

## Belly busted

Matt Ransford at [popsci.com](http://popsci.com) on disturbing news for those who want to lose weight.

**“As if fast food and TV weren’t enough to make and keep us fat, a new study from the University of Western Ontario has found that our fat may also be making us fat. Neuropeptide Y (NPY) is an appetite-stimulating hormone produced by our brains, which is responsible for a lot of our drive to eat. As it turns out, the UWO study found that not only do our brains produce NPY, but our abdominal fat makes it as well. That, of course, could lead to a vicious cycle of obesity – as soon as someone accumulates enough abdominal fat, the fat cells produce NPY, which tells that person to eat, which produces more fat, and on and on.”**

