



The new fat that makes you thin

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Maybe you're not what you eat, after all. Cutting-edge research suggests that the way out of the obesity crisis is by eating the right fat: docosahexaenoic acid (DHA for short) — the ultimate form of omega-3 fatty acid.

DHA is the good stuff found in fish-oil capsules and in salmon, trout, herring and mackerel. Renowned for protecting hearts against deadly irregular beats, as well as lowering depression risk, cooling inflammation and helping babies grow healthy brains, DHA also has been shown recently to boost fat-burning, discourage excess padding inside the abdomen and promote weight loss.

In one study, overweight men who took daily fish-oil capsules or ate fish three times a week lost 2.2 pounds more in four weeks than those who didn't. And it's good for more than your waist: In another study in which fish or sunflower oil was added to a regular diets, heart-threatening triglycerides fell 14 percent and heart-protecting HDL cholesterol rose 10 percent in just 12 weeks.

More good news: Taking drugstore-brand fish oil or DHA capsules will also do the trick.

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