

What They Never Want You To Know About Diet Pills

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Introduction

For as long as there have been consumers, there have been "magical" products promising faster fat loss, a perfect body, and endless happiness.



For example, in 1903, there was a soap called La Parle Obesity Soap whose claim was to "positively reduce fat without dieting or gymnastics." (not sure who still does actual gymnastics to lose weight, but apparently they did in the early 1900s...)

FAT IS FOLLY

when it can be reduced easily, conveniently and best of all, **Safe-ly**, by the use of

La Parle



OBESITY SOAP

This **Obesity Soap** (used like an ordinary soap) positively reduces fat without dieting or gymnastics. Absolutely harmless, never fails to reduce flesh when directions are followed.

Send for book of testimonials.

Box of 2 cakes sent prepaid on receipt of **\$2.00.**

Norwood Chemical Co., St. James Bldg., N.Y.

Image courtesy of The Advertising Archives

Despite the lavish claims of fat loss without any work at all, this soap sold for \$2 each, which at the time was quite a bit of money. Regardless of the price, many people (mostly women) bought it because weight loss and body fat reduction was - and still is - one of North America's primary concerns.

Just like the title of their ad claims:

FAT IS FOLLY

Or, in other words, being fat is foolish and only unintelligent people are fat... right?

Since we have an intense fear of being ugly, fat, or stupid, the topic "fat-loss" trumps any health matter you could ever imagine, even heart disease and cancer. Being lean and beautiful is often to equate with having more money, more power, more freedom, and more happiness; and, that's what everyone is after, especially at a time when most of us are overworked, underpaid, and miserable.

Some people are so desperate to lose body fat or weight that they're willing to eat paper towels and toilet paper to fill up their stomachs, so they don't have to take in any real food!



"If I eat this roll of paper towel, will I look like Heidi Klum?"

But, if you think about it, who's really the dumb one here?

From cellulite cream promising tighter backsides, to the "shake weight" promising leaner arms, diet pills emerge as one of the latest and so-called greatest way to become lean, popular, and sexy.



With their claims to help people eat less while burning more fat, and countless magazine-doctored "testimonials," diet pills are a marketer's dream, a guaranteed sale, a jackpot product.

And, although some (meaning few that are actually based off science) can really help you stick to a healthy eating plan and exercise program, most are a complete waste of money.



you're flushing your money down the drain until you read this report

Some are even dangerous and have awful short-term and long-term side effects.



So why do we even take them?

Because we're desperate to get rid of unsightly fat, and we think this is the only way to get the body we want.

Yes, it can be really hard to lose weight, and really easy to gain it, especially in our obesogenic environment - a world full of fattening foods and chemicals, excessive calories, and little to no physical activity.

However, fat loss doesn't have to be that hard, or that complicated.

Fat loss and a lean body takes good nutrition, plenty of exercise, and a positive attitude. For some people this is easier said than done, but anything worthwhile takes some effort.

For these people struggling to lose weight and drop fat, certain "fat-loss supplements" can actually be helpful, and can really help them to realize the body they've always wanted -- without having to eat paper towels...

In this special report, you're going to learn the truth about diet pills: which ones actually work based off real science and real facts, and which ones are best left on the shelf (or in the garbage).

And, at the end of this report, you'll walk away knowing how, you too, can lose fat and keep it off without harming your body or health, while keeping your metabolism burning bright.



No fads, no gimmicks, no snake oil, just real, honest, scientifically-backed truth about fat loss and your metabolism.



None of this

Down Falls of Diet Pills

The problem with most "diet pills" is that there is no such thing as exercise-in-a-bottle.

Nope: No "metabolism-booster" or "fat-burner" is going to help you to lose weight and unsightly body fat if you don't put in any effort on your own.

Regardless of what any of these quick-fix products will tell you, nothing is going to magically burn fat off your body if you continue to eat excessive fat-producing foods (namely, high sugar items), and move as little as possible during the day (i.e., the only moving you do in a day is to go to the bathroom, and even then, you have to make deals with yourself if you're going to go or wait until you just can't hold it anymore).

Some people try to blame their age or their metabolisms; but in truth, if you're eating whole foods (no, whole wheat bread is *not* a whole grain...), and exercising daily while being very physically active, you WILL be lean (barring any real endocrinological abnormalities, which do exist).

There are many very fit, mature men and women in this world that look this way because they choose not to be like everyone else: They exercise daily, they don't sit all day, and they eat well 99 percent of the time (hey, we all like a slice of cake on our birthday, right?).



People who stay lean for life (or become lean after not being in shape) don't keep junk food in their house, or make excuses that they have to keep ice cream in their freezers because their kids like it (they shouldn't be eating it all the time either!). They also choose to move their bodies every day, whether it be a vigorous day of housecleaning followed by a liberating trail run the next day, or a full-body cardio-strength-training workout in their favorite gym.

No matter what it is, these people don't rely on diet pills to do all the work for them - sure, they may have these as part of their arsenal against excessive fat, but they don't expect them to be the one-and-only thing that keeps them lean.

