

## **Best supplements for weight loss - the 5p a day capsules to prevent weight gain**

By [Matt Atherton](#)

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**WEIGHT loss supplements could help overweight or obese patients with their diet plans. Add these cheap capsules to your daily routine to lose weight and avoid weight gain.**

Slimming World consultant shares TOP weight loss tips

- Turmeric could be used to help obese patients lose some weight
- The spice's active ingredient, curcumin, slows down the formation of fatty tissue in the body
- Turmeric could also lower the risk of obesity complications, including type 2 diabetes
- The immune system could also benefit from daily turmeric supplements

[Weight loss](#) may be crucial for patients that are obese. A quarter of all adults in the UK are obese, said the NHS.

But weight loss isn't always easy, and may require long-term lifestyle and diet changes.

Taking some weight loss [supplements](#) could help patients to kickstart their diet plans.

Turmeric [supplements](#) may help you to maintain a healthy body weight and could also boost weight loss, revealed Dr Joseph Mercola.

**Curcumin, one of turmeric's most thoroughly studied active ingredients, reduces the formation of fat tissue**

Dr Joseph Mercola

Turmeric's active ingredient, curcumin, could slow down the formation of fatty tissue in the body, said Mercola.

It could even help to prevent some complications of obesity, including type 2 diabetes, he said.

"Adding herbs and spices to your food gives your meals an 'upgrade' in more ways than one," said Mercola, on his medical website.

“If you're a fan of curry, you're probably also a fan of turmeric, as this is the yellow-orange spice that makes the foundation of many curry dishes.

“Curcumin, one of turmeric's most thoroughly studied active ingredients, reduces the formation of fat tissue by suppressing the blood vessels needed to form it, and therefore may contribute to lower body fat and body weight gain.



Best supplements for weight loss: Add turmeric spice to your diet to prevent weight gain (Image: GETTY Images)

Incredible health benefits of Turmeric revealed

“Curcumin may also be useful for the treatment and prevention of obesity-related chronic diseases.

“The interactions of curcumin with several key signal transduction pathways in the body result in improvements in insulin resistance, hyperglycaemia, hyperlipidemia, and other inflammatory symptoms associated with obesity and metabolic disorders.”

Curcumin is also a natural anti-inflammatory, which helps the body to fight off unwanted invaders, nutritionists have claimed.

As well as turmeric, eating more cinnamon could help patients to lose weight, added Mercola.

The spice boosts metabolism, and has benefits for blood sugar regulation, he said.

Best supplements for weight loss: Turmeric suppresses blood vessels needed to form fat tissue (Image: GETTY Images)

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10 easy weight loss tips

The best way to lose weight is to making some small diet or lifestyle changes, said the NHS.

It's important to eat regular meals - including breakfast. It's one of the easiest ways to slash the pounds, it added.

Drink plenty of water, and be sure to eat at least five portions of fruit and vegetables every day.

Fibre-rich foods help you to feel fuller for longer, which stops you from overeating.

Exercise is equally as important as a healthy diet. Aim for at least 150 minutes of moderate-intensity activity every week.