



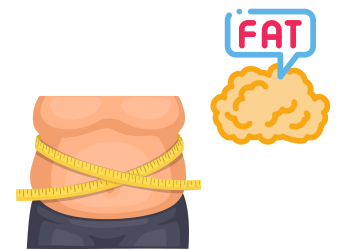
THE ROAD TO HEALTH & WELLNESS

HEALTH TOPIC OF THE WEEK

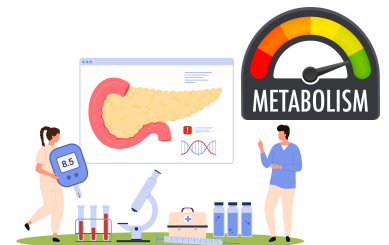
4/15 - Weight Loss Supplement Review

Introduction

According to Statista, a survey taken in 2023 indicated that 65% of adult Americans want to lose weight – and with lots of good reasons. Besides being unsightly and taxing your joints and heart, excessive body weight, particularly belly fat, drives metabolic diseases such as high blood pressure, elevated lipid profiles and type II diabetes.



Most of us want quick fixes, whether it's a client at an obesity clinic who is trying to shed a hundred pounds or a gym rat trying to hit a body fat % goal. We want the convenience of health but not the inconvenience of the investment of time, energy and money that is required to be healthy.



This week's health topic focuses on fat loss supplements. To clarify, I'm not referring to those sketchy products with outrageous claims that you'll find at gas stations and convenience stores. That's an immediate red flag. Instead, I am discussing legitimate nutrients associated with weight loss.



A detailed explanation and research review for every product would read like a doctoral thesis. Therefore, I'm providing a quick reference for weight loss supplements.



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at Eliteptf.com for more information and to schedule your evaluation.

EPT Supplement Standards

There are thousands of supplements available to us. EPT uses the following criteria in categorizing them:

1. **Primary** - These supplements have the best research and an excellent safety-efficacy profile. When used responsibly, they are the supplements most likely to help and not cause side effects.
2. **Secondary** - These supplements may provide substantial benefits in the right context. Secondary options are not for everyone and not a first pick.
3. **Promising** - These supplements have less evidence for their effects. They could work or be a waste of money. Keep them in mind but think twice before adding them to your combo.
4. **Unproven** - These supplements are backed by tradition or anecdotal evidence but are not yet convincing through animal or human trials. At this point, they are not good candidates for your combo.
5. **Unadvisable** - These supplements are either potentially dangerous or simply ineffective, marketing claims notwithstanding. Do not add them to your combo. At best, they'll be a waste of money; at worst, they can cause harm.



EPT Recommendations for Weight Loss Supplements

1. Primary Supplements

a. Protein

- i. Protein digestion and utilization expends more calories than fat and carbohydrates. Although this is unlikely to lead to significant fat loss by itself, it's one small factor in many that may lead to greater long-term success. Furthermore, protein improves overall satiety (the feeling of being full and satisfied).



b. Fiber

- i. Fiber is a type of carbohydrate that can feed the beneficial bacteria in the gut but cannot be absorbed directly. It can reduce the absorption of fat and carbohydrates and produces a satiety effect by adding bulk to meals, slowing digestion and prolonging fullness signals to the brain.



2. Secondary Supplements

a. Caffeine

- i. By causing adrenaline and dopamine to be released, caffeine has beneficial effects on energy, mood and fat loss.

b. Green Tea

- i. Green tea works through a variety of complex physiological mechanisms. There is moderate scientific evidence for weight loss.



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3. Promising Supplements

- a. Yohimbine
- b. L- Carnitine
- c. 5-HTP
- d. MCT [medium chain triglycerides]
- e. Garcinia Cambogia
- f. Irvingia gabonensis
- g. Green coffee extract
- h. Berbine



4. Unproven Supplements

- a. Saffron
- b. Synephrine
- c. White willow bark
- d. Fucoxanthin
- e. Guarana
- f. Yerba Mate



5. Unadvisable Supplements

- a. Hoodia
- b. Senna alexandrina
- c. Raspberry ketone
- d. Anything that raises overt red flags

Summary

Many of us want to lose weight and are searching for a magic diet, training program or supplement. Health management, and in particular weight management, is extraordinarily complex and there are no quick fixes – just better choices!

This list provided a quick reference to help you to spend your money wisely and to take supplements that are safe and effective. However, I encourage you to reach out to EPT for safe and effective weight loss management. Our help can make all the difference!



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