

Toxic fat can cause diabetes, including thin people

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Diabetes appears to be both **obese and thin** , and this is one of the newly discovered harmful elements.

Accordingly, the accumulation of a **toxic fat** may increase the risk of diabetes, even if it is thin. A group of Indian researchers has issued a warning.



Photo source: Internet.

In it, the type of toxic fat that we want to mention is ceramides. This is a type of fat that acts in a way that builds up in some people, is resistant to, or does not allow, the body to load insulin, prevents the body from burning calories and returning to the body at high risk for urination. sugar, fatty liver . Bhagirath Chaurasia's lead author at the University of Utah said in a statement.



Photo source: Internet

According to the new mouse test, mice with higher **ceramides** concentrations were more likely to have **diabetes** and **fatty liver** than mice with or without toxic levels of ceramides. low.

' By blocking toxic fat ceramides, we can prevent and prevent the development of type 2 diabetes as well as some other metabolic disorders in the human body as well as the mouse body ' - Chaurasia said.

This research has just been published online in the journal Cell Metabolism.

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