

HEALTH LOSS FRAUDS!

By Dr. Al Sears, MD



© 2011 by Wellness Research & Consulting, Inc. All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without permission in writing from the publisher.

Published by:

Al Sears, MD
11903 Southern Blvd. Ste. 208
Royal Palm Beach, FL 33411
561-784-7852
<http://www.alsearsmd.com>

Warning-Disclaimer: Dr. Al Sears wrote this report to provide information in regard to the subject matter covered. It is offered with the understanding that the publisher and the author are not liable for the misconception or misuse of the information provided.

Every effort has been made to make this report as complete and accurate as possible. The purpose of this report is to educate. The author and the publisher shall have neither liability nor responsibility to any person or entity with respect to any loss, damage, or injury caused or alleged to be caused directly or indirectly by the information contained in this report. The information presented herein is in no way intended as a substitute for medical counseling or medical attention.

Fat-Loss Frauds!

Avoid the Diet Pill Rip Offs and Try the 4 Natural Fat Busters that Really Work...

By Al Sears, MD

Diet pills are everywhere... and they all make fantastic claims.

But many of them are based on faulty science and simply don't work. Some are even dangerous and cause serious side effects.

It's time to set the record straight. Most of the "wonder drugs" you hear about on TV and on the Internet are a waste of your time and money. But there are natural supplements that really help.

In this special report I'll reveal the dangers of the most popular diet pills and why they don't work. I'll also show you four nutrients you can use right away. These remedies are safe, natural and easy to find. And they help you burn fat. I recommend them to my patients and many of them see results within days...

Don't Be Fooled By These Fat-Loss Lies

Visit the website for the diet pill CortiSlim, and you'll see a newly transformed woman saying, "*Stress was piling on the pounds!*" The makers of this diet pill would have you believe that cortisol is to blame. But what *is* cortisol?

Cortisol is your body's main stress hormone. It does a lot more than respond to stress levels. You use it to regulate blood pressure, energy production, immune function and inflammatory response.

Your cortisol levels are at their lowest when you're healthy and calm. But get stuck in traffic, have a fender bender or burn your New York strip and cortisol floods into your bloodstream like a dam burst. There's no doubt you release more cortisol during times of stress. *But does cortisol make you fat?*

Popular weight loss products try to link cortisol to weight gain by pointing to the Yale University study published in 2000. It showed that women who respond poorly to stress tend to have a belly. This is because excess cortisol can effect where and how your body stores fat.¹ Yet cortisol itself does not cause weight gain.

Have you ever seen a stressed out animal? When a dog is under stress, increased cortisol will cause the dog to lose its appetite. Over time, the dog becomes very thin and starts to waste away. The same is true in humans.

Cortisol suppresses reproduction and long-term management. It gives your body the chance to pool all of its resources to deal with a crisis. Under these conditions, your appetite will disappear. Think back to the last time you panicked or became distressed. Eating was probably the last thing on your mind.

By the way, the makers of CortiSlim were fined \$4 million dollars by the FTC for making false claims about the product.

So don't waste your money on these "quick fix" products, hoping that a 'magic' formula will melt away your excess fat. They are empty promises based on incomplete science.

Fat burners are another category of fat-loss products with hyped-up promises. They help you lose weight by raising your metabolic rate. Or so they claim...

Contrary to the hype you may have read, no product can dramatically raise your metabolic rate. Ephedra did it best. This natural herb was modestly successful at raising your metabolism – but only by a fraction of a percent. It's not enough to make a lasting change in your body.

Ephedra was banned by the FDA, but that ban was overturned by an appeals court in August 2006. Today, Ephedra is starting to make a comeback.

Ephedra, like the caffeine in your coffee, is a neuro-stimulant. Once inside your bloodstream, your body will down regulate the metabolic process to counter balance the effect of the stimulant. This is why you crave coffee in the morning. You need that jolt to get you back to where you would have been had you not had the coffee in the first place.

Ephedra stimulant effect can be very dangerous to the central nervous system and heart. It can cause rapid or irregular heartbeats (heart arrhythmias). It acts similarly to adrenaline. It dilates the bronchial muscles, raises blood pressure, and is a cardiac stimulant. And taking ephedra with caffeine can make a lethal combination that over stimulates the nervous system to the point where it can lead to potentially life-threatening results.

According to the FDA there have been reports of hundreds of illnesses from ephedra, including heart attacks, seizures, and strokes.

