Cannabidiol, or CBD, is a natural oil extracted from hemp (part of the cannabis plant family) that's gaining popularity in the natural health world. CBD is legal and doesn't have psychoactive effects, but evidence suggests it may have health benefits, including weight control. A 2012 Reading University study found it made rats eat less – but the evidence from humans isn't available yet. It also looks likely that CBD encourages the formation of more brown fat cells, which burn off more energy as heat, but again the implications for weight loss aren't yet clear. I think CBD is potentially exciting as a complementary weight-loss strategy, but there are lots of unknowns. If you want to lose weight and also have anxiety or aches and pains, it could be worth a try, as the oil is said to help with relaxation, too.

Healthspan's High Strength 250mg CBD (£15.95 for 10ml) is a reputable product, but follow the advice to start low and build up gradually.