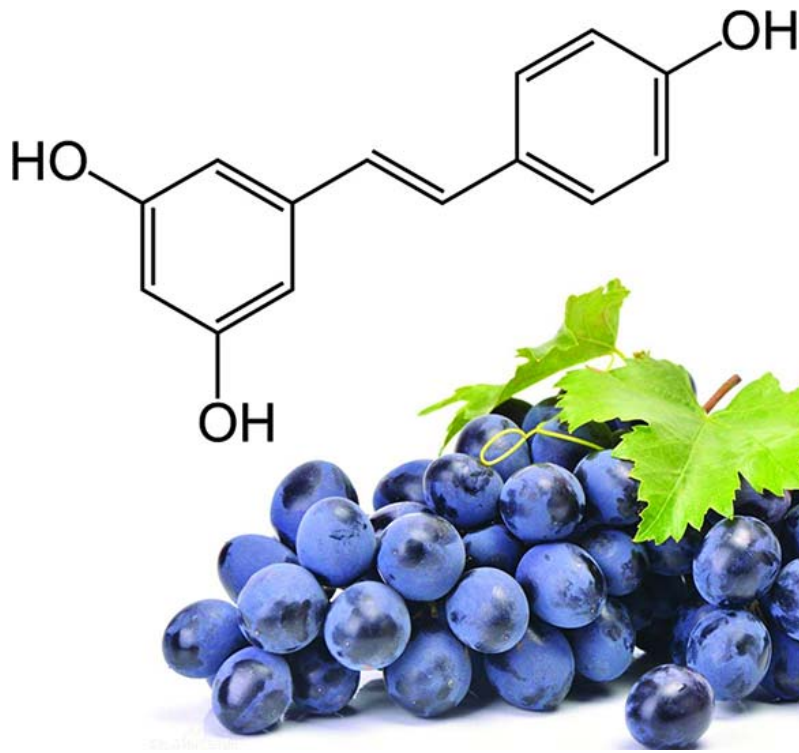


Brown adipose tissue has a more positive effect on the body than white adipose tissue

Previously, researchers targeted Resveratrol - a nutrient commonly found in red wine, red grape skins, purple grape juice, mulberries and peanuts in smaller amounts - as a Means to fight obesity and enhance the body's ability to burn fat. However, the problem is that Resveratrol can make it difficult to provide the white fat needed for energy burning, the core element of weight loss. Resveratrol is difficult, almost insoluble in water as well as body fluids, and is often hindered by chemical changes in the liver, making Resveratrol supplementation directly into the body through the mouth. should be less realistic and inefficient.

However, Dr. Wang and his team have invented a biodegradable nanoparticle. These nanoparticles will contain a certain amount of Resveratrol, thereby increasing the solubility of Resveratrol when taken into the body. However, the most important advantage of this method is that it can distribute Resveratrol directly into fat cells, transforming white fat cells into brown fat.

1. Using a smartphone in the wrong position can cause your skull to "grow tails".



Resveratrol is a rich source of grapes, which prevents obesity and enhances the body's ability to burn fat

'Under the effect of Resveratrol, white adipose tissue can be completely broken down into brown fat cells. Our aim is to create this transformation within the subcutaneous adipose tissue, thereby contributing to improving the effectiveness of obesity treatment as well as metabolic disorders related to obesity, including resistance to insulin resistance and hyperlipidemia,' said Dr. Wang.

In a recent animal study, through intravenous administration to bring Resveratrol-containing nanoparticles into the body, the results showed that a significant amount of white fat was converted to brown. Specifically, the amount of fat under the skin of the animals tested dropped by 40%, while the reduction in visceral fat was even more impressive, up to nearly 50%. (Visceral fat is far more dangerous than subcutaneous fat.)

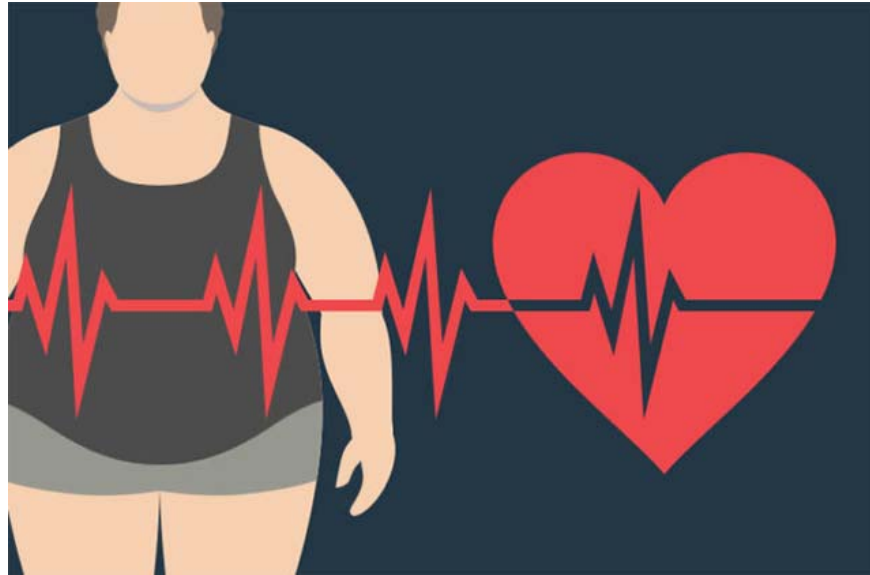
1. Sensory compensation mechanism and the magic of the brain

In addition, the team also noted a significant improvement in insulin balance and lipid stability in the animal body, and reduced inflammation after only 5 weeks of treatment.

Dr. Wang and her research team have applied for a patent on the 'Nano Resveratrol' distribution system, and are seeking commercialization opportunities for this promising technology.

As we all know, overweight and obesity are increasing at an alarming rate worldwide, that is, not only in developed countries but also in developing countries. With the syndrome causing extremely dangerous, obesity really has, is, and will become one of the leading threats to human health.

1. Does eating baked meat, chips and bread contain acrylamide, causing cancer?



Obesity is one of the leading threats to human health in the modern world

Some effective methods to prevent obesity:

1. Regular exercise at least 3 sessions per week, each session no less than 30 minutes.
2. Increase physical activities such as walking, playing sports .
3. Balance between diet and physical activity intensity. Meals should be broken down to accelerate the body's metabolism.
4. Avoid consuming foods, drinks high in sugar and stimulants such as soft drinks, alcohol, beer, and ready-to-eat foods.
5. No smoking.

Wish you have a scientific lifestyle and healthy body!

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