

ASK THE EXPERTS

Can supplements help me lose weight?

BY JESSICA ERNEWEIN

Weather is changing, leaves are falling, snow is blowing, Santa is here and before we know it, we will be ringing in the New Year. You know what comes next... the New Year's resolution.

Weight loss is the topic of more than a quarter of resolutions. While diet and exercise play a large role in determining if you are going to lose or gain weight, there are a lot of products that can drastically help.

Many of these supplements have been featured on Dr. Oz or on breakfast television shows. Here is a quick breakdown of some of this year's top products that can yield results.

African mango (AKA Irvingia) is for overeaters or emotional eaters. African mango works as an amazing appetite suppressant. This product can be used for lowering cholesterol and for diabetics. There are no known side effects from using African mango.

Garcinia cambogia helps people who are stressed out and store their fat. This product helps with fat metabolism as well as appetite suppression. It is recommended to make sure the product is containing a minimum of 50 percent hydroxycitric acid. Recommended for the emotional eaters, it is not recommended for diabetics who are on diabetic medications as it may allow sugar levels to continue to drop.

Green coffee bean is a metabolism booster and blood sugar regulator. This product is not effective because it contains caffeine—most of the ones on the market are actually decaffeinated allowing for caffeine sensitive people to use it—but due to the chlorogenic acid levels. It is recommended for best results to use only products

containing over 45 percent of the chlorogenic acid. There are no known side effects for this product and it is safe for most people to use.

Raspberry ketone is strictly for metabolism boosting. It helps regulate the metabolism by breaking up the fat cells more efficiently. This product is extremely effective but cannot be used by everyone and should not be used by people who have anxiety, depression, any sort of mental illness, high blood pressure or ovarian or prostate conditions. Although this product is very effective for weight loss, it has been shown to elevate those conditions. But for people unaffected by those conditions, it is perfectly safe.

Safflower oil is strictly a metabolism booster. This one, however, tends to focus particularly on belly fat and is not so helpful to people who carry their weight below the waist. Safflower oil contains CLA (conjugated linoleic acid) which is what targets and banishes the abdominal fat. This product is not recommended for people with fatty liver issues or pre-existing liver complaints.

For best results on your New Year's resolution, take into account which body type you are (where you tend to carry your weight), whether or not the issue is slow metabolism or overeating, and if you have any pre-existing complaints that will be affected by the product.

Although most of these products do not have any counter-indications with medication, ask your health-care provider before consuming any of these products. **EL**

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