One of the more popular fat burners claims is that you can eat anything you want and still lose weight. This product uses a less effective Ephedra substitute, synephrine, which is supposed to increase your metabolism without the "harmful stimulants" used in other weight loss products. Also included are caffeine, glucuronolactone, and taurine – the same ingredients found in Red Bull. If you feel anything at all it will be from the combination of synephrine and caffeine.

Synephrine by the way is the active ingredient in bitter orange (also known as citrus naringin). This ingredient has been raising some red flags lately. There have been claims that it can have adverse effects on the heart.

In fact, the Mayo Clinic published a report linking bitter orange to coronary angina.² And Health Canada has reported cases of cardiovascular adverse reactions linked to bitter orange (synephrine)³.

You should think of these as stimulants – not fat burners. They may help wake you up and give you a temporary jolt of energy, and too much can be hazardous to your health. You are better off having one good cup of coffee. You don't want to overdo it.

Don't Fall For the Carb Blocker Diet Deception

Ever since the Atkins diet hit the market so many people have been carb conscious. Carb blockers seemed like the just the right answer to ease the guilt from all the bagels, pasta and French fries they've been eating. Just knowing that those troublesome carbs conveniently disappear on the way down makes it justifiable.

It sounds magical until you realize that carb blockers actually inhibit an important digestive enzyme.

The idea of taking a substance that will interfere with your body's ability to digest food is not a good one. In fact, it's dangerous. Your body absorbs essential vitamins and nutrients in the form of carbohydrates. By blocking them, you are robbing your body of what it needs to survive.

The active ingredient in carb blockers is a white kidney bean extract called *phaseolus vulgaris*. This substance prevents the enzymes in your stomach from digesting starches.

Dietrine, a well known carb blocker, states very clearly on its website that, "*One Dietrine capsule taken prior to a meal can block up to 1125 calories from fat and carbohydrate foods.*"

Statements like this are not only untrue – they're illegal.

There are no reliable clinical studies to support such a claim. In fact, the only respectable study concluded that, in regard to weight loss, "*no statistical significance was reached.*" No statistical significance means no proof.⁴

Worst of all, carb blockers give people a false sense of security giving them license to overeat all the wrong foods.

Tinkering with Your Body's Machinery Can Lead to an Embarrassing Mess...

Have you heard of the “new” weight loss pill called *Alli* from GlaxoSmithKline? It's not new at all but a repackaging of the prescription drug Orlistat. It's marketed as new because the FDA approved it for over-the-counter sales.

The idea is to block your body's ability to absorb fat. In addition to promising weight loss, the company also recommends that you bring along extra pairs of pants to work. While taking Alli, your bowels may eliminate unabsorbed fats as an oily discharge.

The whole idea sounds absurd to me. As I tell my patients, dietary fat is *not* the problem behind weight gain anyway. Blocking fat's absorption is not the solution and only creates additional nutritional deficiencies.

The plain fact is that blocking your body's ability to absorb fat is wrongheaded. The effects of Alli on your digestive system have not been closely studied. And relying on it for fat loss makes you the target of a potentially dangerous experiment.

Big Pharma and the FDA appear intent on ignoring the last launch of a product to artificially reduce fat absorption. Remember Olestra? It's a synthetic fat substitute. But after its release in 1998, researchers discovered it rapidly reduced your body's ability to absorb important fat-soluble vitamins, like carotenoids and vitamins A, D, E and K. Olestra also made people sick and sent them rushing to find another pair of pants.

Avoid Cheap Products from Shady Manufacturers

You also need to be aware that the manufacturers of some of the diet pills on the market today are not always forthcoming and reliable. Very few live up to their label claims. Sometimes you'll find ingredients that are in the pill but not on the label. For example, Consumer Labs tested several products currently on the market. One of the products they tested was actually contaminated with lead.⁵

You want to make sure you buy from a reliable source. Anyone can put up a Web site and offer health products for sale. If you order from unreliable sources, you have no guarantee that they will be safe, effective, and of high quality. For all you know they can contain saw dust.

If you want to lose fat, take what Nature has to offer. Here are a few safe and natural supplements proven to help you burn that extra fat around the middle.

Burn Fat without Exercising or Changing Your Diet

Chromium maintains proper blood sugar by increasing your sensitivity to insulin. It's like instant protection from fat, obesity and diabetes. What's more, chromium supplements can improve glucose tolerance and normalize insulin levels naturally.

On the flip side, people low in chromium suffer from chronically high blood sugar, find themselves packing on the pounds and ultimately can fall victim to diabetes. And having a deficiency of chromium is very common. An estimated 90% of all Americans consume less than the recommended amount of chromium each and every day.

