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Scientists from the University of Nottingham have discovered that drinking a cup of co ee can stimulate 'brown fat', the body's own fat- ghting defenses, which could be the key to tackling obesity and diabetes.

e pioneering study, published today in the journal Scienti c Reports, is one of the rst to be carried out in humans to nd components which could have a direct e ect on 'brown fat' functions, an important part of the human body which plays a key role in how quickly we can burn calories as energy [1].

Brown adipose tissue (BAT), also known as brown fat, is one of two types of fat found in humans and other mammals. Initially only attributed to babies and hibernating mammals, it was discovered in recent years that adults can have brown fat too. Its main function is to generate body heat by burning calories (opposed to white fat, which is a result of storing excess calories). People with a lower body mass index (BMI) therefore have a higher amount of brown fat.

Professor said: "Brown fat works in a di erent way to other fat in your body and produces heat by burning sugar and fat, o en in response to cold. Increasing its activity improves blood sugar control as well as improving blood lipid levels and the extra calories burnt help with weight loss. However, until now, no one has found an acceptable way to stimulate its activity in humans [2].

is is the rst study in humans to show that something like a cup of co ee can have a direct e ect on our brown fat functions. e potential implications of our results are pretty big, as obesity is a major health

capacity to produce heat [4].

From our previous work, we knew that brown fat is mainly located in the neck region, so we were able to image someone straight a er they had a drink to see if the brown fat got hotter, said Professor.

e results were positive and we now need to ascertain that ca eine as one of the ingredients in the co ee is acting as the stimulus or if there's another component helping with the activation of brown fat. We are currently looking at ca eine supplements to test whether the e ect is similar [5].

Once we have con rmed which component is responsible for this, it could potentially be used as part of a weight management regime or as part of glucose regulation programme to help prevent diabetes."

Ackno ledgemen

Not applicable

Con ic of In e e

ere is no Con ict of Interest.

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***Corresponding author:** Alessandro Ferrario, Plastic, Reconstructive, and Aesthetic Surgeon Belgium, France, E-mail: alessandroferrario@gmail.com

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