

# FAT BURNER SECRETS

VOLUME 2



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## **The Problem... Revisited**

So here is the problem. Even with tons of diet and exercise, there is a point that our body reaches where it just doesn't want to give any more fat and it will go to great lengths to maintain that amount of fat.

Here is what happens in the typical diet:

Week 1: We begin losing weight... relatively easily.

Week 2: Our body begins to take notice of our lower calories and assumes we are in a famine.

Week 3: Our body's natural hormones used to manage metabolism crash, in spite of exercise and lower calories. Our results begin to stall.

Week 4: We are feeling weak, and tired. The natural hormones that usually give us energy are now shutting down to prevent us from starving.

This is caused by one thing...

### **Your Set Point**

It's convenient for weight loss 'experts' to blame your fat loss failures entirely on lack of will power. But this turns out to be too simplistic... and frankly wrong.

Your brain is sending the signals keeping you fat.

It does this by slowing down your metabolism, decreasing the fat burning hormones, increasing fat storage, and making you hungry as hell. So your brain is screaming "Eat... Eat...Eat..."

Your brain has an idea of your ideal weight. You may be able to lose weight to a certain point, but then the brick wall hits. No matter what you do, you find yourself on the endless treadmill.

### **It's NOT Your Fault...REALLY**

Your brain and body is working against you. So how do we solve it?

There is only one way. We need to trick your brain and body so it sends different signals, allowing you to effectively short circuit your set point.

This is where some exciting new breakthroughs and discoveries of specific herbs and nutraceuticals come in. Let's review.

We diet and exercise and our body adapts by lowering the metabolism, increasing our appetite, and lowering our fat burning capability, so we need to address each of these areas to allow us to alter our set point so that the diet and exercise we do has impact.

### **Backed By Science**

From extensive research, I have discovered the solution. There are several key herbs and nutraceuticals that, when combined in a specific formula, not only increases the body's metabolism, dramatically reduces hunger, and preserves muscle; but even increases the rate at which fat is burned. In the following pages, I will show you what I have discovered.

This is a complete review of all the top fat burner ingredients on the market today, some of which you are sure to have heard of. Others are extremely effective but almost unknown to the public.

But I am going to lay it all out and show you what is crap and what is pure gold.

Don't miss the end of the report, where I reveal to you the exact formula that effectively short circuits your set point.

Take a look at what I've discovered.

## 5-HTP (5-hydroxytryptophan)

5-HTP is not usually considered a fat-loss supplement. In fact, 5-HTP's normal uses consist of combating depression and as a quality sleep inducer. 5-HTP has been used to curb cravings for both carbohydrates and sweets. Derived from the seed pods of a plant called Griffonia Simplicifolia of West Africa, 5-HTP is converted to serotonin after initially being converted to 5-HTP from the amino acid Tryptophan. 5-HTP is a precursor to serotonin, the neurotransmitter that signals our brains to feel happy and content.

### *How does it Work?*

5-HTP works by providing more serotonin to help stave off hunger. Because, it is believed, a lot of people are fat because of a decrease in the conversion of the essential amino acid tryptophan to 5-HTP, which in turn causes lower levels of serotonin, providing 5-HTP may help bypass this chemical reaction, and in turn create more serotonin. It is also believed that 5-HTP causes a feeling of satiety; perhaps causing us to eat less because we feel may get full faster.

### *The Science behind It*

There is simply no comprehensive clinical data on effects of 5-HTP supplementation for weight loss. Most of the benefits derived from taking 5-HTP are enhanced mood and reduced carb cravings, which could be beneficial if you are on a low carb diet.

### *Safety Considerations*

Scientists have discovered that there may be traces of Peak X, which is a chemical compound similar to the one found in the tryptophan contaminated in 1989 that caused 38 deaths, in some of the 5-HTP batches. No other cases have been reported and certain precautions have been taken to ensure Peak X is not in any other batches of 5-HTP.

### *Conclusion*

There is still much skepticism over this product for aiding fat loss, with no scientific data to support the claims. The only possible use would be to help improve mood and fight carb cravings.

Rating:   
Effectiveness

  
Safety

  
Non-Stimulant

## 7-Keto (3-acetyl-7-oxo-dehydroepiandrosterone)

The human body naturally possesses a hormone called DHEA or dehydroepiandrosterone, which is used in the human body as a precursor for key steroid hormones such as testosterone and estrogen. DHEA is secreted by the adrenal gland and considered the most abundant steroid in human blood. DHEA has been touted as having miraculous anti-aging effects and improved physical and psychological well-being in older adults. DHEA has also been linked to benefiting diabetes and cancer.