Another problem with most diet pills is that most of them just don't work.

Some may claim that they're based on science or are lab-tested, but in truth, they either contain a much lower dose than what was shown in a research study to produce results, or the study that "proved" their effectiveness was not credible or accurate.

There are also the problems of creating a supplement based off a study done in a Petri dish or on isolated animal tissue, and they are trying to extrapolate that to a real human being. The same thing goes for studies done on animals that were injected with an isolated substance, rather than taking the supplement in a capsule or powder form, like you or I would. Another scam is basing off a diet pill shown to work in extreme circumstances, such as a person in an isolated room under a strict dietary watch.



Overall, diet pills are not the answer for someone looking to get great results with as little effort as possible. They also just may not work at all, and are a complete waste of money.

Bottom line: Make sure that if you're going to add a diet pill to your fat-loss arsenal, that you eat well, exercise often, and find a product that's been actually shown to work well in normal men and women under normal conditions (not conditions of a starvation diet or an extreme and unattainable exercise program).

Now that you know that all diet pills are not the same, and some may not work at all, let's talk about what different types of diet pills are out there and if they can really help you get rid of fat quickly or not.

II - Crazy Carb Blockers

Carb blockers are one type of common diet pill that claim to help you take in less calories (from carbs specifically), and, in turn, create a calorie deficit. This theoretically puts your body in a fat-burning zone (granted that you're not eating more calories from other macronutrients than you need), and might help you shed body fat faster.

One very popular carb blocker product on the market today comes from the extract of the white kidney bean and is known as Phaseolus Vulgaris.



This product is thought to block the activity of the carbohydrate-digesting enzyme, alpha-amylase, which is an enzyme that works both in the mouth and intestine to break down starches in carbohydrate foods (like the starch in breads and grains) into simple sugars that are easily absorbed by the body.

If starches in foods are not broken down by this enzyme, they cannot be absorbed into the bloodstream because the gut can only take up single carbohydrate units (monosaccharides/simple sugars; aka, glucose). Therefore, these starches pass through the gut undigested and do not contribute calories.

However, is there any credible scientific evidence to indicate this supplement really does what the manufacturers claim it does?

In 2004, a study was published by researchers at UCLA School of Medicine on a patented form of Phaseolus Vulgaris, and found that this product, when taken at a dose of 1500 mg per day for 8 weeks by 14 overweight men and women, was able to slightly enhance weight loss while greatly decreasing blood triglyceride levels compared to a placebo.

These findings were not statistically significant, though, due to the small number of people in the study and the wide variability of the results between the subjects. What this means is that this product may show promise for certain people, but does not work for everyone.

In another study from 2007 by Italian researchers at dell'Università Cattolica di Roma, 60 overweight men and women were given Phaseolus Vulgaris or a placebo for 30 days along with a reduced-calorie diet.

When the supplement was taken daily before a carbohydrate-rich main meal, it produced statistically significant results for body weight, body fat, and waist/hip/thigh circumferences compared to the placebo.

Overall, it appears that white kidney bean extract might help people addicted to carbohydrate foods lose body weight, but then again, the smarter answer to all of this is why not just stop eating the carbs to begin with? It would save you a ton of money on supplements and would give you the same results!

With respect to low-carbohydrate diets, several credible scientific human investigations exist today showing great promise for their ability to help people lose weight and body fat, and sustain lean muscle mass, with no pills required!

Plus, a lower-carb diet means you're eating less starchy carbohydrate foods like breads and pastas, and more nutrient-rich, low-carb foods like spinach, kale, green beans, and asparagus. This is not only better for your waistline, but also for your overall health.



Greens like this help blast belly fat!

Other carb-blocker supplements commonly sold include a substance known as hydroxycitric acid (HCA, Citrimax, Garcinia cambogia) which claims to interfere with the body's ability to convert carbohydrates into glucose and, in turn, reduces calorie intake.

However, most studies conducted on this substance do not show any beneficial results for weight loss or fat reduction; or, for the few studies that do demonstrate promise, the supplements sold in stores do not contain the amount needed for positive effects.

If you really want to lose weight, and your muffin-top is spilling over from eating too many carby-goodies, then your best bet is to kick the carb habit and lose the fat for good, rather than rely on a pill to block the junky carbs for you.

III - Folly Fat Blockers - Loss of fat soluble vitamins, diarrhea

Fat blockers are similar to carb blockers in that they also claim to help you take in less calories, but from fat instead of carbs (intuitive, isn't it?). The biggest concern with these fat blockers is that when you halt the absorption of dietary fat, you possibly also impair your ability to absorb necessary fat-soluble vitamins (like vitamin A, D3, and E) while also causing steatorrhea (excess fat in the stools) and other uncomfortable bowel changes. None of these side effects are desirable for anybody...



Greens like this help blast belly fat!

A popular fat blocker available in most health food stores today is Chitosan, and we'll look at what the science says about it and others.

Chitosan is a form of chitin, which is a long-chain polysaccharide found in the shells of crustaceans such as shrimp, lobster, and crab, similar to cellulose fiber found in the walls of plants.



