

## Anti-obesity effect using functional aroma

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There were several reports suggested that the grapefruit and Raspberry ketone have lipolysis and anti-obesity action. There are few these reports that investigated the trend of the group that hopes the slimming effect by aroma, although several reports that the aroma has the slimming effect is obtained.

I divided into 2 groups whether or not they hope the body weightloss support by aroma in addition to conventional exercise and diet therapy. I checked the background in 2 groups (the participation and non-participation group). In the non-participation group, there was much proportion that the woman occupies more significantly in comparison with the non-participation group. In participation group, the perceived health ratings were lower than that of Non participation group. In participation group, there were many diabetes, hypertension patients in their family history. In participation group, there were much proportion tried the body weight loss by the diet therapy and anti-obesity drug up to now. In participation group, time when attached to sleep was late. In the poor perceived health ratings group, there is the possibility that is easy to accept the weight loss support by aroma, whether that group becomes difficult to take exercise to decrease body weight.

By using functional aroma, the half of the participants admitted anti-obesity effect. The improvement was admitted on the points of a general healthy questionnaire (GHQ30) in the effective group. I couldn't find this improvement in functional aroma user everyone. I suggest the decrease of this points (GHQ30) is not the effect by using functional aroma and there are the possibility of derivative effects by body weight loss.