



Health Matters

by
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With two-thirds of Americans overweight, the risk of heart attacks, stroke, diabetes and cancer is on the rise. Any health-care professional will tell you that keeping your weight within a normal range is crucial to maintaining good health and preventing such serious health issues.

Research published in the *Journal of Nutrition* has identified **CLA (conjugated linoleic acid)**, a fatty acid found in safflower oil, to be effective in reducing body fat, increasing muscle mass and enhancing metabolic rate, all of which helped their study participants to lose weight.

Since muscle cells burn far more calories than fat cells, **CLA** also improves metabolic efficiency by altering the lean-to-fat ratio. A 90-day human trial in Norway confirmed that those taking **CLA** had a 20% decrease in body fat (an average of 7 lbs), compared to no change in the placebo group. Staying lean and fit, combined with a healthy diet and regular exercise is everyone's goal for good health.

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