

Health Hound - Volume 1

Is Healthy Trim (Healthe Trim) Really, Well, Healthy?

November 3rd, 2011

Healthe Trim's nationwide radio ad campaign claims that you can get "High School Skinny" by taking 2 capsules on an empty stomach 3 hours before breakfast. The idea of deferring breakfast seems counter to conventional weight loss wisdom, but Healthe Trim has an impressive array of radio disk jockeys who claim to have lost as much as 71 pounds while taking the product.

The pack has sent in several requests for an investigation, so I decided to pick up the scent and track down the real story. My findings didn't exactly come up roses...

This is just insulting. You cannot lose weight without changing your diet. If this was true they would not even have to advertise.

Product contains Hydroxycitric Acid (HCA). On May 1, 2009, the FDA issued a warning for consumers to stop using a competing product, Hydroxycut (a product containing HCA), because of reports of liver failure requiring liver transplants in some cases.

Based upon comments on forums, complaint boards, and on this blog (please see below), Healthe Trim customers don't appear to be losing weight. I am not finding as many customer service issues as other products I have reviewed, but enough to know that they do some creative billing.

In short, it appears to be yet another one of those over-aggressive marketing organizations that I love to sink my teeth into.

Well, "not changing your diet" simply isn't going to cut it! I wish I could snap my fingers and make you, "High School Skinny".

Healthe Trim also claims to reduce cravings (kind of weird since you don't have to change your diet). This is also something a pill won't do. But a lot of my pack has found that cravings are often caused by eating the wrong foods. If you start eating the right foods, most cravings go away on their own.

There is a great alternative to Healthe Trim that my pack loves. Unlike Healthe Trim, this program is not scam. It's a 100% free report I've put together that teaches you several proven methods to lose weight. In the Health Hound's opinion, I would say that it's a no-brainer not to at least give this free report a try.

Save Your Money! Download the Health Hound's FREE Weight Loss Report!

My 100% no-bull report "The Health Hound's Fast, Safe, & Effective Way To Lose Weight Quickly!" has been downloaded over 137,782 times and has the simple action steps anyone can

take to lose weight fast. All I ask in return is that you check out my free newsletter (you can unsubscribe any time!) that contains periodic health and weight loss tips and scam alerts delivered right to your inbox. You owe it to yourself to check this out!

Don't just take it from me! Here are a few emails from others who have checked out my weight loss report:

I want to thank you for the weight loss report . I started on it 2/23/11 as of today I have lost 23 lbs. and feel great ! I am exercising and lifting weights along with the clean eating. This is the first plan that has helped me keep losing and not crave anything like I always did on other eating plans. again thanks for getting me on the right path I am so happy I found your website!"

Great download! I am a real skeptic – especially with downloads, but I have to say I was pleasantly surprised by your write-up. It makes sense! A friend recommended Sensa and after reading your site, I am (once again) too skeptical to try."

1.

Terron says:

Okay so I read all the comments and I see that this product has different effects on everyone. I have been taking healthe trim for a month now and have lost twenty pounds. Okay so here's hhow I do it. I take one pill at 5am when I wake up drink two cups of water. I get ready for worwork. Then at around 7:30am I eat a yogurt or an apple or a banana or even a protein shake. I then consume more water afterwards. At 11:45 am I take my second pill. Then around 1pm I eat a nice big meal consisting of meat, salad, sometimes white rice, sometimes even pasta. Pretty much whatever I want. Afterwards I'm stuffed because the pill really does curb your appetite. I go back to work drink more water. I go home and I'm still full of energy so I do my taebop 24/7 workout for 30mins sometimes I do an hour. I eat a very small dinner dinner sometimes I will have a protein shake with yogurt, bananas and strawberries. Sometimes a bowl of cereal with bananas or a sandwich on wholewheat bread or some fish and salad. Oh I also use chia seeds which is amazing. Sprinkle them on any thing you eat and you will feel great. So overall the healthe trim pills are not magic pills but they do give you loads of energy but not the jittery kind. And they do help curb the appetite. I've even taking them when I was sick with a terrible cold and it went right away after two days. Oh and remember you can't drink coffee, eat chocolate or have artificial sugar while using this product as it will not work. If you follow the directions you shouldn't have a problem. I can go on and on about how wonderful this product is because I feel amazing. I still have a long ways to go but I'm happy I found something that works.

2. **Emily says:**

I took my first supplement of Healthe Trim this morning (2 pills, as directed)...and I feel like I'm going insane. For someone who already struggles with an anxiety disorder, this certainly does not help my case. Sure, I'd love to lose weight, but I also don't want to lose my freaking mind. Ann's experience with HT is almost identical to mine; I had a full blown panic attack just two hours after taking the supplement. Tight chest, nausea, and an overwhelming sensation of dread. I took two Xanax and still feel shaky and uneasy. I will not be taking anymore HT. Diet and exercise may take longer to shed the weight but it's better than feeling like you're dying. (I will concede that my experience with Healthe Trim may be slightly extreme due to my predisposition to panic attacks.)

