

WEIGHT LOSS REPORT

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FREE TO FEED

Mice: Bellwethers for all our hopes and dreams. Scientists reporting in *The Journal of Biological Chemistry* created little buggers that could outeat their buddies by 30 percent but still weigh less. That's because these mice lacked a protein called PKCB, a condition previously associated with increased fat burn. Rodents without the protein have more mitochondria (the energy source in cells), enabling them to more rapidly and effectively convert fat into energy, says lead researcher Kamal Mehta, Ph.D. The goal: a weight-loss drug that could eliminate the protein in humans.

When Less Means More

Keep your move on: **It's now clear how much your body falls apart when you quit exercising**, reports a study in *The Journal of the American Medical Association*. Subjects who went from busy bee to couch potato had much higher glucose and fat levels in their bloodstreams (potentially setting the stage for diabetes and heart disease) after only two weeks, and their abdominal fat had increased by an average of 7 percent. Such dramatic changes may be tied to a sudden stall in calorie burn, which has been linked to muscle deterioration, says researcher Rikke Krogh-Madsen, M.D., of the University of Copenhagen.

Weigh Out There

What would you dish about your diet? More than a third of women admitted to skipping meals at least several times per week; the same number said they'd ditch sex for a month to lose five pounds, according to the Light & Fit Calorie IQ Survey of 1,026 women. Also revealed: When it comes to counting calories, there's a time and a place for everything.

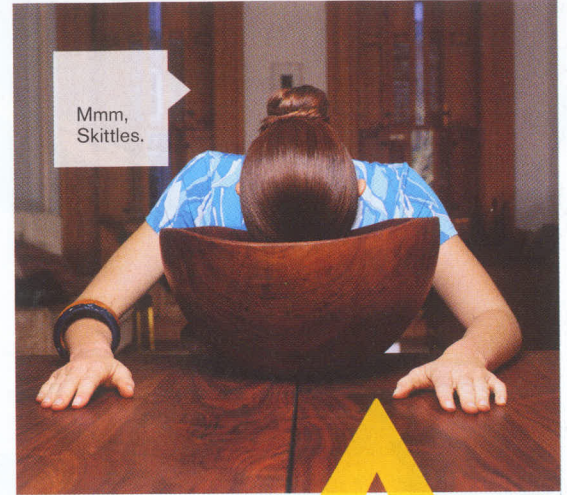
Percentage of women who say that calories don't count...



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STALLED PARTS

It's not news that an underactive thyroid can lead to weight gain. But scientists now say that even slight underactivity—even if it's within the normal range—may widen your waist, reports the *Archives of Internal Medicine*. Doctors measured participants' levels of thyroid-stimulating hormone (TSH), which actually shoots up when the gland gets sluggish. Women at the high end of the normal TSH range gained an average of four pounds more over three and a half years than women with the lowest TSH levels. Genetics may play a role.



SKINNY FAT?

Some average-weight patients (with a BMI between 18.5 and 24.9) have "normal-weight obesity": high cholesterol, high body fat percentages, and other markers of metabolic syndrome. Use a bioimpedance scale to measure your body fat (like the Tanita IronMan scale, from \$100, bodytronics.com); if it's 30 percent or above, do 30 minutes of strength training twice a week to lower your risk of heart disease and diabetes.

Source: Lead study author Francisco Lopez-Jimenez, M.D.



Eating for Two

Your honey can either help or harm your diet, a study in the *Journal of Nutrition Education and Behavior* reports. According to lead study author Judy Paisley, Ph.D., R.D., having your wingman's support can help you win the battle of the bulge. Tell your guy why you eat the way you do, the changes you want to make (like eating out less), and what grub you plan to eat or avoid. If he knows what you need, he'll be less likely to inadvertently sabotage your efforts.