

OurHealthNews

Making Health Affordable
Together

NOTES FROM THE KAT

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Greetings [[firstname]],

Three Good Reasons for Dropping a Few Pounds

The sun is coming out. More skin is starting to show. And, the shrieks are starting up. It's enough to make a feline's ears twitch when humans of all shapes start trying on summer togs again. Our members all seem to be interested in weight loss tips, so take note of our first highlight on vitamin D research.

Higher Vitamin D = Higher Weight Loss

Reason #1 for dropping a few pounds: You wanna look good! You've heard of vitamin D for immune health, bone health, skin health, and so forth...but for weight loss? Yep, new research from the [University of Minnesota suggests adding vitamin D to a reduced-calorie diet increases weight loss](#).

Good news indeed, but higher vitamin D levels also predicted *greater loss of abdominal fat*. [Abdominal fat, as you may know, is considered "bad" fat](#), which leads to hormone disruptions, glucose metabolism impairment, inflammation, and clogged arteries.

Researchers measured circulating blood levels of vitamin D before and after 38 obese subjects followed an 11-week diet that included a reduction of 750 calories a day.

Amazingly, for every incremental increase of the precursor of vitamin D in blood serum, subjects *lost an additional half pound more* than those with lower levels. Participants who also showed higher levels of the active form of vitamin D *lost an additional quarter pound of weight*. More vitamin D, more weight loss, even on the exact same diet. Pretty cool, eh?

Pennies a day. Powerful nutrition. Potential for weight loss. Methinks our [Vitamin D3](#) sales could spike based on this sizzling summertime tip. ^..^

Moderate Weight = Less Inflammation & More Weight Loss

Reason #2: You need to reduce inflammation in your body. New research shows that *modest weight loss* calms your body's inflammatory response and helps your immune system get out of "attack" mode, which directly helps with conditions ranging from autoimmune to inflammatory bowel disease.

Your immune system is supposed to protect you from all sorts of bad guy invaders. Unfortunately, excess body fat can tip your immune system's delicate balance, creating immune cells that attack rather than protect your body.

Alas, more inflammation in obese patients with diabetes has been shown by Australian researchers to lead to less weight loss--even in the case of bariatric surgery patients on calorie-restricted diets!

The *good* news is that researchers from Australia's [Garvan Institute of Medical Research](#) have discovered that *losing as little as 12 pounds* can yield an 80%

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Member Spotlight



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I am very impressed with your news letter archives, service, and products.

Best regards,

Garry

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reduction of pro-inflammatory cells--down to the levels of lean people.

According to the study authors: *“(This) is important because it helps us understand why some people lose weight more easily than others.”*

Lose a little weight, and then it gets easier to lose weight because your immune system chills out. In the process, you get to take care of inflammatory disorders at the same time. Interesting how things work together, eh?

Modest Weight Loss = Help with Erectile Dysfunction

Reason #3: Sex is good for your health (his and hers equally). Our male members may be interested to know that losing a modest amount of weight, along with managing blood pressure, can help with erectile dysfunction.

Did you know that as many as 30-40% of men over the age of 50 experience ED? Interestingly, at least 30% of men over 50 are also obese. And, sadly, men with ED taking the little blue pill can still have trouble. So, what's an over-50 overweight guy to do about this?!

Lose a few pounds? Say what? Here's how it works: obesity lowers testosterone and increases ED risk by contributing to the build-up of atherosclerotic plaque. This plaque can damage artery linings and elevate blood pressure, which in turn causes blood flow problems *everywhere*.

Thankfully, there is hope. Studies have shown that a bit of weight loss and more physical activity can improve ED. After dietary counseling, a very modest 4.6% weight reduction, and medication to lower blood pressure, one patient [profiled in Obesity & Weight Management](#) was able to achieve adequate erections.

If a guy is debating counting calories, this could be reason enough to lose a bit of weight this summer! ^..^

That's all for now, fair members!

Still purringly yours,

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