

# The Weight is Over Now

42 Days to Wellness, Weightloss, and WOW!

with Roberta Mittman



## Roberta Mittman's Supplement Recommendations

Here is a list of supplements you may want to try. Please ask me for guidance if necessary. Keep in mind that some or all may not be right for you or for your medical condition.

### My Basic Recommendations:

- Multi-Vitamin
- Calcium 1200mg (must be calcium citrate)/w/Magnesium
- Vitamin D. 2000 iu
- Omega-3 Fatty Acids/Fish Oils (EPA/DHA )
- Stress/Adrenal/Adaptagen Formula
- Protein Shake (watch sugar grams and form of protein)
- Immune Formula
- Probiotics (Dairy free)
- Digestive Enzymes with meals

### Optional recommendations:

- Green Tea:

Besides being a powerful antioxidant, researchers at the University of Fribourg in Switzerland found that specialized compounds in green tea work together to stimulate the rate of calories burning by up to 500%. (3) What's more, scientists determined that individuals drinking green tea three times per day increase their metabolic rate by 3.5%. The good news is you don't have to drink green tea all day: you can get the power of green tea in a concentrated extract and take it as a pill.

- L-Tyrosine:

This amino acid causes the release of the neurotransmitters serotonin and dopamine which help to balance the brain chemicals responsible for causing uncontrollable food cravings.

- Cayenne:

You know that warm sensation you feel when you eat something spicy like a chili hot pepper? Well, the ingredient responsible for this is capsaicin, and studies show it increases calorie burning (or thermogenesis). In fact, scientists at Kyoto University in Japan discovered that just 3 mg of capsaicin increased the calorie-burning rate of test subjects by up to 10%. Also available in supplement form.

- Chromium:

Researchers at the University of Texas Health Sciences Center in San Antonio found that people supplementing with chromium lost up to 500% more fat than those who didn't use it.(4,5) Studies also

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indicate chromium may improve the metabolism through its effects on insulin. Because Chromium is an essential nutrient for normal sugar and fat metabolism, it is critical in our effort to control and reduce excess body fat. Chromium supplementation effectively lowers blood sugar and insulin levels and can also increase levels of the 'good' HDL cholesterol. This lowers total cholesterol and triglycerides, thus playing a key role in regulating appetite, reducing sugar cravings, and lowering body fat.

- Vitamin C

Vitamin C increases your metabolism, allowing you to burn more fat, even while you are at rest. Boosts the immune system

- Vitamin B-12

Vitamin B-12 converts fat into energy. Energy, in theory, is likely to get you moving, which will burn even more fat. Get B-12 from lean meats, fish and eggs as well as fortified cereals.

- Cinnamon

Cinnamon boosts metabolism and balances blood sugar which aids in weight loss. Sprinkle some on your toast or add some to your morning coffee.

- Vitamin D

Vitamin D and Calcium help insulin problems that lead to fat storage. Without an adequate circulation of Vitamin D into the cells, it will be harder to keep those fat cells in check and regulated. Essential for bone health, immune system. It's typically called the "sunshine vitamin" because we get it from the sun, but often supplementation is necessary, especially in winter months.

- Alpha Lipoic Acid (ALA)

Alpha lipoic acid, often referred to as 'the universal antioxidant,' is a potent antioxidant and anti-inflammatory found naturally inside of the energy producing portion of the cell known as the mitochondria. Alpha lipoic acid enhances our ability to metabolize food into energy. ALA is a unique antioxidant because it is both fat and water soluble. This means it can go to all parts of the cell, including the lipid (fat) portions such as the cell plasma membrane, as well as the interior of the cell (known as the cytoplasm) where water soluble chemicals reside.

- Conjugated Linoleic Acid (CLA)

Conjugated linoleic acid is a fatty acid found in many of the foods we eat. At one time, beef and lamb were exceptional sources; however when their diet was changed from grass to grain, levels of CLA dramatically decreased in the meat and dairy products. CLA has powerful antioxidant/anti-inflammatory activity. It decreases body fat, especially in the area of the abdomen and helps block the absorption of fat and sugar into fat cells (adipocytes). It also helps the insulin receptors remain intact, thus increasing insulin sensitivity.

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- **Glutamine**

Glutamine is the body's most abundant amino acid. It plays an important role in keeping the muscles functioning properly and helps reduce muscle deterioration. Glutamine literally drives muscle-building nitrogen into the muscle cell where it is synthesized for growth. It is also converted into glucose when the body needs more energy. When the body is in a highly inflammatory state, it breaks down our muscle tissue to get the extra glutamine needed, resulting in muscle mass loss.

- **Carnitine**

Carnitine and its derivative, acetyl L-carnitine, are two of the most important nutrients for weight loss. Carnitine is critical for energy formation and an active metabolism. Carnitine transports the fatty acids from our blood into the cell for this energy production. Thus, for carnitine to have optimum effect, we must have adequate essential fatty acids, such as omega 3's, present in the diet.

- **Glucomannan**

Glucomannan is a substance that is extracted from the root of the konjac (a plant native to Asia). Rich in soluble fiber which attracts water and turns to gel during digestion, proponents claim that glucomannan suppresses appetite and promotes the feeling of satiety.

- **Resveratrol**

Resveratrol is an antioxidant found in the skin of red grapes. It is said to speed up metabolism and prevent the growth of fat cells

- **Coconut Oil**

Coconut oil contains medium-chain triglycerides, which are said to increase metabolism and promote weight loss. Some people use it for cooking as well as a moisturizer! (Don't be surprised if it looks solid and white in the container.)