

Re: Weight Loss Nutrition

Source: <http://sci.tech-archive.net/Archive/sci.med.nutrition/2005-10/msg00524.html>

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 - *Date:* Sun, 30 Oct 2005 10:44:30 +0200
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Tommy wrote:

: Are there really any nutrients available today that help promote safe
: fat reduction? YES. --
: Lets look at some of the most researched and powerful nutrients:
: CLA (Conjugated Linoleic Acid)
: A study published in The Journal of Nutrition (December 2000, V12)
: established that the natural dietary supplement conjugated linoleic
: Acid (CLA) reduces body fat in people who are overweight or obese.
: Jan Wadstein, MD, PhD, associate professor at Lund University in
: Sweden states, "CLA may be valuable weight management supplement to
: any diet regimen. Keeping lean body mass and speeding up fat loss
: are the keys to a successful weight program."3

There is evidence that CLA increases insulin resistance. I would not call it
safe supplement as overweight people are often insulin resistant.

http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=16155293&qu

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Juhana

• **References:**

- ◆ **[Weight Loss Nutrition](#)**
◇ *From:* Tommy

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