

Tired of overeating? 'Fullness' gene could lead to appetite-suppressing drug

Scientists claim to have discovered a gene that triggers a feeling of fullness and could help prevent the urge to [overeate](#).

In good news for anyone struggling to stick to a diet, researchers from Monash University in Melbourne and the [University of Copenhagen](#) said their findings could lead to the development of a drug that reduces appetite and increases desire for exercise.

The gene, which controls signals between the brain and the intestines, was discovered in roundworms, but a similar one is found in people, said the scientists.

It is also believed to be behind the need to sleep after eating, which happens only when the body has stored enough fat.

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"Because roundworms share so many genes with humans they are a great model system to investigate and gain a better understanding of processes like metabolism as well as diseases in humans," said Associate Professor Roger Pocock, who led the research.

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The research...could pave the way for an alternative method to help people stay slim, said the scientists.

[The study can be found [here](#).]

The GLP aggregated and excerpted this blog/article to reflect the diversity of news, opinion, and analysis. Read full, original post: [Scientists discover gene which triggers fullness and could help stop people overeating](#)