This special fiber is water soluble and several Petri dish and animal studies have shown that it binds to dietary fats and bile acids. Because of this mechanism of action, it's thought that chitosan may be useful for weight control, as well as for a treatment of hypercholesterolemia (high cholesterol levels in the blood).

Based off these cellular and animal studies, manufacturers started producing this miracle diet pill to help all people do what they dream of doing: Eat what they want, and lose all the weight they want - what could be more perfect?

However, not all human studies conducted after chitosan hit the market have shown weight loss benefits, but there have been some.

A randomized, double-blind placebo-controlled trial performed by UK researchers examined the effects of chitosan on weight loss. Thirty-four overweight people (6 men and 28 women) with a BMI of approximately 26kg/m² were randomized to receive one gram chitosan or placebo twice daily for 28 days while following their normal diet.

At the end of the study, there was no difference in body weight or BMI between the two groups. Adverse effects reported with chitosan were minor. The most common complaint was constipation. Blood levels of cholesterol, triglycerides, and fat-soluble vitamins were not different between the groups, which makes you wonder if the product even worked at all.

Next, Washington researchers evaluated the use of rapidly soluble chitosan for weight and fat loss in 59 participants with an average BMI of 32kg/m² consuming a high-fat and carbohydrate diet. In this double-blind, placebo-controlled trial, the participants were randomized to receive 1500mg of chitosan or placebo twice a day with the largest meals of the day for eight weeks.

At the end of the study, patients in the chitosan group lost 1kg, and the BMI was significantly decreased by 0.3kg/m². Patients in the placebo group gained 1.5kg, and BMI was significantly higher by 0.6kg/m². The most common adverse effects reported were gastrointestinal, flatulence, increased stool bulkiness, bloating, nausea, and heartburn...sounds like fun, right? Probably not.

Overall, this study demonstrated that chitosan might help prevent people from gaining weight if they're constantly eating fattening foods like pizza, creamy pasta, and ice cream; but, if you're really looking to lose weight for good, then why would you eat this junk anyways? Plus, the side effects are not worth it.



Doing this won't help you lose weight

In another study conducted by scientists in Texas, 150 overweight men and women were given either 3 grams of chitosan per day (six 500 mg caps per day), a placebo, or nothing, while following their same diet and exercise program for 60 days. At the end of the study, it was found that chitosan helped the people taking it lose more weight (-2.8 lbs vs. +0.8 lbs) and more fat verified by DEXA tests (-2.6 lbs vs. +0.1 lbs).

No significant changes were noted in total cholesterol, HDL, LDL, or bone mineral density; so neither of the protocols had a beneficial or negative effect on heart or bone health. However, results seen in this study (only ~2.8 lbs lost!) over 60 days could have easily been achieved with dietary and lifestyle changes, rather than a pill.

But, if you're lazy and don't want to put in any effort, this supplement may be for you - if you can tolerate the side effects, not to mention the vitamin deficiencies.

Just recently in 2011, Brazilian researchers showed that chitosan blocked the absorption of vitamin B2 (riboflavin, an important coenzyme for energy production), and warned that prolonged use of this supplement may cause serious nutrient deficiencies over time. **And did you know that researchers have recently published reports that vitamin deficiencies can lead to any number of diseases and health problems?**

The same goes for other fat-blocking supplements on your drug store shelves. A certain product is actually a reduced-strength version (60 milligrams vs. 120 milligrams) of Xenical, a prescription drug to treat obesity. This drug was approved by the FDA in 2007 for over-the-counter use for weight loss in overweight adults 18 or older, in conjunction with a reduced-calorie diet and low-fat diet.

However, in 2009, the Food and Drug Administration (FDA) received reports of serious liver injury in people using this supplement and began a safety review. At this time, no definite association has been established between this specific supplement and the risk of liver injury, but there are cases that do occur. If you take these types of fat blockers, be sure to contact your doctor if you experience signs and symptoms such as weakness or fatigue, fever, jaundice, or brown urine, which could indicate liver damage.

Common side effects include bowel changes:

- gas with an oily anal discharge (yuck!!)
- loose stools or diarrhea
- more frequent bowel movements
- hard to control bowel movements



According to the manufacturers, most weight loss occurs within the first six months. Many people who take medications to lose weight regain the weight they lost when they stop taking it. Therefore, to keep the weight off, many people continue using it indefinitely along with eating a low-calorie diet and exercising regularly. But, there is the risk of essential vitamin deficiencies that'll make you feel worse than being overweight.

And then there's the issue of dirty underwear all the time.... Who needs that?



Overall, just like carb blockers, fat blockers are made for people who don't want to make any positive lifestyle changes in the quest for a better body.

You can't expect to eat the same crap you were eating before and just take a pill to lose weight, and expect it to last (or even work).

No, it just doesn't work that way.

To lose weight, body fat, and finally have that tight tummy and nice butt you've always wanted, you have to clean out your cupboards and make some healthy changes to your lifestyle.



This has got to go...

