

Guzzling food makes you fat

Eating quickly makes you put on weight because your stomach does not have time to tell your brain it is full, scientists find. Researchers found that "wolfing down" your food slows and restricts the release of a special "full up" hormone in your stomach.

That means that you eat more food before the brain realises that your body has already had enough to eat. The decreased release of these hormones, can often lead to overeating, the researchers concluded.

"Most of us have heard that eating fast can lead to food overconsumption and obesity, and in fact some observational studies have supported this notion," said Dr Alexander Kokkinos, the author of the research.

"Our study provides a possible explanation for the relationship between speed eating and overeating by showing that the rate at which someone eats may impact the release of gut hormones that signal the brain to stop eating."

Dr Kokkinos and his team at Laiko General Hospital in Athens, Greece, had 17 volunteers eat a test meal of 300ml of ice cream at different rates.

Researchers took blood samples for the measurement of gut hormones before the meal and at 30 minute intervals after the beginning of eating, until the end of the session, two and a half hours later.

They found that volunteers who took the full 30 minutes to finish the ice cream had higher concentrations of the hormones PYY and GLP-1, both associated with satiety, and also said they felt fuller.

"Our findings give some insight into an aspect of modern-day food overconsumption, namely the fact that many people, pressed by demanding



working and living conditions, eat faster and in greater amounts than in the past," said Dr Kokkinos.

"The warning we were given as children that "wolfing down your food will make you fat" may in fact have a physiological explanation."

The research was published in the Journal of

Clinical Endocrinology & Metabolism.
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Gene that helps you live to 100

A gene that can help you live to 100 has been identified by scientists.

Researchers studying a group of people with an average age of 97 found they had all inherited a gene that appears to prevent cells ageing.

They found that the 86 people studied and their children had higher levels of an enzyme called telomerase which is known to protect the body's DNA from degrading.

The team from Albert Einstein College of Medicine in New York, who studied an American Ashkenazi Jewish community, said that the finding could lead to anti-aging drugs.

Telomerase is known to protect telomeres which stop the string of DNA unravelling much like the plastic tips at the ends of shoelaces stop fraying.

Each time a cell divides, its telomeres shorten and the cell becomes more susceptible to dying.

By boosting telomerase, scientists think they could eventually stop the cells dying and so protect against old age.

The research was published in the Proceedings of the National Academy of Sciences journal.

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SEASON'S GREETINGS

Ho ho ho! Selena Gomez gets into the holiday spirit with Disney's blue alien Stitch Saturday at Disneyland in Anaheim, Calif., where the pair taped a segment for the 2009 Christmas Day Parade.



WHAT A 'WOMAN

A humbled Rihanna takes a bow after being named Glamour's Woman of the Year during a ceremony at New York's Carnegie Hall Monday. But the R&B star, in an ivory Stephane Rolland gown, found time for humor, too, telling the crowd, "As usual, I decided to wear the tightest dress I could find."



BREAKFAST BASH

Happy birthday to them! The recently reunited Vanessa Minnillo and Nick Lachey step out to celebrate their joint birthdays - she turned 29 and he turned 36 on Nov. 9 - with breakfast at Jinky's Cafe in Sherman Oaks, Calif., on Monday.

THREE OF A KIND

Smiles all around! Jessica Alba enjoys an upbeat family outing with hubby Cash Warren and 17-month-old daughter Honor on Saturday, after dining at Urth Caffé in Beverly Hills.



LINKED IN

After spending a PDA-filled weekend in Las Vegas, LeAnn Rimes and Eddie Cibrian keep up their strong connection at David Gray's concert Monday night at Los Angeles's Orpheum Theater.



IT'S A MATCH!

She underwent a major make-under for her dramatic role in Precious - but Mariah Carey arrives in style to the Late Show with David Letterman on Monday with dapper hubby Nick Cannon, in complementary brown, on her arm.

HOT MAMA

Nicole Richie steps out in Beverly Hills on Saturday for the March of Dimes 4th annual Celebration of Babies luncheon. The event - also attended by celeb moms Halle Berry and Julie Bowen - honored a prominent California doctor for his commitment to the organization.

