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Did Losing Weight Just Become Easier?

This isn't click-bait – there is a new study out that proves it is quite possible

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Very few people find losing weight easy, especially as they age, but a recently published study found that taking a particular compound **reduced weight and total body fat** in overweight/obese adults, **WITHOUT CHANGES TO DIET OR PHYSICAL ACTIVITY¹**.

Now, I would absolutely still recommend dietary changes for most Americans, especially those eating the Standard American Diet – abbreviated by the acronym “SAD”. The use of the acronym, SAD, couldn't be closer to the truth for what this diet does to Americans' bodies – since the SAD is too high in processed foods, too high in sodium, full of sugar, full of carcinogens, full of empty calories and lacking in nutrients and nutrient dense foods² – this diet leads to the promotion of obesity, cardiovascular disease, diabetes and many other lifestyle-related chronic illnesses including some cancers.

I would also recommend, and the research agrees, that most people should also get at least 30 minutes of moderate activity per day³.

But now back to the point of this blog...

The recently published study from September of 2020 used the biologically active form of a substance called lipoic acid. In this study, the researchers found that 26% of participants achieved **AT LEAST a 5% decline in body weight** by the end of the study. **That would be a loss of almost 9 pounds for a person with a starting weight of 175 pounds...without making any other changes!**

However, to achieve and maintain successful weight loss results, multiple approaches are often needed. As mentioned above, I also recommend diet and lifestyle changes and don't want anybody to think of lipoic acid as a miracle cure for weight loss.

But lipoic acid should be considered a helpful candidate to add to any weight loss program.

Women in the study saw an average weight loss of 3.2% after 24 weeks along with an average 6.5% reduction in body fat!

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More Information on Lipoic Acid

Lipoic acid is a compound made in the human body and is naturally produced in the mitochondria of our cells (remember the mitochondria from 7th biology class? This is the “powerhouse of the cell”).

Mitochondria play a critical role in providing energy to the cell, maintaining cellular metabolism as well as regulating cell survival and death. When the mitochondria aren't functioning properly, many body functions may not work properly.

Lipoic acid is also found in some fruits, vegetables and meats...but only in *very, very* small amounts. It is a free-radical scavenger and so it acts as an antioxidant. Antioxidants help **reduce inflammation, reduce skin aging, promote healthy nerve function, lower heart disease and diabetes risk factors and slow the progression of memory loss⁴. It can even help slow the promotion of HIV activation⁴.**

Lipoic acid exists in two forms: the “R” enantiomer form which is the most biologically active form and the “S” enantiomer form which is still helpful but less active.

Most commercially available forms of lipoic acid (read = drug stores, big box chain stores, Amazonian-sized online retailers, etc.) typically provide a 50/50 ratio or less of the active form...meaning you are NOT GETTING what you pay for through them.

Fortunately, full-strength R-lipoic acid has been stabilized in a supplement form and available for nearly 20 years and is available for order through our supplements website - <https://wellevate.me/diane-smith>

The Nitty Gritty on the Weight Loss Trial with Lipoic Acid

A 24-week study was done at the Linus Pauling Institute at Oregon State University, Oregon Health & Science University and the Boston University School of Medicine.

Participants were selected who were overweight or obese and had triglyceride levels of >100mg/dL.

The subjects were assigned at random to one of two groups. One group received 255mg of R-lipoic acid twice daily and the other group received the placebo twice daily – both groups continued on this dosage for six months. And there were no changes to the diet or lifestyle in either group.

At the end of the trial, 26% of the study participants achieved at least a 5% decline in body weight.

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Women often mention that they don't seem to lose weight as easily as their male counterparts...so when looking just at women's results, **women averaged a weight loss of 3.2% and a 6.5% reduction in body fat.**

The researchers hypothesized that the fat-reducing effects could have come from improved cellular energy and improved cellular function from lipoic acid metabolism. The findings suggested that the use of R-lipoic acid could be a helpful tool in any weight loss program/strategy.

Even MORE Benefits from Lipoic Acid

Weight loss and body fat loss decrease a person's risk of nearly all chronic diseases¹.

But in this recent study, R-lipoic acid also improved some markers of oxidative stress¹. **Reductions in oxidative stress decrease a person's risk of nearly all chronic diseases – including cardiovascular disease, diabetes, cancer, dementia, Alzheimer's, etc⁵.**

The study subjects given R-lipoic acid had a 25% reduction in urinary F2-isoprostanes, a marker of lipid peroxidation.

Why is lipid peroxidation bad? Lipid peroxidation (LPO) products are highly reactive and display marked biological effects, which, depending upon their concentration, cause selective alterations in cell signaling, protein and DNA damage and cytotoxicity⁵.

"Increased formation of lipid peroxides and aldehydes has been observed in atherosclerosis, ischemia-reperfusion, heart failure, Alzheimer's disease, rheumatic arthritis, cancer and other immunological/autoimmune disorders⁵." You can see that **reducing LPO is a GOOD THING!**

The study subjects also saw **antioxidant gene expression increase by 22%**. That's also a GOOD THING and demonstrates something called EPIGENETICS – that lifestyle choices can alter our gene expression! That's **HUGE!**

In Summary...

Reductions in total weight and body fat can help reduce the risk of chronic disease and can alter our gene expression!

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Lipoic acid has the following benefits:

- has a powerful impact on metabolism and can help with weight/fat loss
- can reduce oxidative stress
- can improve lipid levels
- is a promising tool for use in weight management programs

If you have any questions, please feel free to call our office. While we can't provide specific recommendations to people without a full medical history and intake, becoming a new patient at our office is simple and more affordable than most people think. We look forward to hearing from you.

Cheers to good health!

Dr. Diane K. Smith, DC, CCSP
Certified Chiropractic Sports Physician
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References

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