

## Supplements for Weight Loss

by Karen McCoy

Weight loss is a complicated issue, and must combine 3 aspects to be successful - the **physical** aspects of training and food, the **mental** aspects of drive, ambition and motivation, and the **emotional** aspects of learned habits, familial rules and expectations, and coping skills. So when we look at supplements, we have to understand that they are one aspect of this three-pronged approach to weight loss.



When we have control and balance of all aspects of life – sound eating, quality training, a desire and ambition, then we can talk supplements. Because then rather than relying on supplements to lose weight, they become an added tool into the whole picture. Rather, ***weight loss supplements become the icing on the cake rather than the cake itself.***

With supplements, there is a minor shifting in metabolism, including what gets stored and when, and what gets burned and when. Some supplements work better than others, depending on a person's age, lifestyle, genetics, fat to muscle ratio, eating patterns and training patterns (training is key – if the engine (body) is *revved* (training), it can burn fat that much more efficiently). As well, ***Bach Flower Remedies*** can be extremely useful in clearing the mind of emotional blocks to healthy weight management, such as fear, depression, unfulfilled aspirations, stress, regrets, and more.

The following is a list of tried and true, and safe, weight loss supplements. Please note I do not advocate ephedrine-based fat burners like *Hydroxycut*™ from the U.S. (Canadian *Hydroxycut*™ does not contain ephedrine). I have seen too many young women end up in hospital because of irregular heart beats and fainting spells due to ingesting these dangerous products advocated by many magazines. The internet is worse, as anything goes there, and many products are proprietary, meaning, they don't have to disclose every ingredient, so you won't know what you're getting.

**Beware of Pictures:** Models used in the 'before' and 'after' pictures are also an un-truth: a recent documentary exposed these types of advertising gimmicks: the models are usually former athletes whose pictures they have taken, then they are told to go off and put on a bunch of weight. More pictures are taken, and before you know it, you have the apparent 'before' and 'after' picture.

**Double-Check:** When in doubt about a weight loss product, do some third party checking. Do not take the company's word on it, they are not third party, and they'll only tell you what you want to hear. (Or better yet, ask me. I'll tell you the truth.) And remember, if it sounds too good to be true, it probably is!

**Cover the Basics:** Don't overlook the importance of a high quality *protein powder*, *multivitamin*, *fish oil* (1000-2000mg/day) and an *antioxidant blend*. These should form the basis of any healthy eating regime on a daily basis. And *drink your water*, it aids fat loss and boosts your metabolism!

And remember, a pill can't compensate for quality exercise, sound nutrition and proper mental functioning. Train well, eat well and think well and you will be much further on your path of healthy, successful weight loss and lifelong weight maintenance!

**Note:** the following products can only be found at your local health food store, and likely will not be found in traditional grocery stores, drug stores or pharmacies. They are both safe and mild. The first 5 are, in my opinion, the most effective and the ones I have personally used over the years.

- 1) **Protein:** the finest, but often overlooked 'king' of weight loss. Make sure you're getting the right amounts for you (60-120 mg/day). *Whey isolate* without added sugars or fillers is best.
- 2) **Kelp:** the iodine in kelp enhances thyroid function and aids fat burning. Try **Kelpasan** by Vogel, 1-2 capsules first am before breakfast – *do not take if you are on thyroid medication*.
- 3) **Green and white tea** – fat-burning (thermogenic). Can get in tea or supplement form (supplement form more concentrated). By sipping tea before, during and after eating food fried in oil, absorption of fat can be reduced by 40%. Try **New Chapters** brand.
- 4) **CLA** – conjugated linoleic acid, from soybean oil, lowers the amount of fat normally stored after meals, increases fat metabolism.
- 5) **PGX** – a fibre capsule aimed at reducing cravings. Take before meals. By **Natural Factors**.

**Trusted brand name blends:** Two well-known ones, a little bit pricier, but may be well worth a try.

- **New Chapter Diet and Energy:** thermogenic herbs (green tea, ginger, cayenne), sugar-balancing herbs (cinnamon, fenugreek) and antioxidant herbs (turmeric, clove, rosemary).
- **Abs+** by Genuine Health: a combination of CLA and green tea extract. Blocks fat absorption and revs the metabolism.



**Other single herbs/supplements** that either give a little boost to the metabolism and/or cut the sugar cravings by leveling insulin and sugar levels in the body (remember, a whole foods diet with lots of fiber and protein will do the same thing!) *The first 5 are the most popular choices.*

- 1) **Chromium Picolinate** –levels blood sugars, aids carbohydrate metabolism, improves insulin sensitivity, reduces cravings, enhances fat burning. Aim for 200-600 mcg/day.
  - 2) **Cinnamon** – levels blood sugars, clears insulin receptor sites. Try *Cinnamon Force* by New Chapters – bite the capsule in the mouth to absorb it faster into the bloodstream.
  - 3) **Mulberry** – Japanese Mulberry Extract, balances insulin and controls cravings.
  - 4) **Coleus Forskohlii** – member of the mint family. Aim for 25 mg 2x daily for fat burning.
  - 5) **Ephedrine** – active ingredient of ephedra sinica (*Ma Huang*) - must be used diligently and in small amounts, its sale is strictly enforced, and in small quantities only. Synthetic ephedrine (ephedrine hydrochloride) is dangerous and not recommended. Appetite suppressant and fat burner. To be effective, must be used in conjunction with caffeine (10:1 ratio). 10-20 mg with 100-200 mg caffeine one hour before meals, 3x daily, is suggested. Maximum amounts – 100 mg ephedrine/day should not be exceeded.
- **Rhodiola** – increases breakdown of triglycerides in fat cells, improves endurance, increases ATP, increases metabolism.
  - **Citris Arantium** – herb *Zhi Sh*, a dried fruit, used as an alternative to Ma Huang, with milder thermogenic effects.
  - **Gymnema** – an ayurvedic herb used to reduce cravings and blood sugar levels.
  - **Prickly Pear Cactus** – a Mexican cactus known to lower blood sugars and decrease the absorption of fats and sugars by coating the intestinal walls.
  - **Guarana** – from crushed seeds of bush in Brazil. Increases fat loss reduces appetite and improves insulin sensitivity, especially when combined with Ma Huang.
  - **Ginseng** – panax (Korean or Chinese) most popular – increases energy, stabilizes blood sugars, reduces cravings.