

Why Fat Makes You Dumb



You already know that losing weight is good for your heart, adds years to your life, and eases depression, but a new study proves it can also make you smarter.

Researchers at Stanford University found that patients who had undergone gastric bypass surgery showed improvement in memory, problem solving, and attention to detail.

Belly fat contains harmful chemicals, which, when released into the bloodstream, trigger inflammation and cloud the mind.

You don't need expensive surgery to test out this theory: Experts say losing weight through diet and exercise has the same effect. Thirty minutes a day of cardio and strength training is all you need to get in shape.