



GREEN COFFEE ACCELERATES WEIGHT LOSS!

DRINKING coffee made from green beans can help you drop pounds — because the light-colored beans are rich in fat-fighting compounds, according to a top nutritionist. “Green coffee bean extract is a natural stimulant that is a less processed version of coffee,” said Rick Hay, who explained green coffee beans contain a key weight-loss ingredient, chlorogenic acid. A Norwegian study found drinking instant coffee enriched with green bean extract helped patients lose three times more weight than drinking regular coffee!

Standing delivers for ALZHEIMER'S PATIENTS



STAND up for yourself — it's good for you! New research reveals sitting for long periods slows blood flow to the brain — harming long-term brain function and causing a greater risk of degenerative cognitive diseases such as Alzheimer's. But walking for just two minutes every 30 minutes can restore healthy circulation!

The findings emphasize the need for short, regular exercise breaks, said Sophie Carter, lead researcher at Liverpool John Moores University.

SOCIAL MEDIA SURGERY EPIDEMIC!

MEDIA outlets are buzzing with reports of the new syndrome called “Snapchat dysmorphia,” wherein millennials seek plastic surgery to resemble their idealized filtered images on popular social apps.

Board-certified plastic surgeon Dr. Otto Placik of BodySculptor.com confirmed this trend, but raised an alarm about an entity he named “Lulu Labia,” citing his experience with thousands of procedures. As a published specialist in cosmetic gynecology, Dr. Placik noted an increasing trend among athletic and groomed women, proud to display the results of their fitness routines, to complain about their visible feminine contours in revealing sheer leggings and yoga pants.

BREAKTHROUGH CANCER PILL!



A DRUG that prevents tumor cells from repairing themselves is being developed! Researchers at Francis Crick Institute in London and Oxford University said the pill would target vulnerable cancer cells and kill tumors without harming healthy cells. A British research firm is set to test the drug on human patients within five years. The pill would benefit those with breast, prostate, ovarian or bowel cancer. Prof. Simon Boulton of Cancer Research UK called it “a game-changer in cancer therapy.”

50% DID YOU KNOW?

... OR LESS! That's the percentage your waist circumference should be compared to your height, in inches. Too big a waist size means you're probably carrying visceral fat, which produces life-threatening toxic chemicals. If you're six feet tall, or 72 inches, your waist should measure 36 inches or less to ensure you're at a healthy weight.