



Health Matters

by
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With two-thirds of Americans overweight, experts agree that belly fat poses the most threat to our health. Not only causing us to look and feel bad, it's the most difficult to lose and puts us at greater risk of serious health conditions, such as heart disease, type-2 diabetes and specific types of cancer.

Weight loss researchers from the Dept of Health & Physiology at the University of Kansas have observed the fat-burning effects of **Forskolin**, a compound found in *Coleus Forskohlii* (a traditional Ayurvedic herb). They examined its ability to activate adenylate cyclase, an enzyme that promotes lipolysis, the break down of fats.

At the end of an 8-week trial, participants averaged a loss of 10 pounds and reduced body fat by nearly 8 percent. Dr. Oz says that a dosage of 125 mg of **Forskolin** daily can help you lose excess belly fat. We also advocate it be combined with common-sense nutrition and exercise.

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