

The Best Weight-Loss Shake Today



by David Steinman

LeptiTrim6 is hands down the very best weight-loss formula today. But I did not realize how good it is until I signed up to become a volunteer call firefighter. I needed to lose 20 to 25 pounds for my medical test. Don't get me wrong: I wasn't fat. But I did have a paunch. I don't anymore.

I told Immune Tree's president Anthony Kleinsmith, PhD, about my dilemma, and he urged me to try the company's LeptiTrim6, which I began several months ago—and the results have been phenomenal. I've lost all the weight I needed. I did it without stimulants. And it wasn't that difficult. Just two Lepti-Trim6 shakes a day and sensible eating was all it took.

APPETITE HORMONE SPURS DRAMATIC WEIGHT LOSS

The LeptiTrim6 miracle is based on leptin, a weight-loss molecule that researchers are learning plays a critical role in fat loss.

"Leptin is the key hormone involved with the storage of fat," say *Mastering Leptin* authors Byron J. Richards, CCN, and Mary Guignon Richards. "Problems with leptin center on the inability of the brain to properly perceive the hormone. When this happens, an individual is prone to a metabolic rate that is stuck in slow motion and significant hypothyroid symptoms. All the while fat progressively accumulates in all the wrong places."

Meanwhile, the *Journal of the American Medical Association* has reported on the leptin-weight loss connection. In a randomized, double-blind, placebo-controlled, multicenter study, it was found that weight loss "increased with increasing doses of leptin among all subjects." At the highest leptin dose, more than 95 percent of the subjects' weight loss was from fat.

Manufactured in the fat cells, leptin tells the brain whether the body has sufficient energy stores, or fat. The hormone sends satiety signals to the hypothalamus—the brain's eating control center—and tells us when we can stop eating, says Dr. Julio Licinio, a professor of psychiatry and medicine at the UCLA School of Medicine.

Purdue University Professor Ki-Han Kim is also

at the forefront of research on leptin. His research provides new information about how this weight-reducing protein works. All of the reports and research on the obese (ob) gene and leptin thus far have assumed that the protein acts by causing a hormonal response in the brain, causing the body to feel satiated.

Kim has discovered that these findings are only partly correct. He was able to show that production in fat cells also was slowed by leptin. The finding gives scientists the first indication that leptin suppresses biochemical reactions in fat cells without the participation of the brain.

Kim has found that the ob gene causes the muscle cells to produce leptin and suppresses a gene that produces an enzyme known as acetyl-CoA carboxylase, or ACC, which is essential for fat production.

UNDERSTANDING LEPTIN-BASED SUPPLEMENTS

The idea of using leptin as a supplement is to add just enough of the hormone to your system to support your body's natural leptin response.

"When a person loses weight, leptin concentration in the blood is reduced," notes researcher Jeffrey Friedman, MD, PhD, of The Rockefeller University. "Low leptin levels cause the human body to go through changes that reduce the rate the human body burns its calories. The result is a decrease in the rate of weight reduction and increased appetite. Leptin may be involved in regulation of these processes, and low leptin levels may explain the high failure rate of dieting. Leptin treatment may change these effects and result in an increased rate of weight loss and increase the success of maintaining a reduced weight."

In order for the body to properly utilize leptin, it also requires both insulin and insulinlike growth factor 1 (IGF-1). In fact, if you are obese and producing less leptin you are also low in IGF-1, says colostrum expert Al Fox, PhD. "Without insulin and IGF-1, both of which are present in colostrum, the triggers that enable your body to use leptin effectively don't occur," he says. "You need the combination. Colostrum provides all of the factors that enable the body to use leptin. In order for the body to use leptin, the cells of the pancreas must first bind to insulin. In this sense, colostrum, which is already a source of leptin, makes the most efficacious choice."

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