

Mastering Leptin—

Appetite Hormone Spurs Dramatic Weight Loss

Does weight loss rank high on your list of resolutions for the New Year? If so, you're going to want to pay attention to this story on the weight-loss hormone leptin—it plays a critical role in fat loss. Understanding leptin and the best way to use this hormone will take you even closer to living the low-carb lifestyle that appears to be so adept at promoting weight loss. Fortunately, Leptin's powers have been harnessed as a key nutritional aid in LepiTrim6 from Anovite.

In the area of clinical research, no less a publication than the *Journal of the American Medical Association* has reported on the leptin-weight loss connection. In a randomized, double blind, placebo-controlled, multicenter study, conducted from April 1997 to October 1998, 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. No clinically significant adverse effects were observed on major organ systems.

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 University of California Los Angeles School of Medicine.

MORE LEPTIN BENEFITS

Other findings show that leptin suppresses biochemical reactions in fat cells without the participation of the brain. Purdue University Professor Ki-Han Kim was able to show that production in fat cells also was slowed by leptin. Kim has found that the obese 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 insulin-like 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."

LEPTITRIM6—WEIGHT-LOSS BREAKTHROUGH

LeptiTrim6 is hands down the very best weight-loss formula today. LeptiTrim6 capsules and powders contain a leptin-rich colostrum extract along with other powerful metabolic activators. 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.

Plus, in addition to leptin and colostrum, each serving of LeptiTrim6 Vanilla and Chocolate Shakes contains 27 grams of protein. Two to three scoops mixed in with water, milk, or your favorite smoothie is perhaps the tastiest way to lose weight. Cheers to long-term successful weight loss in the New Year! ■

Compliments Of



REFERENCES

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