What's more, if you exercise regularly you'll need even larger amounts of chromium than your sedentary neighbors. Active men and women excrete more chromium than couch potatoes do.

Chromium also does wonders for your cholesterol and triglyceride levels. Studies show chromium can lower cholesterol and triglycerides by nearly 20%. Remarkably, chromium can help you burn fat – even if you don't exercise.

About 10 years ago, Dr. Gil Kaats and a team of researchers from the Health and Medical Research Foundation and the University of Texas Health Science Center studied over 150 people to see if they would lose fat just from taking chromium.

They split them into three groups. One group received a placebo (dummy pill). The other two groups received chromium: One got 200 micrograms a day and the other got 400 micrograms a day.

The participants were told not to change anything about their diet, exercise habits or how much they ate. In essence, they were allowed to do whatever they wanted.

After three months, the group taking the placebo showed no changes. The 200-microgram group lost an average of 3.4 pounds of body fat. But the 400-microgram group lost an average of 4.6 pounds of body fat – about 35% more. In addition, both chromium groups gained an average of 1.4 pounds of muscle.

Chromium controls your appetite, especially cravings for sweets. It also has the ability to carry protein where your body needs it most. This helps you lose fat while building lean muscle mass.

I've treated hundreds of patients with chromium with good results. When you're looking for a chromium supplement, make sure you take either chromium picolinate or chromium polynicotinate. They're the most effective forms.

The above study used either 200 or 400 microgram doses. I use a 600 microgram chromium picolinate supplement with my patients once a day with food. It's best if you take it with meals.

Magnesium: The Fat-Loss Mineral

Like chromium, magnesium quickly boosts your body's response to insulin – exactly what you need to lose fat fast. And not surprisingly, many are deficient of this critical mineral.

Thousands of years ago, your caveman ancestors got plenty of magnesium every day from their native diet - as much as 800 mg to 1,500 mg. But today, you're lucky to get 200 mg. And that's

bad news... Magnesium is responsible for over 300 biological and enzymatic functions in your body.

Symptoms of low magnesium are surprisingly similar to what many doctors call metabolic syndrome, or “syndrome X.” This chronic disorder increases your risk of each of these:

- Obesity
- Insulin resistance
- High blood pressure
- Low HDL, (good cholesterol)
- High Triglycerides, (blood fat)
- Diabetes

In a recent study published in the *Journal of the American College of Nutrition*, researchers found that simply having enough magnesium in your diet lowers your level of insulin and helps you control your blood sugar.

As I’ve said before, insulin tells your body how much fat to make and store. And keeping your insulin in check is one of the keys to fat loss. And magnesium helps regulate insulin. But 75 percent of Americans don’t get their recommended daily allowance (RDA) of this vital mineral.

There are several reasons: Commercial farming methods use depleted soil, which makes it almost impossible for your food to soak up magnesium as it grows. And many processed foods have little or no mineral content by the time they end up in the freezer section of your local grocery store.

And, magnesium used to be in your drinking water but water with high mineral content – hard water – fell out of favor because most people don’t like the taste.

You can add magnesium to your diet by eating nuts, seeds, dairy products and dark green, leafy vegetables. You can also take a supplement. For better absorption, I recommend spending a little more for the chelated form.

In the process of chelation, amino acids form a protective structure around the magnesium ions, helping them pass into the digestive tract where they can be better absorbed. For long-term success, this is the better option.

In most cases, an effective dose is 300 to 400-mg daily. If you have kidney problems or high-degree heart block, don’t take any magnesium supplements until you talk to your doctor.

Speed Up Your Fat Loss with this African Herb

There's a cactus from southern Africa that has made news as Nature's "diet herb."

It's been featured on 60 Minutes, the Today show, ABC and Oprah. Many claim it works wonders. Others say it doesn't work at all. I'm talking about Hoodia.



Hoodia comes from the Kalahari Desert in southern Africa. For about 20,000 years, the native Bushmen have used Hoodia to suppress their appetite on long hunting trips.

Recently, researchers discovered that the plant has a molecule named P57. This molecule sends a message to your brain telling you that you're full. Without the feeling of hunger for a full day, you can more easily avoid the foods that make you fat. And for some, the weight loss is substantial.

