

Nutrition Breakthroughs: Daily Tomato Juice Reduces Waist Size, Body Fat

A new study from Taiwan has found that a daily glass of tomato juice slims the waist and reduces body fat and weight

February 11, 2015 (FPRC) -- Who would've known that the red coloring matter in tomatoes is one of the most powerful natural medicines in existence. The red color comes from a healthy plant chemical called lycopene. Lycopene is what makes the tomato a super-food -- one that goes far beyond just providing something tasty to eat.

Lycopene has been shown in studies from the Journal of Nutrition to help protect against heart disease, lower cholesterol, and reduce inflammation for a stronger immune system.

Interestingly, a new study has shown that the same traits of tomato juice that can cause these internal health improvements can also enhance one's appearance by inducing a lower body weight and a thinner waistline.

There are unlimited health benefits from eating all kinds of vegetables and fruits including preventing diabetes, lowering the risk of all types of cancers, strengthening the heart, balancing hormones and increasing energy. They are nature's finest natural remedies.

Lycopene gives the red color to watermelons, pink grapefruits and tomatoes. Spinach, corn and avocado contain the yellow and green shades supplied by lutein which supports good eye health. Grapes and blueberries contain the blue and purple pigments known to benefit everything from memory to arthritis.

The new study on tomato juice comes from the China Medical University in Taiwan. Researchers found that a daily glass of tomato juice taken by women for two months resulted in significantly decreased body fat and body weight, as well as a smaller waist circumference and lower cholesterol. The subjects continued with their normal diet and exercise and made no changes other than drinking one nine ounce glass of tomato juice each day.

The women were divided into two groups: Those that had a reduction in body fat from the tomato juice and those that didn't. One point that was highlighted by the study is that regardless of whether there was a loss of body fat, the tomato juice still induced a reduction in waist circumference, lowered cholesterol levels, reduced inflammation, and increased lycopene levels in each person.

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Since 2009, their natural sleep aid Sleep Minerals II has been keeping that promise by soothing even the worst insomnia with absorbable calcium and magnesium. It helps everyone from teenagers, to seniors, to women with menopause symptoms to get a good night's sleep.

For more information on Sleep Minerals II visit www.NutritionBreakthroughs.com

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