The potential problem with DHEA however, according to Dr. Henry Lardy, PhD. The National Academy of Sciences is that, due to DHEA facilitation of the production of estrogen and testosterone, it could potentially accelerate growth of prostate and breast tumors. The question then becomes, how does one get the benefits of DHEA without the potential side effects? Enter 7-Keto!

7-Keto is derived from this DHEA hormone and unfortunately declines with age like the DHEA hormone. In fact, between the ages of 20 to 40, there is a decrease of 40% of DHEA levels. With this decline, we can expect an increase in body fat, decrease in metabolism, and decreases in both the immune and reproductive functioning. It doesn't seem fair, does it? We can fight this declination caused by the aging process by replacing 7-Keto into our bodies.

### *How does it Work?*

But what exactly does 7-Keto do? In a nutshell, 7-Keto burns body fat. This is accomplished through three thermogenic enzymes, essential in the lipolysis process, and which are activated by the 7-Keto supplement. The three enzymes are responsible for helping to convert body fat into stored energy. This activation cannot be accomplished with DHEA alone. 7-Keto DHEA has been touted to stimulate muscle growth, prevent muscle loss, stimulate the immune system, activate thermogenic enzymes which increases calories burned and there are also reports of improved memory to boot.

### *The Science behind It*

During a randomized, double-blind, placebo-controlled weight loss trial performed in 1999, 7-Keto was shown to increase weight loss by a factor of three over the placebo during an eight-week clinical trial. This was confirmed by a second experiment in 2000, which also confirmed that over 80% of the weight loss was body fat (Humanetics, 2008). This is critical because loss of muscle tissue can reduce metabolism and result in loss of bone density. Since body fat was lost; muscle tissue, metabolism, and bone density will not be adversely affected.

In addition to fat burning, 7-Keto has been known to boost metabolism and support thyroid activity. In fact, an independent clinical study of overweight adults using 7-Keto and a restrictive diet showed a 1.4% increase in Resting Metabolic Rate (RMR) above a baseline level as opposed to a decrease of RMR of 3.9% with the restricted calorie diet only group. The result is a whopping 5.4% increase in RMR as opposed to a calorie-restricted diet only. This is significant because cutting calories usually results in a decrease in RMR due to lack of nutrients and our natural set point. Since 7-Keto seems to offset this RMR decrease, the associated positive effects in addition to the weight loss could be maintaining energy and RMR, where these would normally be reduced under usual circumstances.

7-Keto is not widely talked about, but is one of the most well documented nutraceuticals available today. The simple reason you don't see it often is cost. 7-Keto cost about 5-10 times more than just about every other ingredient mentioned. I guess the saying "you get what you pay for" is true.

### *Safety First*

The beauty of 7-Keto is that it is safe, in addition to being effective in reducing unwanted body fat. 7-Keto, according to documented scientific reports, has been shown to be both safe and effective for increasing the body's abilities to burn fat and build muscle tissue. According to pre-clinical toxicology reports, it was indicated that 7-Keto was non-toxic and, even in large doses, did not alter significant body processes or body organs.

Davidson, et al studied a series of doses ranging from 50mg/d (25mg twice daily) for 7 days; 100mg/d (50mg twice daily) for 7 days; and finally 200 mg/d (100mg twice for 28 days). According to the results, 7-keto in comparison to a placebo presented no substantial impact on clinical blood markers of toxicity and health. This data was supported in further human trials.

It cannot convert to estrogens or testosterone, so it cannot promote prostate enlargement or cancer, breast tumors, and other sex hormone effects that may occur with DHEA supplementation (Lardy, 2008).

### *Conclusion*

Based on the scientific studies and consistently excellent results, 7-Keto is one of my favorite ingredients. 7-Keto is a patented ingredient, so watch out if you come across a product that is supposed to have real 7-Keto in it, and it doesn't have the U.S. patent number 5,296,481 (for weight loss) on the label, don't buy it! It's a counterfeit.

**Rating:**



**Effectiveness**



**Safety**



**Non-Stimulant**

## Caralluma Fimbriata

One of the key factors in controlling weight is learning to control the appetite. This can be difficult when surrounded by junk food, fast food restaurants, and easy to access snack items. Everywhere we go, food surrounds us and the easily accessible food is not usually of a healthy nature. When we lose control of our appetite, we tend to over eat unhealthy food, which leads to body fat gain. Body fat gain can lead to high blood pressure, high cholesterol, heart problems, and breathing problems, to name a few.

Consumed by tribesmen in India for centuries, Carralluma Fimbriata Extract, is a wild and succulent cactus long considered a survival food. Caralluma has been touted to control appetite and thirst by sending a signal to the brain telling it you are not hungry. Caralluma has been linked to blocking body fat, increasing metabolic activities and energy levels so that you burn more calories. In modern clinical trials, Caralluma has been shown to block the formation of fat tissue, force the body to burn fat reserves, stop hunger pains, suppress the appetite, and increase energy levels, which helps build vital muscle tissue. Caralluma also lowers blood sugar. The labor class in India even eats Caralluma to help increase endurance. This 700-year-old secret is not well known in the western hemisphere.

