

inflammation. “In terms of prevention, this study suggests that approaches that target cardiovascular disease and inflammation have the greatest potential to increase longevity,” the authors conclude.

—Dayna Dye

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#### Reference

\* J Gerontol: Med Sci. 2009 Sep 1.

### **Tea Catechins Promote Fat Loss in Overweight Individuals**

An article appearing in the journal *Obesity* reported the findings of Chinese researchers of improvements in weight and body composition in men and women who consumed green tea that contained high amounts of catechins.\*

Researchers at Fudan University in China divided 182 moderately overweight Chinese men and women to receive beverages containing varying amounts of catechins for 90 days. By the end of the study, total body fat and body fat percentage were lower in the group that received the highest amount of catechins compared to the control group. In the highest catechin group, intra-abdominal fat area and weight were lower, and waist circumference averaged 1.9 centimeters less than those who received the control beverage.



“In this latest research, green tea providing significant catechin levels helped promote weight loss and positively affected body shape,” lead researcher Dr. Niels Boon concluded.

—Dayna Dye

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#### Reference

\* *Obesity*. 2009 Aug 13.

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