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# Townsend Letter

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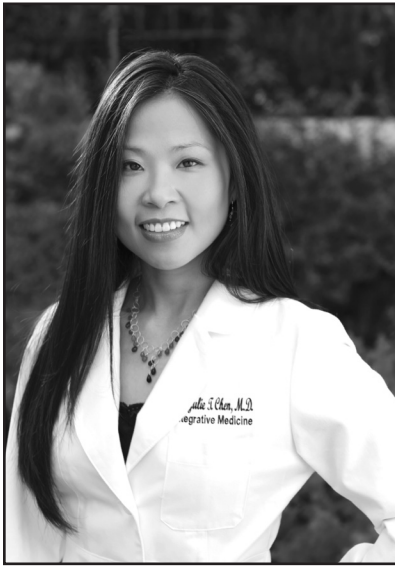
## **Kidney Disease Treatment**

Natural Therapies Offer Hope



*The Examiner of Alternative Medicine*

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## Dr. Julie

by Julie T. Chen, MD  
[www.makinghealthyez.com](http://www.makinghealthyez.com)

### The 411 on *Garcinia Cambogia* Extract for Weight Loss

I was recently on a national television show that focused on fastest fat-burning supplements. The main supplement in question was *Garcinia cambogia*. What I loved about the show is that it gave great exposure to a little-known supplement that might help people with weight loss. However, there is still some information about this supplement that we did not have enough time to go over on the show and definitely not in as much detail as I would like.

Before I continue with this discussion on *G. cambogia*, I would like to first and foremost mention that I do not sell this product nor endorse any brands. However, I have helped patients in my integrative medicine clinic in San Jose, California, with the usage of this supplement. So I am going to lay out as much practical information as I can, based on some of the studies that are out on this topic. I will also address some concerns about what, in my opinion, still needs to be done on this supplement in regard to research.

*G. cambogia* is a fruit that's been eaten for centuries in India and Asia. Within the natural fruit rind, there is about 20% to 30% of the hydroxycitric acid (HCA). When patients purchase the *G. cambogia* extract (GCE) used in the supplements, there is usually about 50% to 60% of the HCA used as an active ingredient.

Based on the studies, there is potential that this supplement can support weight loss by helping patients feel full more quickly and help turn food into a usable energy source in the body instead of storing it as fat. The supplement also may support mood based on a serotonin effect, which may be particularly helpful for people who overeat due to emotional stress.

One other benefit shown by studies is that patients may in fact gain more lean body mass using this supplement, especially if they exercise and eat right. One preliminary

study suggests that even if the weight on the scale doesn't budge, there is a shifting of body mass toward more lean muscle mass with fat loss, and we know that muscle weighs more than fat so the body is definitely on the way toward being leaner.

I like to point out this finding to my patients, since so many people become discouraged early on in their weight-loss journey because they follow the numbers on the scale. I always tell them that they have to pay attention to how their clothes fit. If the clothes are fitting looser and you look more toned, even if the number on the scale isn't changing yet, it doesn't mean that your body isn't shifting towards a healthier composition.

In fact, many times, I see in my patients several months of the same weight despite clothing becoming looser before the numbers on the scale start to budge. This healthier body composition change early on in the weight-loss journey is a good thing because the exercise and healthful foods are helping the body to have a higher composition of muscle.

It seems based on preliminary studies that GCE helps along this natural process of a healthier lifestyle so that you may build that much more muscle and far less fat. One caution, though, is that patients were studied for only 12 weeks on the supplement. So in general, just to keep things very safe and conservative, I do not recommend using the supplement for more than three months. Keeping that in mind, you should not use this supplement as the only tool to help you lose weight. I always encourage my patients to eat healthfully and exercise daily so that the supplement can help boost the beginning of the weight-loss journey, but at three months, you'll have to keep it going by the healthful lifestyle patterns that you've developed along the way and stop taking the GCE until there are more research results for longer-term usage.