### *How does it Work?*

Caralluma works by blocking the activity of several enzymes, which in turn block the absorption of body fat, thereby forcing the fat reserves to be burned (About.com, 2009). It is also said to control the appetite suppressant in the brain by sending signal telling the brain the body is not hungry. It inhibits the hunger sensitivity mechanism of the hypothalamus. When we eat, the nerves to the stomach send a signal to the hypothalamus in the brain. This part of the brain controls the appetite (Sybervision Reviews, 2009). When we are hungry, the thalamus tells the brain we need food. When we are full, the thalamus tell the brain we need to stop eating. Caralluma inhibits this mechanism in the hypothalamus by interfering with the signaling mechanism and then by creating a signal of its own. Essentially it fools the brain into thinking we are not hungry.

### *The Science behind It*

Caralluma Fimbriata has been tested clinically by Western Geriatric Research Institute in Los Angeles, California. A study was conducted using 26 overweight patients, 19 of which were on Caralluma with the other 7 on a placebo. They were studied for four weeks with surprising conclusions. There was a statistical significant reduction in body weight, it was well-tolerated, and there were no negative side effects.

In a recent double-blind clinical research study, test subjects who took Slimaluma were found to be 20% less hungry than the control group. In addition, the test group lost 72% more weight on average than the control group in addition to more than double the inches from their waistlines.

### *Safety Considerations*

Ayurvedic (traditional Indian medicine) experts have noted that the plant has no known toxicity and there are no adverse effects when using Caralluma fimbriata. With regular appetite suppressants, drugs came with the risks associated with sympathetic stimulation. This was similar to thermogenic classes of drugs which had possible risks of high blood pressure, insomnia, anxiety and hypersensitivity. With Caralluma, no such side effects exist and no toxicity has been associated with Caralluma. It is safe and works effectively when proper doses are taken.

### *Conclusion*

Caralluma is another one of my favorites. Its ability to affect hunger directly in the brain makes it the ideal choice for set point modification. It also has the great benefit that it may prevent you from gaining fat when you overindulge.

Important note: There is only one source of Caralluma that has a proprietary standardized extract and it's called Slimaluma®. To ensure you are getting the real active ingredient, make sure to look for U.S. patent number 7,060,308 on the label.

**Rating:**



**Effectiveness**



**Safety**



**Stimulant**

## Carnitine (L-Carnitine)

Our bodies naturally create Carnitine, which is a non-essential amino acid. Our hearts however need it, especially during exercise, so that it can function efficiently. Carnitine is touted as a fat transporter. It is considered a conditionally-essential nutrient.

### *How does it work?*

Carnitine in theory is said to be responsible for transporting fatty acids to mitochondria across cell membranes. The mitochondrion then uses this fat for primary energy. Because of this transference of fatty acids, supplementing with Carnitine may help fatty acids burn or oxidize as fuel. Some experts speculate however that Carnitine doesn't really increase the rate of weight loss but instead may just increase the ratio of fat to muscle loss, which in turn preserves our muscle while increasing the fat-burning rate. The problem is that, if the levels of Carnitine are not optimal, the fat levels in our bloodstream may be high, thus possibly interfering with our ability to lose body fat.

### *The Science behind It*

Conclusive research is still missing to support the claims that Carnitine is able to burn fats for production of energy. A Carnitine deficiency however has been shown by research to possibly result in lower ATP (muscle energy) levels. In fact, Carnitine shortages, due to accelerated turnover during exercise, could limit the energy available to our muscles, resulting in fatigue and longer recovery rates.

### *Safety Considerations*

Carnitine will not be as effective unless taken 30 minutes to one hour before exercise. In addition, it is not recommended to consume Carnitine with other supplements and/or protein foods because other amino acids contained in proteins may hinder or compete for absorption.

### *Conclusion*

The best place to get Carnitine naturally is through red meat. For example, a steak has 27mg of Carnitine. Also dairy is a great source. I doubt you are deficient in Carnitine, so I see no point in expensive unnecessary supplementation. Plus, at this time, there is no significant scientific evidence to support that it improves weight loss.

**Rating:**



**Effectiveness**



**Safety**



**Non-Stimulant**

## Chitosan (Chitin)

Amidst much skepticism, Chitosan has been touted as a miracle weight loss product, acting to absorb fats before they get stored. Advertisers have pushed Chitosan on the public with outrageous claims that it was the fat loss supplement of the century and that users could eat what they wanted because Chitosan promises to block fat before it is stored. Where exactly the fat goes, no one knows.