Silly Stimulants

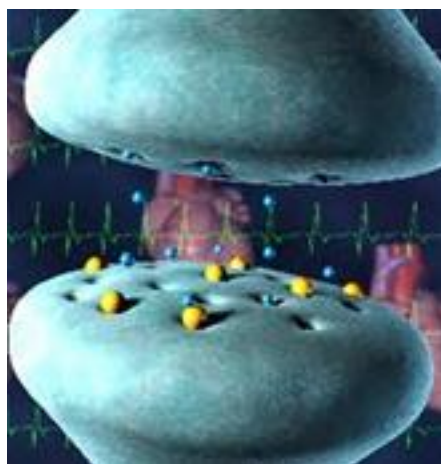
When most people think of fat burners, they think of stimulants - compounds such as caffeine, ephedrine/ephedra, synephrine/bitter orange, and yohimbine - also known as thermogenics.

got sleep?

Stimulants may interfere with sleep

Stimulant diet products are called thermogenics because they're believed to increase the body's metabolic rate via central nervous system stimulation, which increases the body's production of heat and potentially help you to "burn more calories."

Many of these products work to increase metabolism by binding to adrenergic receptors on cells, most often beta adrenergic receptors, but sometimes also alpha receptors.



When these compounds bind to receptors, they can have similar actions to the effects of adrenaline (norepinephrine) in the body - increased heart rate, opened lungs and airways, and increased body temperature, to name a few.

These products are also thought to suppress your appetite (some do), which can promote faster and greater weight loss than diet or exercise, or both together.

Due to their expected benefits, stimulant-based diet pills are some of the most popular products you can buy today for weight loss. They've been around for over 20 years, and do actually have significant science to back up some of their uses.

However, just like carb and fat blockers, stimulants can have undesirable and sometimes dangerous side effects too.

One of the earliest stimulants used for weight loss was ephedrine or ephedra. Ephedrine is an isolated drug derived from a Chinese herb called ephedra (also known as ma huang).

Ephedrine is a sympathomimetic agent which acts directly as an agonist of alpha and beta-adrenergic receptors and indirectly by enhancing the release of norepinephrine from sympathetic neurons. This basic pharmacological mechanism seems to account for most of ephedrine's therapeutic efficacy, as well as its most prominent adverse effects. Ephedrine has been shown to have an anorectic effect (suppresses appetite), but its main mechanism is thought to be an enhancement of fat breakdown from the body.

In 2003, an independent study published by Santa Monica researchers from the RAND organization, assessed the effectiveness and safety of ephedra and ephedrine for weight loss. Sometimes ephedrine was combined with caffeine, and sometimes not. Overall, 52 control trials and 65 case reports in humans were pooled, and 284 other case reports were looked at in detailed review. Most studies or trials looked at were of 6 months' duration or less, and had at least 8 weeks of follow-up.

When the data was synthesized, it was found that in clinical trials, ephedra and ephedrine, with or without caffeine, produced significantly more weight loss than a placebo (an average of 2 lbs. more per month). However, there were many adverse side effects reported such as psychiatric, autonomic, and gastrointestinal symptoms, plus heart palpitations.



Despite the benefits for weight loss, due to the numerous adverse reactions reported from taking ephedrine/ephedra, and the fact that many people were addicted to the "adrenalin-rush" of these pills (Adrenalin Junkies), in 2004 the FDA acted to remove ephedra-containing diet products from the market.

Today, ephedrine and ephedra products are considered adulterated by the FDA because they present an unreasonable risk for health and safety. Some deaths have been speculated to be tied to ephedra use, such as the passing of Steve Bechler, a 23-year old pitcher from the Baltimore Orioles - even though that was probably not the case at all. Regardless, ephedra and ephedrine have been banned from commercial sales and are considered illegal.

Even though these products may not actually be as dangerous as the FDA considers them to be, too many people were becoming very hooked to their intense "energy-boosting" effects, and after long-term use, suffering serious adrenalin burn out and even causing damage to their metabolisms (making them gain more weight back than they lost).



Metabolic Damage at its finest!

After the FDA pulled the plug on these products - much to many people's dismay - supplement companies scrambled to come out with "ephedra-free" formulas for their diet pills because they knew people still wanted something to help them shed fat.

So, advertisements started pouring out with "New and Improved" formulations that were "Even better [and safer] than the original ephedrine!"

Ingredients such as synephrine and yohimbine became very popular as ephedra substitutes.

Synephrine can be found under various different names including Advantra Z, Bitter Orange, Citrus Aurantium, and Zhi Shi.

It's a stimulant analogous in action to the nasal-spray drug Neo-Synephrine and similar to ephedrine, and works to increase stimulation of the nervous system. These effects are thought to cause a sensation of "heat" or, in more desirable terms, a boost in metabolism.

Yohimbine is a stimulatory agent that has been published to show its effectiveness for reducing body fat. Originally, this ingredient was used as an aphrodisiac to enhance sexual function.

However, it has significant side effects, such as anxiety reactions, panic attacks, high blood pressure, and even kidney failure.

