Research Interests:

1. **Translational study** from observation in animal studies to human clinical trials with a focus on the management of obesity or obesity-related chronic diseases including osteoarthritis, osteoporosis, and diabetes.

Proposed Collaboration:

1. **To study the molecular mechanisms in animal models:** dietary nutrients, bioactive components, functional food, or phytochemicals in obesity or obesity-related chronic diseases.

2. **To conduct clinical trials in humans:** nutritional plus exercises in obesity or obesity-related chronic diseases.