

Learn Healthy Weight Loss Methods Now (Session 4 of 4)

Having a great holiday,
without sacrificing your waistline!

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Today:
Safe and effective thermogenic
(fat burning) supplements!

But first...

**Relying on supplements for
a poor diet, is a poor supplement
for a good diet!**

L-Carnitine

- “A fat shuttle”
- Nutrient which helps the body turn dietary-fat into energy
- Produced in the liver and kidneys
- Stored in skeletal ms., heart, brain and sperm
- Reduces oxidative stress
- Beneficial for exercise performance, decreases fat mass of body

L-Carnitine (cont.)

- Evidence for benefit in heart conditions of angina, congestive heart failure. Also peripheral vascular disease, diabetic neuropathy, Alzheimer's Dz, Chronic Fatigue Syndrome, Erectile Dysfunction
- Propionyl –L-Carnitine is the form most studies show is helpful

Conjugated linoleic acid

- Found in beef, lamb, goats (ruminant animals)
- Helps in reducing body fat and increasing lean muscle mass
- An essential fatty acid derived from linoleic acid
- Research supports safety and efficacy in fat loss

Efficacy of conjugated linoleic acid for reducing fat mass: a meta-analysis in humans.
Am. J. Clin. Nutr. 85 (5): 1203–11.

Momordica charantia (bitter melon)

- A widely cultivated plant in Asia, Africa and South America that has both vegetable and fruit properties.
- Blood sugar stabilization
- Insulin stabilization
- Human clinical trials have shown repeatedly that bitter melon is highly effective in controlling blood sugar.
- Standardized extracts at a dose of 100 to 200mg 3X/day are highly effective.

Lipoic Acid (thioctic acid)

- A naturally occurring organic acid sulfur derivative necessary in all of our cells
- Functions to help cellular energy production, has powerful antioxidant effects and is involved in cellular detoxification processes
- Unique because it is both fat and water soluble, making it easily and highly absorbable
- Gets through the blood-brain barrier for highly beneficial neurological effects

Lipoic Acid (continued)

- A study published in *Diabetes Care* illustrates the benefits of lipoic acid for diabetes- study showed improvements in diabetic neuropathy as a result of lipoic acid use
- Lipoic acid is currently an approved substance in Germany for the treatment of diabetic neuropathy
- Dosages of between 300 and 1200 mg/day, depending on the purpose for use, have shown to be effective

Lipoic Acid Improves nerve Blood Flow, Reduces Oxidative Stress, and Improves Distal Nerve Conduction in Experimental Diabetic Neuropathy, *Diabetes Care* 18:1160-1167, 1995.

Medium Chain Triglycerides

- High in coconut milk and coconuts
- Important for hormones derived from cholesterol
- Studies indicate benefit in weight loss programs