

A hormone named Ghrelin is one of the body's messengers that tell us it is time to eat. Calories we take in by eating suppress this message. Calories in fat have been shown to be relatively ineffective in suppressing ghrelin's message to eat when compared to calories from sugar or protein.

David E. Cummings, University of Washington, October 2004, *Endocrinology*

Using fructose instead of glucose seems to cause people to choose diets higher in fat.

Peter J. Havel, University of California, Davis, June 2004, *Journal of Clinical Endocrinology and Metabolism*

Leptin is a hormone that is released when we have had enough to eat. Pre-breakfast levels of this hormone were 20% lower in men who slept only four hours a night than when they slept for nine hours, and their Ghrelin levels (A hormone that tells us it is time to eat) were elevated by more than 25% during the day, and their diets consisted of more than 33% more caloric intake of crackers and sweets, than when they were well rested.

Eve VanCauter, University of Chicago, November 2004, *Journal of Clinical Endocrinology and Metabolism*, December 2004, *Annals of Internal Medicine*

Being physically abused as an infant outweighs any primarily genetic trait that manifests itself in adulthood, such as anxiety in determining whether or not an off-spring will be physically abused. Though this study is based on the behaviors of rhesus monkeys, researchers believe that this study is a good model for how human child abuse is transferred between generations.

Dario Maestripieri, University of Chicago, July 5 *Proceeding of the National Academy of Sciences*

The differences between a 'short' version of a particular gene, and the protein this short gene produces, (as opposed to the normal "longer" gene's protein ) has been identified by brain scans as a potential marker for determining an individual's propensity towards depression. The effect of this 'short' gene's protein is that it seems to increase the level of sensitivity to stress which "interferes with the brain's ability to shut off emotional responses to threats", which can lead to the depression an individual experiences after experiencing the trauma of neglect and abuse.

Daniel R. Weinberger, National Institute of Mental Health, June 2005, *Nature Neuroscience*