

Effect of Circuit Resistance Training With Zataria Multiflora Supplementation on Retinol Binding Protein-4 (RBP-4) And Tumor Necrosis Factor- α (TNF- α) in Postmenopausal Women

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Abstract Observed that Endogenous RBP-4 and Endogenous TNF- α levels in fat, diabetic and low active people such as menopause women are more than healthy ones. Present research aims to study circular resistance practice and organ supplement effect on RBP-4 and TNF- α in menopause women. 48 nonpracticed menopause women participated in this study as examinee that classified into 4 groups with 12 members practice, organ, nonpractice, practice and organ. Resistance practice program included 12 stations (any station 30s in 85% severity of a maximum replicate) for 8 weeks (3 sessions a week) . Daily 500mg organ supplement after breakfast used in groups organ and organ exercise. Blood sample took 48hrs before first session and 48hrs after last practice session to measure plasma RBP-4 and TNF- α . For plasma RBP-4 observed meaningful difference between groups organ practice and control (p

Keywords : Keywords: circular resistance practice , organ supplement , RBP-4, TNF- α , menopause women.

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