In 2010, Consumer Reports rated Yohimbine (along with Bitter Orange/Synephrine) as one of the top 12 dietary supplements you should avoid. They worked with the Natural Medicines Comprehensive Database, an independent research group that evaluates the safety and effectiveness of nutritional supplements, to create this top 12 list and recommend all people avoid these ingredients, including yohimbine.

Now what about caffeine? Almost all stimulant diet products on the market contain caffeine in some form or another - either as a caffeine extract or as part of a tea or coffee ingredient.

And do you know why? Because people love caffeine!



But on top of that, caffeine really does work to increase your calorie-burning rate.

Caffeine, either as a beverage or a pill, has been used for hundreds of years to give people a boost, improve their mood, and enhance their energy.

News reports and scientific studies are also published to show caffeine's ability to help people who work long hours or at night, like shift workers, to not only stay awake, but make fewer mistakes while on the job, and do better in tasks requiring memory, reasoning, and close attention.

And, caffeine is not dangerous (in reasonable doses) nor causes your metabolism to plummet if you don't use it.

The only dangerous side effects of caffeine have been seen when it is combined with other unsafe stimulants like Ephedrine and some Synephrines that **DO NOT** contain the p-isomer. This too can cause increased blood pressure and heart rate, and can be risky for people who already have high blood pressure or heart problems. This is why many fat burners that used to contain both caffeine and non p-isomer Bitter Orange (synephrine) have been taken off the shelves. The one exception is Advantra Z which **DOES** contain the p-isomer and has been tested extensively and has shown to date to be safe.

Caffeine also can improve exercise performance, allowing you to workout harder for longer, which can help you create a bigger calorie deficit, and enhance the amount of fat you burn.



Also, ensure that the amounts of ingredients used are based off real science and safety data, rather than some bogus claim or personal testimonial. For example, there is a good amount of research with caffeine in specific dosage ranges that are effective without all the side effects.

Absurd Appetite Suppressants

Do you know what's just dumb?

Thinking that eating 500 calories a day, or nothing but water (and paper towels) is the answer to a beautiful body.



This is not the answer to fat loss

Yet, there are diet products available that claim that they can help you eat little to no calories in your quest for leanness.

One common appetite-suppressing ingredient used in many diet pills today is ***Hoodia Gordonii***.

Also known just as Hoodia, this ingredient comes from a cactus-like plant found in South Africa and Namibia. It was traditionally used by the indigenous Kalahari Bushmen as an appetite suppressant during long treks.



This product became popular for weight loss after it was featured on national TV shows as an agent against the war on fat.

In 2004, Canada's 60 Minutes produced a long piece on Hoodia, showing how effective it was for appetite suppression. Even scientific studies done in South Africa demonstrated its ability to completely suppress hunger.

However, the catch is that if you want to get real Hoodia, you have to go to South Africa.

Diet products today that claim to contain pure Hoodia, contain very little to almost none of the active ingredient. Basically, you're flushing your money down the toilet if you think taking hoodia in a capsule form is going to help you eat less.

Also an issue is the fact that the supply of Hoodia Gordonii is very limited due to its sparse geographical distribution and slow growth rate. Sure, it may work, but there's only enough for the tribesmen of South Africa.

There are other appetite-suppressant agents that exist on the market, such as Caralluma extract, but again, availability is low, and doses in many products are much less than what is needed for real benefits.

It may be true that products that can help people eat less are useful for weight loss, and some people truly have a problem with overeating. However, real success against excess calories and unwanted weight gain is to have more self-control and learn how to eat foods that are lower in calories and higher in nutrients.



Foods such as spinach, broccoli, Brussels sprouts, and berries are all low in calories, but high in vitamins, minerals and antioxidants. Pair these foods with natural protein sources like whey, eggs, fish, and beans, and you'll instantly see your waistline shrink and your energy grow.

Eating less is not as important as eating right. If you choose to have your cake and eat it too (especially every week), expect to not lose your love handles any time soon.

Real World Fat Burning

As you've already picked up by now, your healthy eating routine and effective exercise program does not just come in a bottle; it's not just pop a pill and watch the fat melt off.

No, real world fat burning takes a bit of work on your part.

However, with that said, and after all you've learned now about ineffective and bogus "fat-loss products" can be, you are going to see that there *are* dietary ingredients out there that can give you a metabolic edge.

But first you have to eat well -which includes whole, minimally processed, barely packaged foods, and engage in consistent effective exercise - which includes a mix of both strength and cardio routines, almost every day.



Daily exercise is good for everyone!

If you don't do that, don't bother with any diet pills, because they just won't work.

Before we get into weight loss ingredients specifically, know that on top of a good diet, some dietary supplements that are essential for your body are always important for healthy and sustained fat loss:

- First, a multi-vitamin and mineral blend, which helps cover any nutritional losses you may have, and ensures you have all the vitamins and minerals you need to have the strongest metabolism possible. Prograde VGF 25+ is one of the best.
- Second, an essential fatty acid product, such as that from krill oil, fish oil, or flax, to meet your body's needs for these special fats which are important for proper metabolic functioning. Look to Prograde EFA Icon for your omega-3 needs.