### *How does it Work?*

Chitosan comes from marine animal shells like shrimp and crabs. Upon entry into the stomach, it supposedly attracts fat by turning into a gelatinous substance which then acts like a magnet. According to its claims, fat is negatively charged and Chitosan is positively charged, which is what attracts the fat to the Chitosan. Then the fat attaches to the Chitosan as it goes through the digestive system and then is eliminated.

### *The Science behind It*

You know the old saying about if something sounds too good to be true then it probably is? Even though Chitosan has been shown in studies to attach itself to fat, it doesn't seem to be effective at all, according to human research. In fact, it has been reported that Chitosan actually takes away important nutrients like vitamins and fatty acids that are essential. As if that isn't enough, many users claim this ingredient may cause anal discharges. Ughhh!

### *Safety Considerations*

In light of the fact that Chitosan leaches nutrients such as important vitamins and essential fatty acids and also causes anal discharges, safety isn't number one with this ingredient.

**Rating:**



**Effectiveness**



**Safety**



**Non-Stimulant**

## Chromium

Chromium aids the natural hormone insulin, which releases when we eat carbohydrates, in insuring the sugars are stored as energy. In addition, Chromium is an important and essential mineral playing a role in our normal carbohydrate metabolism. Some believe that Chromium deficiency could lead to insulin-resistant diabetes, hypoglycemia, and obesity. It may aid in helping to maintain and/or improve bodyweight.

### *How does it Work?*

No one is quite sure exactly how Chromium regulates blood sugar but one theory claims it does so by binding to insulin and the cell thus attracting blood sugar efficiently. Chromium assists insulin in what it does naturally, storing sugars as reserve energy. Other researchers believe Chromium works by improving glucose tolerance. According to studies, glucose tolerance may be restored in patients with Chromium deficiency once they are administered Chromium.

### *The Science behind It*

Chromium's reputation is that it can help alter our body fat, but this claim has caused a bit of controversy with skeptics. There is however at least two studies which have confirmed Chromium's effects on body composition. There is a niacin-bound Chromium named ChromeMate that may have been found to reduce weight and increase fat loss in women.

Researchers at Georgetown University Medical Center indicated that women who were overweight who took in 600 mcg of Chromium for eight weeks had shown significant weight loss yet not much muscle mass was compromised in the weight loss. However, those subjects who did not exercise yet took Chromium had significant weight gain during this study.

### *Safety Considerations*

Since Chromium is an essential mineral we all need, there are no safety issues.

### *Conclusion*

Do you have a chromium deficiency? Probably not.

Rating:



Effectiveness



Safety



Non-Stimulant

## Citrus Aurantium (Bitter Orange, Synephrine)

In traditional Chinese medicine, Citrus Aurantium (Bitter Orange, Synephrine) has been used to improve overall health for thousands of years. Recently, scientists discovered Synephrine from this fruit containing possible fat burning activity. Supposedly, Synephrine increases our metabolic rate without central nervous system side effects.

### *How does it Work?*

Citrus Aurantium works through the active compound Synephrine, which is similar to Ephedra. Citrus Aurantium supposedly boosts metabolism and reduces appetite, thereby stimulating the loss of body fat. But all studies were done on rats.

### *The Science behind It*

Based on the most recent animal studies Citrus Aurantium stimulates beta-3 adrenergic receptors, providing energy without jitters, according to recent research at McGill University. This helps break down fat and increase metabolic rate.

### *Safety Considerations*

A study done in 2004 states that the required dose of Synephrine necessary to promote fat loss in humans is so high that such a high dosage would have harmful side effects (mainly cardiovascular because of the increased blood pressure that Synephrine supplementation can cause) (Maywood, Exp Biol Med, 2004, p. 229(8):698-704).

### *Conclusion*

One of the big problems that have been found with Synephrine is the wide range of concentrations from one batch to the next. In 2005, the FDA before the House of Representatives mentioned they found that at some time there would be a 4% concentration and at other times 96% concentration of Synephrine, a big dangerous difference.

I would pass on this ingredient.

Rating:



Effectiveness



Safety



Non-Stimulant

## CLA (Conjugated Linoleic Acid)

CLA has been touted as one of the most underrated supplements, a diamond in the rough. CLA was overlooked as a fat-loss product and just recently began gaining notoriety due to over two decades of research showing that this ingredient may significantly help reduce body fat and increase muscle tissue. CLA has been shown in research to shift body composition significantly with fat loss and muscle gain. Because of this, athletes and those weight-conscious people have started using this ingredient.

### *How does it Work?*

Leading CLA researcher Michael W. Pariza of the University of Wisconsin-Madison was once asked, "How does CLA work?" His reply was, "In a general sense, what it's doing is keeping little fat cells from getting big... perhaps by blocking certain enzymes that let fat cells swell."

