New Insights in Obesity: Genetics and Beyond

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Could apple cider vinegar be used for health improvement and weight loss?

This non-systematic review outlines the current knowledge concerning provenance, chemical composition and properties of apple cider vinegar, its general health effects, as well as the currently available knowledge concerning its action on fat storage, physiological mechanisms of its effects, as well as its safety and recommended dosage for treatment of obesity.

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The review of the relationship between UCP2 and obesity: Focusing on inflammatory-obesity

Understanding the obesity-related genes may provide future therapeutic strategies to modulate disease progression. UCP2 separates oxidative phosphorylation (OXPHOS) from ATP production in the inner mitochondria. Figure 1 shows the differences among UCP1, 2, 3. The main role of UCP2 is controlling the metabolism of energy in the cells [1-3]. Besides that, the expression of UCP2 is associated with chronic inflammation due to reactive oxygen species (ROS). In this regard, in injured cells and tissues, ROS could be decreased by reducing the proton motor force by the anti-inflammatory effect of UCP2 [4].
