

## SynexDiet a new treatment for Insulin Resistant obesity and Diabetes

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The United States, Europe and China are currently experiencing an epidemic of obesity and obesity related diseases such as diabetes, heart disease and cancer. Cases of type 2 diabetes and the cluster of cardiovascular disorders known as Metabolic Syndrome or Syndrome-X are on the rise. Insulin Resistance is now recognized as the causitive factor for Syndrome-X and the current obesity/diabetes epidemics. Until the development of SynexDiet there has been no successful nutraceutical or pharmaceutical treatment for Syndrome-X and insulin resistant obesity.

**ABSTRACT.** SynexDiet is a new herbal nutraceutical formula designed to treat Insulin Resistant obesity and type 2 Diabetes. It has also been clinically successful in the treatment of type 1 diabetes.

The exact mechanism of action of SynexDiet is not fully known. However, it is postulated that the synergistic effects of the herbal ingredients in the formula repair the insulin cell receptors to better recognize insulin, and metabolize glucose, which virtually eliminates insulin resistance. The thermogenic herbs in the formula stimulate the uncoupling of BAT (brown adipose tissue) which burns fat and releases stored energy.

The SynexDiet formula was tested over an 18 month period on over 80 individuals with varying degrees of insulin resistance caused obesity, as well as type 1 and type 2 diabetes. All subjects experienced successful reduction in fat storage with accompanying weight loss. In subjects that were on oral diabetic medication most were able to successfully discontinue the medication with their primary physicians monitoring and approval.

Individuals with type 1 diabetes were able to decrease the amount of insulin they needed. Some individuals with type 1 diabetes were able to successfully discontinue insulin treatment with the monitoring of their primary care physicians.

We have conducted three related protocols to determine whether SynexDiet does indeed inhibit insulin resistance, balance blood sugar levels and stimulate fat loss. The first protocol was performed on overweight insulin resistant subjects and the results of three subjects whose results are indicative of the findings of the other subjects are reported here. The other two protocols were performed on overweight/obese subjects with type 1 and type 2 diabetes. All data from the three protocols revealed that SynexDiet does indeed inhibit insulin resistance, balance blood sugar levels and

**stimulate fat loss.**

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In Western countries, the leading cause of death is heart disease with cancer diabetes and obesity following. Current worldwide research indicates that insulin resistance may play a role as the underlying factor in all these diseases which are now collectively known as Metabolic Syndrome or Syndrome-X. Research from the National Institutes of Health, Stanford University and other research centers have clearly identified the existence and effects of Insulin Resistance, a biochemical condition that causes excessive weight gain leading to Syndrome-X. This research supports our theory that Insulin resistance is the primary factor for the current epidemic of obesity experienced in the U.S. Europe and China.

SynexDiet was created as a treatment for insulin resistant obesity. We believe that SynexDiet can help prevent the heart disease, diabetes and cancer, which are part of the emerging pandemic disease entity known as Syndrome-X.

The research data supporting the use of the various ingredients in SynexDiet indicate that each have specific functions that balance blood sugar levels, stimulate the thermogenesis of adipose tissue and promote a feeling of well being. International evidence over at least 15 years on the use of the various herbal ingredients used in the formula support the research data.

The three related protocols were conducted in a non clinical setting in which SynexDiet was administered to subjects for reduction of glucose levels and increase in the metabolism of stored adipose tissue.

In summary, treatment of the subjects with SynexDiet decreased blood glucose levels, reversed insulin resistance and promoted the thermogenesis of stored adipose tissue leading to successful healthy weight loss.

## **Protocol I. Insulin Resistant Subjects Treated with SynexDiet**

**Subject J.D.** A 54-year-old male with severe insulin resistance and related obesity. Subject weighed 220 lbs at the start of the study. All serum values were normal except for glucose which was slightly elevated. Blood pressure was 145/90.

J.D. had tried various weight loss formulas and experienced weight gain of 5 lbs using Cortislim™. He experienced severe caloric restriction using only hoodia by itself but no weight loss. He did not experience any weight loss with any of the other formulas he used.

During the course of the study the subject lost 10 lbs the first week and 5 lbs each week thereafter. Weight loss decreased to 4 lbs on week 5 and averaged 4 lbs thereafter. Subject lost a total of 45lbs over a three month period. At the end of the study all serum values were normal and blood pressure was 117/79. Subject ate normally and did not follow a diet. He reported experiencing less hunger and his overall caloric consumption decreased. The subject also reported an increase in energy and an enhanced feeling of wellbeing.

**Subject D.M.** A 42-year-old female with insulin resistance obesity. D.M. was 120 lbs overweight and had tried various diets and supplements over 27 years but had failed to lose any substantial weight and maintain any weight loss. Treatment with SynexDiet 1 capsule qid was initiated in July 2005. Weekly weight loss averaged 5lbs per week. By November 2005 The subject had lost 67 lbs. The subject also reported an increase in energy and an elevation of mood with a decrease of her feelings of depression while on the product.

**Subject C.B.** C.B., was an overweight 22-year-female with insulin resistance. After 3 months using SynexDiet 2 capsules tid, she lost 32 lbs achieving her targeted weight of 125 lbs. C.B. continued to use SynexDiet after the study because “it decreased her mood swings and cravings”.

**Protocol II.** Study Of Overweight Volunteers With Type 2 Diabetes.

**Protocol III.** Study Of Overweight Volunteers With Type 1 Diabetes.

The results of protocols II and III will be

discussed in a later abstract.

## **DISCUSSION**

SynexDiet is a very successful herbal nutraceutical formula for the treatment of individuals with insulin resistant weight gain and obesity. Study results show that it successfully reverses insulin resistant weight gain, stimulates internal thermogenesis, lowers blood glucose levels, decreases appetite and the risk of Syndrome X related diabetes and cardiac disease.

Three related protocols were pursued. In protocol I, overweight insulin resistant individuals were treated with SynexDiet.

Protocol II consisted of treating overweight individuals with type 2 diabetes with SynexDiet.

Protocol III consisted of treating overweight individuals with type 1 diabetes with SynexDiet.

The results of all three protocols reinforced the results of the individual protocols and demonstrated that administration of SynexDiet does indeed lower blood glucose levels, stimulate thermogenesis and treat insulin resistant weight gain. Therefore, SynexDiet does inhibit insulin resistance and promote healthy weight loss in insulin resistant individuals and individuals with type 1 and type 2 diabetes.

These findings have important implications for the use of SynexDiet in the treatment of insulin resistant weight gain, the prevention of Syndrome X and the overall treatment of obesity.

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