



also improved. The improvements in blood lipid levels were independent of changes in fat mass and in waist circumference. Although this is a positive sign for calcium and vitamin D supplementation, more research is needed to confirm these findings. For more information go to the American Journal of Clinical Nutrition, Volume 1, January 2007.

Guarana Seed Extracts Possess Strong Antioxidant and Antimicrobial Activity

In a recent scientific research study conducted in Slovenia, extracts of guarana seed were analyzed by high performance chromatography and evaluated to determine their antioxidant and free radical-scavenging abilities. Guarana grows in Brazil and is known to boost energy levels, since its main ingredient is guaranine, a chemical identical to caffeine. Results of the study suggest that seed extracts of guarana possess strong antimicrobial and antioxidant properties, and they can therefore be considered for use in the food, cosmetic and pharmaceutical industries. For more information go to the journal Food Chemistry, Volume 104, Issue 3, pages 1258-1268, 2007.

Weight Loss and Weight Maintenance - Caffeine and Green Tea Intake

A recent study found that, compared to each other, caffeine intake was associated with greater weight loss, thermogenesis and fat oxidation than

green tea with caffeine, while green tea and its antioxidant component EGCG with caffeine was associated with greater weight maintenance. For more information go to the journal *Obesity Research*, Volume 13, 2005.

Cancer-Fighting Benefits of Exercise

WASHINGTON - According to experts at the American Institute for Cancer Research (AICR), regular physical exercise prompts a series of changes within the human body that actively fight cancer. By studying these changes, researchers have begun to isolate how and why physical activity seems to lower cancer risk. "For almost fifty years we've known that regular exercise protects against heart disease," said Edward Giovannucci, M.D., Sc.D., of the Harvard Medical School and Harvard School of Public Health. "The studies coming in now point to a similar protective effect against cancer, especially colon cancer. Laboratory studies and clinical trials are helping us understand the physiological changes that occur in the body of a person who exercises regularly." A 1997 AICR report, *Food, Nutrition and the Prevention of Cancer: A Global Perspective*, reviewed the effect of exercise upon cancers occurring at specific body sites. Additional studies are currently underway into the possible link between exercise and lowered risk of colon, breast, prostate and other cancers.

Source: Natural Products Industry, Insider® Volume 5, No. 2, February 7, 2000

Nutritional and Natural Weight Management

Special Edition

Green Tea With EGCG and Caffeine May Play A Role In Body Composition

According to a study published in the American Journal of Clinical Nutrition, green tea extract (50 mg caffeine and 90 mg EGCG) has thermogenic properties, meaning that it increases energy production and promotes fat oxidation in the body. These properties, which are associated with fat burning, appear to be functioning beyond that which can be explained by the caffeine content alone. This would mean that green tea has a variety of rich components able to play a role in helping to control body composition. Source: The American Journal of Clinical Nutrition, Vol. 70, No. 6, 1040-1045.

Tea-Rich Catechins Lead to Reduction in Body Fat

A 12 week double-blind study was performed in which the subjects ingested varying levels of catechin-rich teas. It concluded that daily consumption of tea containing 690 mg catechins for 12 weeks reduced body fat, which suggests that the intake of catechins might be useful in the prevention and improvement of lifestyle-related diseases, mainly obesity. Catechins are a major component of green tea extract. More research in this area would be helpful in confirming these findings. For more information go to the American Journal of Clinical Nutrition, Volume 81, 2005.


Herbal Blend Containing Guarana Helps Delay Gastric Emptying and Induce Weight Loss

In a recent multi-faceted research project including a double-blind placebo-controlled study, an herbal preparation including guarana significantly delayed gastric emptying, reducing the time a person perceives gastric fullness. The preparation also induced significant weight loss over a 45 day period in overweight patients treated in a primary health care context. Because of the positive results for overweight individuals, the researchers are recommending further clinical studies be conducted. For more information go to The Journal of Human Nutrition and Dietetics, Volume 14, June 2001.