According to leading researchers, CLA's body-composition-altering effects could be due to its ability to regulate the metabolism of fat through a complex process having to do with our body's enzymes. In short, CLA seems to block the uptake of fat followed by increasing the speed of fat burning.

### *The Science behind It*

In a recent study conducted by Ola Gudmundsen of the Scandinavian Clinical Research Center, it was suggested that CLA helped people lose weight mainly by reducing the overall fat mass. 60 people who were overweight were not permitted to diet and were randomly given either a placebo of olive oil or a certain amount of CLA each day for 12 weeks. Gudmundsen stated that there was a significant weight loss with those who consumed the CLA. In addition, the weight loss was primarily body fat and not so much lean body mass.

Another study by Thom Erling, Ph.D., measured body fat and body weight over the course of a three-month period. Group one took CLA during breakfast, lunch, and dinner. Group two only took a placebo. After three months, the group that took the CLA lost about five pounds, which in itself may not be considered statistically significant but their body fat dropped by an impressive 15% to 20% as compared to the group that did not take the CLA and who experienced little change.

### *Safety Considerations*

No evidence has been presented as of this day showing dramatic negative side effects to CLA. Researchers continue to study this ingredient and its effects.

### *Conclusion*

CLA is a great supplement for your fat loss arsenal. It is not magic, but it does work when taken over a long period of time. It is something for the long term. To ensure you get the effective dose of 3 grams per day, make sure to look for products containing Tonalin<sup>®</sup>, which is the highest quality form of CLA available.

**Rating:**



**Effectiveness**



**Safety**



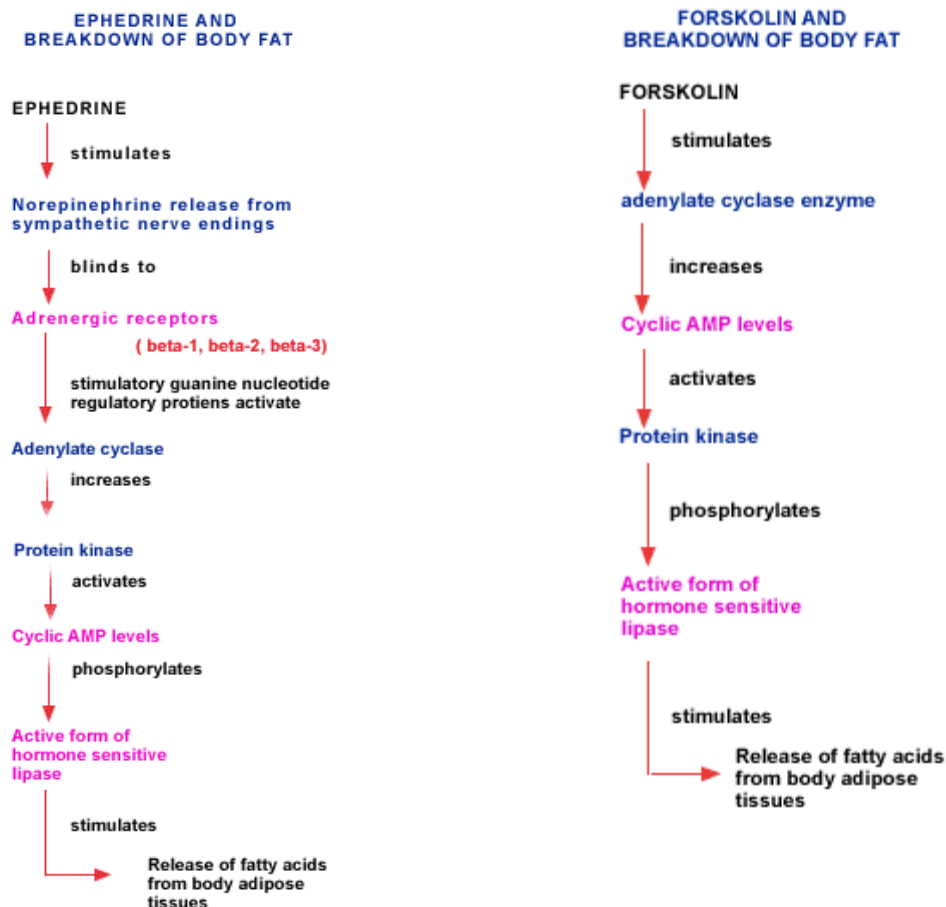
**Non-Stimulant**

## Coleus Forskohlii

Coleus Forskohlii is a unique and amazing compound of extraordinary biological importance. It has been used for centuries by Hindi and Ayurvedic (traditional Indian medicine) for its natural fat-loss enhancing properties as well as claims this compound extends your life and has positive effects on the heart, lungs, and blood pressure. In addition, this amazing ingredient preserves muscle tissue and helps to stimulate the thyroid. As if this wasn't enough, Coleus Forskohlii, or more specifically forskolin, which is a direct compound of Forskohlii, has been used for conditions such as eczema, colic, heart disease, painful urination, insomnia, and convulsions; thanks to its effects on a cell-regulating compound in the body called cyclic adenosine monophosphate (cAMP). Forskolin has been shown to aid in reduction of menstrual cramps and angina as well. Our ancestors knew what they were doing when they used this plant and have since passed the wisdom on to us.