Hoodia was featured on a CBS news special report. A team went to remote locations in Africa to see if it really worked. They concluded that Hoodia reduced the desire to eat for an entire day and unlike most diet pills, Hoodia produced no after effects - no upset stomach, no funny taste, no heart palpitations.⁶

Another team from the BBC traveled to the Kalahari for a first hand look with the following story:⁷

"At about 6pm, I ate about half a banana size (piece of hoodia) – and later so did my cameraman. Soon after, we began the four-hour drive back to Capetown. The plant is said to have a feel-good almost aphrodisiac quality, and I have to say, we felt good. But more significantly, we did not even think about food. Our brains really were telling us we were full. It was a magnificent deception. Dinnertime came and went. We reached our hotel at about midnight and went to bed without food. And the next day, neither of us wanted nor ate breakfast. I ate lunch but without appetite and very little pleasure. Partial then full appetite returned slowly after 24 hours."

In 2001, researchers studied a group of overweight, but otherwise healthy people. One group received a P57 extract from Hoodia and the other group received a placebo.

Compared to the placebo group, the P57 group had a significant reduction in body fat, and caloric intake with no adverse side effects.

And, on average, the P57 group ate about 1,000 calories a day less than those in the control group did. To put that in perspective, the average American man consumes about 2,600 calories a day; a woman about 1,900.

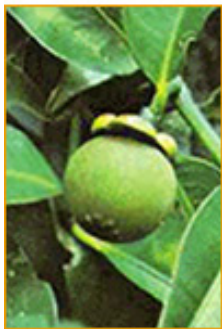
Unlike most diet pills, hoodia produces no after effects. No upset stomach and no heart palpitations.

When hoodia first arrived on the diet scene it was in short supply. Because of its sudden popularity demand for it skyrocketed. As a result, some manufacturers decided to put tiny amounts of hoodia (or some cheap substitute) in their product and then overstated their claims.

But those problems no longer exist today. There's an abundance of the real thing. And there are hoodia farms and suppliers right here in the U.S. So the key is to make sure you get it from a reputable source.

Lose Fat with the Skin of a Remarkable Fruit

Another one of the most effective natural ingredients for burning fat and reducing your appetite comes from the rind of an Asian fruit. Gambooge (*Garcinia cambogia*) is well known in places like India and Indonesia. They've used it for centuries to make small meals more filling.



It's a compound that binds to an enzyme called *citrate lyase*, which turns excess carbs into fat. By blocking the action of this enzyme it helps your body use carbs more efficiently.

Garcinia helps your appetite disappear by promoting the synthesis of glycogen. Glycogen is the stored form of glucose, one of your body's primary sources of energy. Increased glycogen production and storage is your body's normal way of signaling your brain that you've eaten enough.

Garcinia also improves your body's response to leptin, the hormone that sends a message to your brain that you've had enough to eat.

There's some solid research to support it.

- An 8-week study of 60 people at Georgetown University found a significant **decrease** of:
 - Total body weight
 - Total food intake

And a significant **increase** of:

- Serotonin (the "feel good" brain chemical)
- Fat oxidation (fat burning)
- Cardiovascular benefits

All with no side effects or adverse reactions.⁸

- A study of women at Ohio State University found an increase of fat burning and improved leptin expression. Even better, they discovered that garcinia cambogia down regulated (turned off) the genes associated with weight gain.⁹

Again, you should be sure to get garcinia cambogia from a reputable source. You can find it in liquid, power, capsule, or spray form.

¹ September/October 2000 issue of *Psychosomatic Medicine*.

² Gange C, et al. "Variant angina associated with bitter orange in a dietary supplement", *Mayo Clinic*, 2006;81(4):545-548

³ Jordan S, PHD, et al, "Products containing bitter orange or synephrine: suspected cardiovascular adverse reactions", *Canadian Adverse Reaction Newsletter*, Vol 14, Issue 4, Oct 2004

⁴ Udani J, Hardy M, Madsen DC. "Blocking carbohydrate absorption and weight loss: a clinical trial using Phase 2 brand proprietary fractionated white bean extract" *Altern Med Rev*. 2004 Mar;9(1):63-9

⁵ http://www.consumersearch.com/www/health_and_fitness/diet-pills/

⁶ Epel, 623-632.

⁷ Udani J, Hardy M, Madsen DC, 63-9.

⁸ Preuss HG, et al. An overview of the safety and efficacy of a novel, natural(-)-hydroxycitric acid extract (HCA-SX) for weight management. *J Med*. 2004;35(1-6):33-48.

⁹ Roy S, et al. Transcriptome of primary adipocytes from obese women in response to a novel hydroxycitric acid-based dietary supplement. *DNA Cell Biol*. 2007 Sep;26(9):627-39.