Once these bases are covered, and you're consistently eating well and exercising intensely, you can look at scientifically-based metabolic boosters proven to help you realize your body composition dreams.

Metabolic Boosting Ingredients that Actually Work

By now you may be skeptical and wonder if anything that comes in a bottle can actually help you burn more fat and look your best. But, just because there are a lot of scams out there, it doesn't mean that nothing effective exists.

In truth, there are ingredients that can help increase the amount of calories you burn each day, on top of the calories you're already burning, by being active and eating the right foods.

And, these ingredients are found to be effective through carefully controlled scientific experiments, not some shoddy manufacturer's claim stating that you'll lose 10 lbs. in 10 minutes, or something ridiculous like that.

Without further adieu, let's look at five metabolism-boosting ingredients that are proven to help you look good on the beach and feel even greater in your clothes.

Some Like It Hot: Capsaicin

It's said that, "Variety is the spice of life." But we say that spicy foods give more variety to your life by allowing you to wear all of your favorite clothes and feel more comfortable in your skin.



Look great in all your clothes!

That's right, spicy foods like Chile peppers contain a special fat-blasting compound called capsaicin.

Capsaicin is found within the fleshy parts of peppers that holds the seeds, mainly the pepper membranes. In fact, the seeds themselves do not produce any capsaicin, although the highest concentration of capsaicin can be found in the white pith around the seeds.



What's even better (especially for your taste buds) is that many scientific studies that show benefits of capsaicin for fat loss are done in a pill form - that's right, you don't have to set your tongue on fire to reap the benefits of hot pepper extracts. But, be our guest if you love Fire-Death Hot Sauce on your Omelet, because that can help fight fat too.

Capsaicin has been demonstrated in several different scientific investigations to significantly boost energy expenditure, so more calories are burned throughout the day, above and beyond eating well and exercising often. For example, Korean researchers found that red pepper extract added to a breakfast meal, boosted metabolic rate by 25% for 30 minutes after eating. This kind of boost could help you burn more body fat in just a few weeks.

Red pepper extract also can help you eat less by reducing your appetite. Researchers from the Netherlands gave men and women a supplement with 0.9 g hot pepper 30 minutes before meals. The pills helped the subjects eat significantly less and feel fuller. Similarly, Quebec researchers showed 0.9 g of encapsulated hot pepper given to study participants before a meal ate 8.5% less food, mostly from eating less fat.



Feel great eating less food than you normally eat

Another added bonus is actual fat loss - people given 0.4 mg capsaicin plus green tea for two weeks showed a significant drop in body fat of about 0.5 kg on average for each person. The way it may have done this is a direct effect on fat cell growth, as cell culture studies have shown capsaicin deters the differentiation of body fat cells.

Overall, supplements containing this fiery extract are clinically proven in many ways to help you fight body fat and get the lean look you've always wanted.

However, they work best when combined with other metabolic-boosting ingredients. Read on to find out how.

Raspberry: Not just the fruit, but what is in the fruit

A potent nutrient, Raz K[®], works to help mobilize stored fat and move it to the surface of the cell. Once there, the fat cell is broken down, sending it on its way to other areas of the body.

Raspberry ketones are a natural phenolic compound found in raspberries. They can increase lipolysis, which is the breakdown of triacylglycerides into a more usable form. So, it comes as no surprise that Raz K[®] can also: release adiponectin, aid in fatty acid oxidation and, of course, lipolysis.

Research done by Park, determined rats who consumed a high-fat diet in combination with raspberry ketones, stunningly showed no additional increase in body weight or body fat. They also showed an increase in lipolysis, or the breakdown of fatty acids in the cell, shipping it to other areas for energy.

In a similar study, Morimoto et al. discovered rats fed a high-fat diet showed a build up of triglycerides in the liver. Those same rats were fed the same exact fat-enriched diet, this time with the addition of raspberry ketones. What they found will shock you!

By adding raspberry ketones, the rats fed the same high-fat diet did not increase their body weight. They also did not increase liver weight. They actually decreased their weight and the amount of fat in their livers, even though fat in the livers increased prior to the addition of raspberry ketones. Their final conclusion: raspberry ketones can prevent and improve obesity and fatty livers!

Stimulation of your β -cells and which synephrine is safe

An extract of citrus fruit, citrus aurantium, has been used widely as a way to aid in weight loss. In the 1990s, ephedra was a potent stimulate for fat burning. Due to adverse reactions, ephedra was pulled from the shelves, only to be re-released. During the ephedra-free time, people were looking for an alternative to speed up metabolism and burn more fat. People then turned to citrus aurantium, commonly referred to as bitter orange.

Citrus aurantium is a natural beta adrenergic agonist, which means it stimulates β -cells to do their job. This powerful nutrient has many adrenergic amines which can increase metabolism, stimulate lipolysis, and allow more amino acid to be used by skeletal muscles.