Study Suggests Banaba Leaf Extract May Have Antiobesity Activity


Banaba has been used for a long time as a folk medicine among diabetics in the Philippines. It has traditionally been consumed in the form of a brewed tea. In 1999 an animal study was conducted to see if the extract had antiobesity effects. The results were positive. Additional research needs to be conducted to confirm these findings. For more information go to the Journal of Nutritional Science and Vitaminology, Volume 45, December 1999.

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Study Connects Calcium to Weight Loss

In a study conducted at the University of Minnesota, researchers examined the association between calcium intakes and levels of body fat in black and white men and women. In both men's groups, those with the highest intake of calcium were significantly leaner than those with the lowest intake. In white women, those with the highest intake of calcium were also leaner than those with the lowest intake. No significant associations were found in black women. For more information go to the Journal of Nutrition, Volume 134, pages 1772-1778. 

Calcium Important During Weight Loss

In a study conducted at Rutgers University, researchers studied 73 women who were either on a weight loss diet or a weight maintenance diet, with either normal or high intakes of calcium. The study lasted a total of 6 weeks. Out of the 57 women who finished the study, those on the weight loss diet taking only normal amounts of calcium exhibited inadequate absorption of the nutrient, which has the possibility of impacting bone mass. The researchers suggested that weight loss programs may be associated with increased calcium requirements to help maintain bone mass. More research is needed to support their suggestion. For more information go to the American Journal of Clinical Nutrition, Volume 80, August 2004. 

Yoga Benefits Weight Maintenance and Weight Loss

In a 2005 study, published in the Alternative Therapies in Health Medicine, researchers found that overweight people in their 50s who regularly practice yoga lost about five pounds over 10 years, while a group in the same age range gained about 13 1/2 pounds over the same time period. The conclusion of the study stated that "Regular yoga practice was associated with attenuated weight gain, most strongly among individuals who were overweight. Although causal inference from this observational study is not possible, results are consistent with the hypothesis that regular yoga practice

can benefit individuals who wish to maintain or lose weight." For more information go to the journal Alternative Therapies in Health Medicine, Volume 11, 2005.

Magnesium Intake Essential For Good Cardiometabolic Health

In a recent study published in the journal Obesity, researchers wrote about the intake of dietary magnesium and the prevalence of metabolic syndrome among U.S. adults. They stated that their research showed an inverse association between dietary magnesium intake and the prevalence of metabolic syndrome, adding to the evidence that adequate magnesium intake or a diet rich in the mineral may be important for good cardiometabolic health.

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Research Shows Green Tea Has Positive Anti-Obesity Effects – More Research Helpful

Over the last ten years, the notion that green tea consumption is healthy has received significant scientific attention, especially as it relates to the areas of cardiovascular disease and cancer. Because of the ever-growing obesity pandemic, the anti-obesity effects of green tea are being increasingly looked at in cell, animal, and human studies. Green tea, green tea catechins, and epigallocatechin gallate (EGCG) have been demonstrated in cell and

animal research to reduce adipocyte differentiation and proliferation, lipogenesis, fat mass, body weight, etc., as well as to increase beta-oxidation and thermogenesis. Human research has confirmed these findings. For additional confirmation, more research would help solidify what we know about green tea and since EGCG is regarded as the most active component of green tea, its specific effects on obesity should also be investigated in human trials. For more information go to Molecular Nutrition & Food Research, Volume 50, February 2006.

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Combination of Calcium and Vitamin D May Help Cholesterol Levels During Weight Loss

In a recent trial from the University of Laval in Canada researchers found that a combination of calcium and vitamin D during weight loss intervention in overweight and obese women could improve blood cholesterol levels. The randomized, double-blind controlled study involved 63 women with daily calcium intakes less than 800 milligrams per day. The subjects were assigned to either the calcium/vitamin D group or placebo group, with both groups following a weight loss plan of 700 kcal per day. At the end of 15 weeks of supplementation it was determined that the calcium supplements had a significant positive impact on the total cholesterol ratio of the participants. HDL (so-called "good" cholesterol) and LDL (so-called "bad" cholesterol)