While the preliminary studies are promising, further larger studies need to be done to definitively provide the information that we still need, such as whether it is safe to take GCE daily indefinitely, or whether six months is just as safe as three months. While people have been consuming the fruit for centuries, the extract form with its higher HCA still needs to be researched in larger studies and also with longer durations.

For now, the smaller studies suggest that the dosages of 1500 to 3000 mg/day are relatively safe for three months of use, but as always, I caution readers to check with your physician first before starting any new supplements. Those who have diabetes or are on cardiac medications should not take this supplement due to concerns about interactions with medications and safety. Also, women who are pregnant or breast-feeding should avoid it until we have more definitive information on safety for fetuses and babies.

I am not in favor of taking GCE with other weight-loss supplements due to lack of data for safety, but I hope that

with the growing public interest, more studies will be done on a larger scale for this promising supplement.

So, as we move forward into the summer season, I want you to keep in mind that while GCE can help you to get your weight-loss efforts into gear, you need to make your healthy diet and exercise routine the core of your journey. If you only depend on supplements for weight loss, the ultimate long-term goals are rarely ever optimally sustained. It is with a healthy change in lifestyle habits that you will be able to sustain the weight loss that you've achieved with the help of some fat-burning supplements like GCE along the way.

## References

- Downs BW et al. Bioefficacy of a novel calcium-potassium salt of (-)-hydroxycitric acid. *Mutat Res.* 2005;579:149-162.
- Ohia SE et al. Safety and mechanism of appetite suppression by novel hydroxycitric acid extract (HCA-SX). *Mol Cell Biochem.* 2002;238:89-103.
- Garcinia cambogia extract: 90045-23-1. Material prepared for National Cancer Institute by CSWG by Technical Resources International Inc. under contract number N02-07007.

# Calendar

Please submit an announcement of your event 90 days in advance. Event publication must be limited to 25 words or less. Multiple event listings require paid advertising.

**MAY 29-JUNE 2: ACAM SPRING 2013 EDUCATION SUMMIT** in Hollywood, Florida. Basic chelation, integrative psychiatry, Lyme and biotoxin disease, hyperbarics, and mitochondria. Also credentialed exams. 12 AMA PRA category 1 credits available. CONTACT: [http://www.kintera.org/site/c.eIKXlcOVljJ4H/b.8485411/k.69AD/ACAM\\_Spring\\_2013\\_Home\\_Page.htm](http://www.kintera.org/site/c.eIKXlcOVljJ4H/b.8485411/k.69AD/ACAM_Spring_2013_Home_Page.htm)

**MAY 30: UPROOTING ANXIETY: REMOVING AN OBSTACLE TO SUSTAINABLE WELLNESS** with Lise Alschuler, ND in Schaumburg, Illinois. Also, JUNE 4 in Portland, Oregon; JUNE 5 in Seattle, Washington; JUNE 13 in Louisville, Kentucky; JUNE 26 in San Francisco, California, JULY 25 as a live webinar. CEs for NDs & DCs. CONTACT: <http://www.integrativeinc.com/Education/Events.aspx>

**MAY 30-JUNE 1: INSTITUTE FOR FUNCTIONAL MEDICINE 2013 ANNUAL INTERNATIONAL CONFERENCE** – Illuminating the Energy Spectrum in Dallas, Texas. CONTACT: 800-228-0622 or 253-661-3010; <http://www.functionalmedicine.org>

**MAY 30-JUNE 2: HOMEOPATHY RESEARCH INSTITUTE CONFERENCE** – Cutting Edge Research in Homeopathy in Barcelona, Spain. CONTACT: <http://www.homeoinst.org/conference>

**MAY 31-JUNE 2: CRANIOSACRAL THERAPY LEVEL III** with Nancy Witt @ Bastyr University in Kenmore, Washington (near Seattle). CONTACT: 425-602-3152; <http://www.bastyr.edu/continuing-education>

