

How to lose weight and not gain weight

You are on a diet, trying to shed excess weight and do not take back the weight? Imagine that you reduce your appetite, but the body still burns the same calories. Impossible? Possible. In the meantime, in mice, but who knows, maybe soon also in humans.

Researchers from Columbia University in New York have discovered a protein that controls the CPE gene, responsible for the tendency of mice to obesity. In mice genetically devoid of this protein significantly decreased appetite. At the same time is not decreased metabolic rate.

This effect could be observed for the first time. So far in humans and animals has always been accompanied by decreased appetite, reducing the amount of energy consumed by the body. Scientists hope to discover drug that appropriately modifying the CPE gene could help the people throwing the weight. The problem is that this gene is important in other vital processes. It could happen that such an effective weight loss such us into depression.