

Research shows CurraNZ may help reduce obesity-linked inflammation & insulin sensitivity

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But one British researcher has identified a fast-acting nutritional intervention that has been shown to fight inflammation and improve these health markers – and it's affordable, natural and requires very little effort.

Dr Sam Shepherd, Senior Lecturer in Sport and Exercise Nutrition at John Moores Liverpool University, has focused his recent research attentions on the polyphenol-rich New Zealand blackcurrant, CurraNZ which he believes could offer an easy way for Brits to cut their risk of Type 2 Diabetes, improve fat burning and reduce obesity-driven inflammation.

Dr Shepherd's research has shown that overweight individuals, tested in free-living conditions, slashed their obesity-driven inflammation 24%. They also improved their post-breakfast and lunch blood sugar levels and improved whole-body insulin sensitivity a staggering 22% after just one week's intake of CurraNZ.

Scientists are showing that the berry offers a double action for helping tackle obesity, thanks to its recently-discovered effect on making the body favour fat as fuel. Plus, it appears to be more effective in overweight individuals and those with the poorest rates of fat burning.

Dr Shepherd has also shown that one week of the berry extract improves fat burning on average 30% in trained women cyclists during moderate-intensity activity, equivalent to improvements normally only seen after a month's daily exercise.

Clinical trials have shown that CurraNZ increases cardiac function and main arterial blood flow by 35%, and is thought to be part of the underlying mechanism for boosting fat burning.