Bitter orange and blood pressure have been one area of concern. One side effect of ephedra was an increase in blood pressure and heart rate. A component in bitter orange, synephrine, is closely matched to ephedra in chemical structure. People feared a similar increase in blood pressure and heart rate. Therefore, supplements were running into the same problems which faced ephedra.

However, to put your mind at ease, research done by Seifert et al. determined bitter orange does not raise blood pressure or heart rate, but instead, did increase resting metabolic rate and fat oxidation (breakdown) in certain populations.

Recent research, completed in April, found similar conclusions as Seifert! Research done by Stohs et al. determined bitter orange containing p-synephrine (Advantra Z), appears to be safe with no adverse reactions linked to its use. They also mentioned millions of people consume citrus-related products which contain synephrine (Advantra Z) with no reported adverse effects to date.

So how does it work?

When β -adrenergic agonist is introduced, it stimulates cells to begin the process of lipolysis. Research by Fisher et al. determined prolonged exposure to β -agonists increased fat oxidation and adipocyte activation, but it also increased energy expenditure through brown adipose tissue. The theory behind the brown adipose tissue was the increased activation of a specialized molecule found in the mitochondria. Increased activation of uncoupling protein 1, uncouples oxidative phosphorylation, leading to an increase in energy expenditure. They also determined acute exposure to β -agonists results in increased lipolysis and elevated metabolic rate.

To sum it up...

β -adrenergic cells are activated by hormones, which can be secreted by adipose tissue and adrenal glands, starting the process of lipolysis. β -cells are found in adipose tissue and brown adipose tissue in both adults and infants. Both tissues, when stimulated, begin the process of breaking down fatty acids for increased metabolic rate and lipolysis (adipose tissue) and increase energy expenditure, which increases thermogenesis (brown fat) in the body.

Citrus aurantium (Advantra Z) can increase metabolic rate, thermogenesis in brown fat, and adds appetite suppression, leading to feeling full and satisfied after a meal. Citrus aurantium is safe and effective for losing weight and increases metabolism with no reported increases in blood pressure and heart rate.

Garlic can burn stubborn belly fat

Could you imagine seeing the headline: "Nature's antibiotic is the latest nutrient in the battle on obesity." This would send the media into a frenzy, and practically put garlic growers on pace to become multi-millionaires, or even billionaires.

Of course, I wouldn't go that far!

But the headline above is true! Garlic has wonderful effects in the body, from heart disease and blood pressure to cholesterol. Imagine if those same nutrients which help the heart, can actually help us lose fat! How would that information affect you? Would you run out and buy garlic, just to see if you could lose a pound or two?

Most people looking to lose weight would answer with a resounding yes! How does it work? Let me explain.

Garlic has cancer-fighting, heart disease-fighting and blood pressure-lowering properties built into it. We can now add obesity-fighting and anti-inflammatory properties!

Obesity, along with heart disease and a host of other diseases, starts by an inflammation response. Adipocytes are no different.

This chronic, low-level inflammation leads to fat cells impairment. Inflammation leads to the release of macrophages, pro-inflammatory cytokines, and proteins, which are released from adipose tissue. Certain properties found in garlic can reduce these militants from being released from fat cells.

Allyl isothiocyanate, a major component of garlic, inhibits anti-inflammatory and anti-obesity effects. In obesity, adipose tissue releases macrophages, fatty acids, and other proteins, causing increased inflammation leading to other obesity-related complications. The problem with obesity is the higher the obesity levels, the more macrophages are released, causing other metabolic conditions to arise.

Allyl isothiocyanate is a phytochemical, which inhibits cellular production of major pro-inflammatory mediators. Those mediators are:

- TNF- α - a major cytokine involved in systematic inflammation. Higher levels lead to insulin resistance in the body.
- Nitric oxide - produced by phagocytes from an immune response, can also be signaled from the production of TNF- α in the body. Nitric oxide can increase inflammation in response to certain conditions.
- MCP-1 - a protein which recruits monocytes to areas of inflammation. Commonly found in Rheumatoid arthritis (RA), it is found in joints and other areas of the body. High levels of MCP-1 perpetuates the inflammation process in joints and adipose tissue.

Allyl isothiocyanate can inhibit the production of these inflammatory hormones. It works exceptionally well in inhibiting MCP-1 protein found in 3T3-L1 adipocytes. Of course you are probably wondering what it means, right? Give me a minute to explain.

The body is able create new cells. In fact, every minute cells die and the body makes new ones to replace them. In adipose tissue, pre-adipocytes undergo a process making them full-fledged adipose tissue, or FAT. Research shows garlic can inhibit adipogenesis, or the process of making pre-adipocytes into adipocytes. Simple terms: garlic stops pre-fat cells from becoming fat cells, by inhibiting the process.

Ginger stops pre-fat cells from becoming permanent fat cells

Components found in ginger can help burn fat and decrease the number of fat cells produced by the body. Those same properties have both anti-inflammatory and anti-obesity fighting effects.

