

NEARLY TWO-THIRDS OF AMERICANS ARE OVERWEIGHT. Some people try to oversimplify the obesity epidemic by stating that one should simply count calories and get more physical activity to lose weight. While this is good advice, there are new studies that show that there is more to the story. Those of us who are trying to shed pounds may fight biological factors that make the process more difficult.



Co "loss" trum + Leptin to Help You Shed Pounds

Obesity specialist Dr. Donna Ryan, associate director for clinical research at the Pennington Biomedical Research Center in Baton Rouge, Louisiana, describes the biological hurdles we face when trying to lose weight. When we start losing weight, levels of the hormone leptin, which is produced by fat cells, start to decrease. A message is then sent to the brain telling it that the body's "fat storage" is shrinking. The brain sees this as impending starvation and responds by sending out messages to conserve energy and calories. Metabolism drops, and the brain sends signals telling the body it's hungry and sends out hormones to stimulate the appetite. The combination of lowered metabolism and stimulated appetite equals a "double whammy," says Ryan.

LEPTIN RESEARCH

Products that increase leptin can assist weight loss by disrupting the mechanisms that may derail your weight-loss plan. Originally developed as a supplement to build muscle in animals, naturally occurring leptin appears to lead to a dramatic reduction in food intake and to as much as a 50 percent reduction in body weight within months.

A randomized, controlled trial performed in six different obesity clinics looked at effects of leptin on 73 obese men and women. Researchers reported in the 1999 issue of the *Journal of the American Medical Association* that daily use of leptin led to a mean weight loss of 15 pounds in a 24-week treatment period. More than 95 percent of the lost weight was from body fat. Subjects who took the highest daily doses of leptin lost the most weight.

In 2000, researchers discovered that when leptin works in conjunction with insulin-like growth factor 1 (IGF-1) and other natural cofactors, it can help restore fat cells to their normal size. IGF-1 directs the body's metabolic process, burning fat, balancing blood sugar and building lean muscle.

ABOUT LEPTITRIM6

Anthony Kleinsmith, PhD—the leading researcher behind LeptiTrim6 diet products and the nation's foremost leader today on first-milking colostrums—developed a line of leptin products. He discovered how to produce the leptin-rich colostrum extract (which is rich in IGF-1) that goes into every LeptiTrim6 supplement and product. Dr. Kleinsmith says, "Many studies show that colostrum's natural enveloping of the leptin molecule and other potentially fragile peptides and proteins actually shepherds the compound through the gastrointestinal tract and into the bloodstream where it does the most good."

LeptiTrim6 is a proprietary formula that boosts your ability to overcome the five underlying factors that prevent you from obtaining long-term, successful inch loss:

- + It helps fill the communication gap between your stomach and the hypothalamus (the overeating mechanism), which puts you in control of how much you eat.
- + It helps curtail cravings for sweets. It isn't wrong to want some sweets, but most people find they aren't in control and overindulge. This product will help limit the amount of bad carbohydrates.
- + It helps balance the body's thermostat (the thyroid) for a better, natural thermogenic burn, but without stimulants. The best energy source is fat, and by getting your thermostat working properly, you can experience much more energy and lose inches.
- + It helps increase your lean muscle mass, which is a large part of your fat-burning engine, allowing you to burn more calories.
- + It helps balance body chemistry which helps to overcome insulin-resistant weight gain and has a positive impact on your adrenal functionality as well as blood pressure.

So when you need extra help shedding pounds or inches, turn to LeptiTrim6 with its promising leptin-rich colostrum extract. ■

—Julie Powell

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