**JUNE 1-2: KLINGHARDT ACADEMY** presents **AUTONOMIC RESPONSE TESTING (Level 1) – EAST** in Jenkintown, Pennsylvania. Also, SEPTEMBER 7-8. CONTACT: 908-899-1650; [info@klinghardtacademy.com](mailto:info@klinghardtacademy.com); <http://www.klinghardtacademy.com>

**JUNE 1-3: MEDICINES FROM THE EARTH HERB SYMPOSIUM** in Black Mountain, North Carolina (near Asheville). CEs available. CONTACT: 541-482-3016; <http://www.botanicalmedicine.org>

**JUNE 7-9: CANADIAN ASSOCIATION OF NATUROPATHIC DOCTORS** presents **HEALTH FUSION** – The Integrative Treatment of Chronic Inflammatory Conditions in Ottawa, Ontario, Canada. CONTACT: <http://www.cand.ca>

**JUNE 7-9: HEALTH FREEDOM EXPO** @ Renaissance Schaumburg Hotel & Convention Center in Schaumburg, Illinois (near Chicago). CONTACT: <http://www.healthfreedomexpo.com/hfe/>

**JUNE 7-9: MORA NOVA TRAINING WORKSHOP** in St. Louis, Missouri. Guest lecturer Nuno Ruivo, DO, from Med-Tronik Germany. Using MORA Nova and BioResonance for clinical application. CONTACT: Occidental Institute, 800-663-8342 or Prevention & Healing, 314-432-7802

**JUNE 14-16: AROMATHERAPY CONSULTATION** with Jimm Harrison @ Bastyr University in Kenmore, Washington (near Seattle). CONTACT: 425-602-3152; <http://www.bastyr.edu/continuing-education>

**JUNE 22-23: CLINICAL NUTRITION: FOUNDATION OF HEALTH (PART 1)** with Dr. Bruce Bond in Dallas, Texas. 16 CEUs. CONTACT: Standard Process of North Texas, 817-845-8325; <http://www.standardnutritionalseminars.com>

**JUNE 22-29: CLINICAL & COMPARATIVE MATERIA MEDICA HOMEOPATHY SUMMER SCHOOL** with Dr. Subrata K. Banerjee @ Allen College in Essex, England or online. CONTACT: <http://homeopathy-course.com/index.php/homeopathy-events-list/132-summer-school-2013>

**JULY 7-9: INTERNATIONAL CONGRESS ON NATUROPATHIC MEDICINE** in Paris, France. CONTACT: Shirley Dinenson, (phone) 41 22 5330 948 ; (fax) 41 22 5802 953 ; [sdinenson@paragon-conventions.com](mailto:sdinenson@paragon-conventions.com); <http://icnmcongress.com>

**JULY 10-13: AMERICAN ASSOCIATION OF NATUROPATHIC PHYSICIANS 2013 ANNUAL CONFERENCE AND EXPOSITION** – Walking Our Talk in Keystone, Colorado. CONTACT: <http://www.naturopathic.org/conference2013>

**JULY 12-14: COLORADO INTEGRATIVE MEDICINE CONFERENCE** – Focus on Mind-Body Medicine and Lifestyle Management in Estes Park, Colorado. Sponsored by the University of Colorado School of Medicine and AlterMed Research Foundation. CONTACT: 970-310-3030; <http://www.altermedresearch.org/Conferences.html>

**JULY 13: NUTRITIONAL PERSPECTIVES ON NEUROLOGICAL DISORDERS** with Dr. Court Vreeland in Houston, Texas. CEs for DCs. CONTACT: Biotics Research, 800-231-5777; [biotics@bioticsresearch.com](mailto:biotics@bioticsresearch.com).

**JULY 13-14: MASTERING THE PROTOCOLS FOR OPTIMIZATION OF HORMONE REPLACEMENT THERAPY (Session 1)** with Neal Rouzier, MD in Chicago, Illinois. Also, **SEPTEMBER 8-9** in Pittsburgh, Pennsylvania, and **NOVEMBER 9-10** in San Antonio, Texas. CONTACT: AnazaoHealth Corporation, 800-995-4363; <http://www.anazaohealth.com/Seminars.aspx>