### *How does it Work?*

Forskohlii actually works very similar to Ephedra without any of the side effects. In fact, Forskolin, the active ingredient, does so in a shorter process.



The active chemical forskolin initiates a cascade of chemical reactions that cause fat cells to basically release their energy and melt away. In more technical terms, what happens is forskolin increases an enzyme called adenylate cyclase, which increases levels of another enzyme called cAMP (cyclic AMP), which is found in fat. cAMP then stimulates another enzyme, hormone sensitive lipase, to burn fat. Additionally, by a similar mechanism using cAMP, coleus increases thyroid hormone production and release, thereby increasing the body's metabolism, to burn more calories.

Basically, forskolin initiates a similar cascade of chemical reactions as ephedrine. Where forskolin differs from ephedrine is ephedrine stimulates adrenergic receptors before it reaches cAMP. Unfortunately, many negative side effects can be experienced when some of these adrenergic receptors are stimulated, such as increased blood pressure, anxiety, etc...This is basically what caused all the negative effects of Ephedra.

But forskolin bypasses the adrenergic receptors all together and goes straight into the cAMP cycle, causing it to have none of the unwanted side effect.

#### *The Science behind it*

Forskolin has been studied for over 15 years, and has show to have an amazing amount of health benefits outside just fat loss, and weight management.

#### *Safety Considerations*

Since Coleus Forskohlii only contains about .3 to .4% of the active ingredient Forskolin, this may not be enough to have an effect. Therefore, we you must look for the patented version called Forslean®, which is a concentrated extract of Forskolin. To ensure you have real Forslean®, make sure to look for the Patent No. 5,804,596 on the label.

Studies reveal a no toxicity of Forskolin in animal studies. However, it is recommended to reduce the dosage of Coleus Forskohlii for someone suffering from peptic ulcers or low blood pressure. Additionally, it isn't a bad idea to exercise caution for those taking prescription medications since any combination of medications must be taken into account.

### *Conclusion*

This is another one of my must-have ingredients. It's been clinically proven to aid in fat lipolysis (burning fat) and retaining of muscle mass, which is critical when try to get lean and stay there for life. Forslean® is a patented ingredient, so watch out if you come across a product that is supposed to have real Forslean® in it and it doesn't have the U.S. patent number 5,804,596 on the label. Don't buy it!

**Rating:**



**Effectiveness**



**Safety**



**Non-Stimulant**

## Ephedrine (Ephedra, Ma Huang)

An ancient Chinese herbal form of the stimulant ephedrine, Ephedra has recently grown in popularity, with controversy on both sides, as a powerful weight-loss agent. There were many studies that show Ephedra suppresses the appetite temporarily, is thermogenic, and is a natural stimulant. However, Ephedra may be best known for its negative side effects over its positive side effects.

### *How does it Work?*

Consuming Ephedra seems to produce increased adrenaline and central nervous system stimulation of beta receptors. It increases the heart rate and blood pressure, making you sweat while increasing blood flow to the heart, brain, and muscles. This is followed by the body's core temperature rising or thermogenesis and the breaking down of fat cells.

### *The Science behind It*

Many studies show that Ephedrine has effectively provided weight loss results. In addition, research shows Ephedrine temporarily enhances energy levels. Ephedrine was once considered the most effective natural thermogenic on the market...until recently that is. Since 1994 however, the FDA investigated over 800 reports of negative reactions associated with this ingredient. Such negative effects include insomnia, nervousness, high blood pressure, strokes, and even death.

Based on the adverse reports, considerable and extensive studies were conducted by the FDA. The conclusion of one major study, published in December of 2000 stated, "...the occurrence of events that caused permanent disability and death, we conclude that dietary supplements that contain Ephedra alkaloids pose a serious health risk..." The FDA then banned Ephedra in 2003.

### *Safety Considerations*

The fact that Ephedra was banned by the FDA in 2003 says it all. With all the negative side effects such as nervousness, stroke, heart palpitations, high blood pressure and possible death, the safety or lack thereof is obvious.

