



The role of dietary supplements in weight management



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Weight management is a very complex topic. There is no one-size-fits-all type of diet, and the journey to healthy weight is a very unique and personal one.

In a recent clinical study comparing low-fat and low-carb diets over a 12-month period, the authors were not able to show a significant statistical difference between the two weight loss programs. For most of the subjects involved in the study, there was a significant weight loss regardless of the path they followed. However, after looking at the results more closely, the authors noticed a broad variation in individual results in both groups, ranging from a weight loss of 65 lbs. to a weight gain of more than 20 lbs.¹

These results highlight the uphill battle faced by both the patients trying to lose weight and the healthcare professionals that are trying to help them to reach healthy weight goals.

This is where supplements can make a difference. Supplements can provide added support to weight management efforts when used in conjunction with supervised diet and exercise regimens.

For example, organic MCT oil is an excellent dietary supplement for individuals following a low carb or a keto diet. MCT stands for medium-chain triglycerides, which means that the structural backbone of the fatty acids composing the oil are mainly eight or ten carbon atoms long. This unique chemical structure allows them to be treated by the body differently than other fats that are mainly composed of long-chain fatty acids. Unlike long-chain fatty acids, MCTs are absorbed rapidly by the intestine and are readily processed by the liver for energy production and the formation of ketone bodies.* Because the body is able to use MCTs rapidly and completely, they do not accumulate and are not stored in fat tissue.* In clinical studies, when comparing MCT oil to a typical oil made mainly of long-chain fatty acids as part of a calorie-controlled diet, volunteers in the MCT oil group lost more weight than the group receiving the typical oil.* While the results of this study are limited in scope, they highlight how substituting other dietary fats with MCT oil can support weight management goals.* For individuals on a keto diet, MCT oil has the added advantage of promoting the production of ketone bodies, which could help them reach ketosis faster and maintain it longer.*

There are many MCT oil products on the market, so when choosing a MCT oil it is important to make sure it is sustainably sourced and does not contribute to the degradation of wildlife habitats in regions harvesting the raw materials used to produce the oil.

The type of fat a person eats is only one factor to take into consideration when trying to maintain a healthy weight. Making sure the body's hormones are well balanced is also important. Healthcare practitioner can help evaluate hormonal status, and if any imbalance is detected, they can advise on how to regain balanced hormonal health.

Maintaining a healthy hormonal system is complex, and many factors can impact different hormones in different tissues. Certain dietary supplements can help maintain healthy hormone levels and support a healthy weight.* For instance, everyday life stress can impact the body's ability to produce cortisol, a hormone produced by adrenal glands. That's why daily stress may contribute to stress-related overeating. Relora®, a proprietary herbal combination, has demonstrated in clinical studies, that it can support healthy cortisol levels and help manage nervous appetite.* Protocol For Life Balance® Adrenal Cortisol Support™ features Relora® and a blend of vitamins, minerals, and botanicals that work together to support healthy adrenal function and contribute to appetite control.*

Daily stress is not the only factor influencing the hormonal system. The normal aging process is known to affect hormonal production, including the production of DHEA, also known as the "youth hormone." As DHEA levels naturally decrease with age, its metabolites also decrease along with it. One of these compounds, 7-keto-DHEA, can be taken as a dietary supplement to compensate for the natural loss of DHEA due to aging.* When 7-keto-DHEA is added to the diet, it can support healthy body fat distribution and assist in the maintenance of a healthy weight.* The way 7-keto-DHEA is able to contribute to the maintenance of a healthy weight is most likely related to its ability to induce the activation of several enzymes, including some present in the mitochondria of liver cells that help balance thyroid hormones, as well as some of the secretions of the pituitary gland.* An important feature of 7-keto-DHEA is that, contrary to DHEA itself, it has no masculinization potential, which is especially important for menopausal women.*

Supplementing your diet with MCT oil or supporting your hormonal system with 7-keto-DHEA or Adrenal Cortisol Support™, when used in conjunction with a healthy diet and exercise regimen, can be a very useful tool in helping you attain the healthy weight you desire.

1. Gardner CD, Trepanowski JF, Del Gobbo LC, et al. *JAMA*. 2018;319(7):667-679.

***These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

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