Ginger can stop pre-adipocytes from becoming fat cells. How? Certain components in ginger, 6-shogaol and 6-gingerol, help inhibit TNF- α from downregulating adiponectin. This is important because the more adiponectin in the blood, the lower your body weight and fat becomes. In fact, obese individuals have lower levels of adiponectin than their lean counterparts. Ginger helps increase the production of adiponectin by inhibiting TNF- α production. Both properties act differently in the body though. First, 6-shogaol functions as a PPAR γ agonist. I will get into PPAR γ cells in a minute! The second, 6-gingerol, is the component which inhibits TNF- α , raising adiponectin levels.

Now what is a PPAR γ , and why is it so valuable in the body?

PPAR γ , shortened name for peroxisome proliferator-activated receptors, which are specialized cells, are found all over the body with the majority being found in adipose tissue, macrophages, and the large intestine. These cells make peripheral cells more sensitive to insulin, allowing for more glucose to move into the muscle. These specialized cells control when pre-adipocytes acquire specialized properties, making them into functioning adipocytes, or fat tissue. These cells prevent the production of more fat cells, make peripheral cells sensitive to insulin, and help with fatty acid and glucose breakdown.

Beside diabetes, insulin resistance, metabolic disease, and obesity, there is also a growing concern for fatty deposits found in the liver. There are two ways fat builds up in the liver, one is caused by alcoholism and the other is a buildup of fat in the blood, which gets deposited in the liver. This is called Non Alcoholic Fatty Liver Disease, or NAFLD. This disease is on the rise, with more and more cases occurring every day.

NAFLD is just as dangerous and serious as alcohol-induced fatty livers. The reason: the build-up of fat leads to cirrhosis of the liver, if you do not take care of it. This means it stops the liver from doing its job, which is to filter blood and nutrients which are ingested by the body. When cirrhosis is present, there is a buildup of fat, which creates cross bridges in the liver. These cross bridges can be reversed in NAFLD before they bind together, which results in cirrhosis. The scariest thing by far about NAFLD: There is a growing population of youth with excessive fat build-up in the liver. Primary reason for it: the rise in youth obesity.

NAFLD is caused by insulin resistance, oxidative stress which leads to damage and pro-inflammatory cytokines released by fat, promoting disease and inflammation in other areas of the body. Ginger activates PPAR γ , therefore increasing the production of adiponectin and decreasing toxic cytokines from being released by fat. This works positively in the body by raising good hormones related to energy and metabolism, and decreasing toxic cytokines. This can prevent metabolic disorders and other obesity-related complications from happening in the body.

A once-vibrant nutrient used worldwide, ginger has tremendous health-promoting effects in the body. Acting as an aphrodisiac to aiding in digestion, ginger is used in different medicinal and spiritual ways. Certain properties naturally occurring in ginger are researched because of the positive effects with fat. These properties block specific receptors and they reduce the progression, or can even block the formation of fat from accumulating in the liver.

Scientifically-backed Ingredients Work Best Together

As you've now learned above, there are six metabolism-boosting ingredients that you can start adding to your fat-loss arsenal right now. They are:

- Capsaicin - from hot peppers
- Advantra Z
- Garlic
- Ginger
- Raz K
- Caffeine (in the proper scientifically proven dosage)

Now, you can go right ahead and start adding these to your diet, but the problem is that many of these things are hard to eat every day. Or, if you can get them on your daily platter, you'd have to consume several teaspoons of hot pepper extract, bowls of ginger and garlic, and somehow a specialized extract of raspberries.

Not that this is impossible, but you probably wouldn't do it often, nor enjoy it.

So, the easier solution is to look for a concentration extract of these items and take them consistently along with a great diet, an effective, regular exercise routine, and a positive attitude (think great, be great, right?).

That's where Prograde Metabo 223x comes in - the ingredients and doses in Prograde Metabo 223x are based off honest and real science done with human subjects and not cells or rats. Also, since its release last year, it has helped numerous men and women stick to a healthy eating plan and fat-blasting exercise routine and reach their goals of a leaner mid-section, stronger body and healthier physiology.

What's more, Prograde Metabo 223x is complemented with the B-vitamins B-6, B-12, and Biotin to keep your metabolism burning strong through essential, every day metabolic reactions necessary not only for fat-loss, but proper energy production.

So, if you're eating well, exercising right, and looking for something to complement these efforts, look for a product based off real research and actual results in human beings, like Prograde Metabo 223x. Before you know it, you'll be fitting into your skinny jeans and feeling fitter than ever.



But remember: metabolism-boosters like Prograde Metabo 223x are never meant to be more effective than an eating plan created just for your specific metabolism, or an exercise routine proven to blast body fat, while keeping you healthy.

If you want it, you can have it, but it does take some work and a little help from our friends in the lab.



*** Special Limited Time Offer ***

Prograde Metabo223x was created after three years of intensive research on all of its ultra-powerful ingredients. Each one hand-picked and studied relentlessly by our dedicated Research and Development team. So thank you for taking the time to educate yourself on real world weight loss and the truth about diet pills. Learn more about how this exact formula was scrutinized by doctors in not 1, but 2 clinical research studies. Find out what happened by clicking this link: [Fat Fighting Made Easier](#).



But hurry as this offer may expire at any time!

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