**Rating:**



**Effectiveness**



**Safety**



**Non-Stimulant**

## Green Tea (EGCG)

Have you ever considered the existence of a natural wonder ingredient that raises the metabolism without exercise, helps you relax, and boosts your GABA levels, which is one of the “feel good” neurotransmitters in the body? This wonder ingredient is green tea and it is organic, straight from mother earth. In addition, green tea also combats free radicals by using powerful anti-oxidants. Sounds like a miracle ingredient, doesn't it? Wu Yi Green tea, also called Oolong Tea is green tea used in China for over 400 years. It grows on the Wu Yi Shan Mountains on very fertile soil and has helped Chinese men and women stay slim. Maybe this is why Asian cultures have the thinnest people on earth. It is an anti-oxidant with many medicinal benefits to include suppressing the appetite, mental alertness, body fat loss, reducing the risk for cancer, and helping sustain healthy cholesterol levels.

### *How does it Work?*

The key ingredient in green tea is an active ingredient called EGCG, which is responsible for the fat burning effects. It is theorized the way EGCG works is by blocking the actions of an enzyme that breaks down noradrenalin (NA for short). NA is manufactured by the adrenal gland and functions as a neurotransmitter in the brain, which stimulates the sympathetic nervous system. This is important because this controls heart rate, muscle tension, and the release of energy from fat.

It works something like this: EGCG keeps more NA in the brain. The extra NA triggers the metabolism to stay more active, which causes you to burn more calories. The extra NA also triggers the fat burning process.

In addition, green tea contains a naturally occurring amino acid called Theonine, which promotes a sense of well-being and helps you relax.

### *The Science behind It*

Research shows that green tea can raise our metabolic rate by 4%. At the University of Fribourg in Switzerland, researchers discovered that the EGCG in green tea can increase calorie burning, also known as thermogenesis, by up to 43% without even having to exercise.

Dr. Nicholas Perricone, M.D. states that you can drop 10 pounds in six weeks by switching from coffee to green tea because your insulin levels and body fat will drop. In fact, it has been reported that green tea is 20 to 100 times more potency than vitamins C and E.

### *Safety Considerations*

Human beings have been drinking green tea for thousands of years. If there were safety issues, they would be well reported by now.

### *Conclusion*

Green Tea is simply a must-have. It boosts the metabolism naturally and directly affects NA in the brain, making it an ideal ingredient when trying to battle our set point. Make sure to get at least 90 mg of EGCG per day. In one study they tested the effectiveness of different doses; 90, 200, 300 and 400mg. The conclusion was that there were no more calories burned with 90mg compared to 400mg.

**Rating:**



**Effectiveness**



**Safety**



**Non-Stimulant**

## Guarana (Paullinia cupana)

An herb found in the rainforest of Brazil, Guarana contains significant amounts of Guaranine, which is similar to caffeine. It has been used for centuries by indigenous tribes to help stave off hunger, treat obesity, and relieve fatigue. Guarana makes for an effective and natural fat loss agent because it seemingly has the ability to essentially free fatty acids into the bloodstream, breaks them down, and then mobilizes these fat cells. It also increases energy but this is only temporary.

### *How does it Work?*

Similar to caffeine, Guarana does its work by adrenal gland stimulation to release the hormones epinephrine, norepinephrine, otherwise known as adrenaline, and dopamine, which in turn causes thermogenesis. It has been said that these results are possible without the negative side effects. However, Guarana has mild diuretic effects. A person must drink a lot of water using this.

### *The Science behind It*

In a study conducted by Dr. Torben Anderson in Denmark using 44 overweight but healthy patients, an herbal combination of Guarana and two other herbs of Yerba Mate and Damians were administered. The results showed that those who consumed the herbal combination for a period of 45 days lost an average of 11 pounds. The placebo group lost only one pound. It was also observed that there was a longer feeling of fullness after eating. However, it should be noted that an overweight person getting exercise can lose two to three pounds per week, resulting in a 22 pound weight loss at a minimum, without having to take Guarana.

### *Safety Recommendations*

Guarana has diuretic effects which some consider mild but what is considered mild is relative to the person that has these symptoms.

### *Conclusion*

Guarana is basically caffeine, which is widely known to temporarily boost metabolism. Because of the effects on sleep patterns and the only temporary results long term use is not recommended. I pass on this ingredient.

Rating:



Effectiveness



Safety



Non-Stimulant

## Guggul Lipid (Guggulsterone)

The bark of the Commiphora tree is responsible for producing Guggul lipid in the form of a yellowish sap. Currently being marketed as the next fat loss miracle, there hasn't been much evidence thus far to support this claim. One good claim to Guggul is that it's been shown to reduce "bad" (LDL) cholesterol.

### *How does it Work?*

Guggul may work by helping to enhance the functioning of the thyroid, according to research with lab animals. There are animal studies that show Guggul may change your thyroid hormone metabolism. This hasn't been substantiated in humans however.

### *The Science behind It*

There is only partial data to suggest that Guggul may help lower body fat accumulation. There are studies however that confirm the benefits of Guggul on the cardiovascular system.

### *Safety Considerations*

Based on test results from the Brine Shrimp Lethality Test (BST), Guggulsterones E & Z are highly cytotoxic. Cytotoxic substances taken for long term are considered to be carcinogenic (in case of ingested ones, they primarily increase the risk of cancer of the GI tract and the liver).

### *Conclusion*

Avoid at all costs! Although there is speculation it increases thyroid production, there is no scientific evidence to support this and with the negative toxicology screens I would not recommend anyone ingesting this substance.

Rating:



Effectiveness



Safety



Non-Stimulant

## HCA (Garcinia cambogia, hydroxycitric acid)

HCA has been used for centuries by Ayurvedic healers and is used as a digestive aid, natural appetite suppressant, food preserver, and flavoring. Recently, HCA has become well known for its ability to slow down fat storage. Claims are still controversially debated however.

### *How does It Work?*

HCA acts as an inhibitor or blocker of the ATP enzyme required for synthesis of fatty acids. Supposedly, HCA blocks fat storage by suppressing mobilization of fatty acids and blocking carbohydrate conversion to fat. The funny thing is that it isn't really even active unless you overeat on the carbohydrates. Kind of defeats the purpose, don't you think?

### *The Science behind It*

There are a lot of debates on the effectiveness of HCA. Further studies need to be conducted; according to critics, and proponents have evidence using animal research only. But HCA may not be as effective as once claimed, according to two studies. The overall result was that this study did not support the appetite-reducing claims of HCA.

### *Safety Considerations*

While no safety issues have been discovered as of yet, this could be due to the fact that there are not substantial claims this product is even effective.

### *Conclusion*

The problem with HCA is the studies have conflicting results, unlike ingredients like 7 Keto®, which consistently show the same result. HCA had conflicting results. Based on the availability of better proven ingredients, I would pass on HCA.

Rating:



Effectiveness



Safety



Non-Stimulant

## Pyruvate (Calcium Pyruvate)

Pyruvate may be considered by some a dinosaur but new research suggests it may resurface as a weight loss aid. Pyruvate is the child of the metabolism of proteins and carbohydrates in the body. We get a little Pyruvate in our foods but researchers suggest supplementation may benefit those of us wanting to drop weight.

### *How does It Work?*

An increase in metabolic rate seems to be the primary benefit of Pyruvate. In other words, an increase in fat as an energy source happens, which raises the metabolism, which in turn causes us to burn more calories. However, the amount we would have to use to have this effect is too high to balance safety issues.

### *The Science behind It*

Pyruvate, in a recent double-blind, placebo-controlled study, over the course of a six-week trial, significantly decreased not only body weight but body fat as well. The pyruvate group lost on average about 12% body fat (4.8 Lbs of fat), while simultaneously gaining 3.4 Lbs of lean mass. This study also indicated an increased resting metabolic rate by an average of 2.2% in the pyruvate group.

### *Safety Considerations*

Gastrointestinal issues may arise if more than 30 grams a day were used.

### *Conclusion*

Basically the pure volume of Pyruvate needed and the high cost makes supplementation unrealistic.

**Rating:**



**Effectiveness**



**Safety**



**Stimulant**

## The Secret's in the Sauce

So there you have it, my full line-up of fat burner ingredients. Here is the key formula:

7 Keto® (3-acetyl-7-oxo-dehydroepiandrosterone)  
Slimaluma™ Caraluma Fimbriata  
Green Tea (EGCG)  
ForsLean® Coleus Forskohlii

These four ingredients combined solve all of the problems associated with dieting and getting lean. The combination of these ingredients will increase metabolism, stimulate lipolysis, preserve muscle tissue, increase the rate at which you burn fat, and dramatically reduce hunger, not to mention the other potential health benefits.

The key is to utilize diet and exercise with the proper supplementation that compliments and enhances the human body's natural functions.

There is no get-thin-quick solution, it should be noted. Developing a healthy body must be a combination of proper nutrition, the right amount of daily exercise, good mental health, and proper supplementation to compliment the body's natural capabilities. When combined, all of these variables come together to help you achieve the body you have always dreamed of.

Since these ingredients are so expensive and hard to source. They are incredibly rare to be found in stores, and even then they put such a small amount in the product, they are ineffective. Only one contains the exact formula, and is backed with a potency guarantee.

Introducing... *LEANGENIX™ - Total Metabolic Support Formula*

If you would like to learn more about LEANGENIX™, and how you can try it absolutely risk free, just click the link below...

[Click Here To Learn More](#)