3. **JAMIE KNUDSEN says:**

I am a personal fitness and nutritionist trainer. I take 1 Healthy trim in the morning before I workout. I don't wait 3 hours to eat breakfast either and I have lost weight and feel great. I take 1 pill an hour before workout, workout for an hour, then I drink a protein shake or a light breakfast. I have been taking Healthy trim for about 6 months now and I will continue to take it to get me a jump start in the morning before workout.

4. **Ann says:**

I am not going to say that this product does not do what it says it will do; as I lost 8.5 pounds in 2 weeks. I too was sucked in by the radio adverts and ordered a bottle to give it a try. I took the product as directed except I only took one pill in the morning and one pill in the afternoon for the first week. During the second week, I began taking 2 pills in the morning and one in the afternoon. I had no problems, issues, side effects at all. During the beginning of the 3rd week I started having trouble breathing. I felt as if I couldn't get air down in the bottom of my lungs and began experiencing tightness in my chest. I thought if I went back down to the one pill in the morning everything would go back to normal. Well... that was not that case. The breathing issue and tightness in my chest did not go away and while I was driving to work I began to experience out of control heart palpitations. I could feel my heart beating in every part of my body... all of a sudden I couldn't catch my breathe and was breathing excessively to try to calm down and get air in my lungs. Unfortunately I was unsuccessful- I pulled over into a parking lot and got out of the car. While stepping out, I lost control of all of my limbs and muscles in my face and collapsed to the ground. I just barely reached my cell phone and dialed 911. It was very difficult to speak because of the numbness in my face. I had gone unconscious by the time EMS arrived. I was

admitted into the hospital where they said I suffered from an anxiety attack; which from what they told me was very common with the diet pills (HT) I was taking. I had nothing to worry about.. I was going along my day as normal until my heart went out of control. I have been out of the hospital for 3 days not and still do not feel right. I have done a lot of research since and found that the heart palpitations are a "normal" side effect of these pills. There were other forum I found with similar stories to mine. While I enjoyed sheading the few pounds... I would have to say I value my life more. I could have not only killed myself that day, but others who were on the road around me if I had not pulled over.

I would not recommend this product to anyone after what happened to me. I understand everyone is different- so if you are considering this product I suggest you consult your doctor and do some research prior to doing so.

• **Henry says:**

Glad to hear you are okay, Ann! Thanks for sharing your story with others.

5. **Edgar says:**

funny I hear this lady on the radio in phx az that she lost 55lbs in a month that sounds crzy lol I wont even bother

6. **Evie says:**

It worked for me. I lost 70lbs on it. true, I changed how I ate, and I worked out as well. and they state that you need to do that. but I really didn't start to change what I was eating and how much I worked out until after I was off Healthy Trim. I have lost 100lbs. and like I tell everyone that ask, Healthy Trim gave me the jump start I needed. it's not right for everyone, but it was right for me.

7. **Tara says:**

I am a mother of 2 little boys trying SO hard to loose 20 more pounds. I thought for a "hot" second about ordering Healthe Trim but upon reading these testimonials I think I am going to pass! I know what I have to do...starting the "Insanity" workout video's with my husband and I am going to do this! In my right mind I know these pills won't work...so we all need to get up, workout and just eat healthy!!! Good luck to everyone!!!

8. **Heather says:**

I have been taking HT for 2 months now and I have not lost any weight. I'm 5'9" and 174. I initially lost about 6lbs, but quickly put it back on. I was taking 2 pills in the morning, and eventually tried the extra

one pill in the afternoon. It did increase my energy at first and did suppress my appetite. But I found that my stomach would feel swollen after taking the HT. A very uncomfortable feeling. So I cut down to one pill in the morning and one in the afternoon. I have been drinking only water every day...6-7 16.9oz bottles. No matter what though, I could not get rid of my late night cravings. It's very frustrating.

9.

Coleman says:

No diet or supplement is right for everyone. I have been taking HT as part of a personal lifestyle change. Always "thin" I was feeling very unhealthy and gaining weight in my stomach that I couldn't seem to lose. HT was not the cure, but certainly helped. I run 3-4 miles in the morning and take it before I leave. It gives me energy and I'm really not that hungry. By the time I run (6am) clean up, get the kids ready and prepare for work, I am able to eat if I want. I usually drink a shake (banana, strawberry, 1% milk, and protein powder) It runs around 350-500 calories and gives me the energy/nutrients I need to get to lunch. I eat normal lunch and dinner but HT has helped me to decrease my portions. I was 6' 2" 187 when I started. Today (1 month later) I weighed in at 176. I feel fantastic! Again, it takes more than a supplement, but I like HT as a part of my movement to become healthy. I will, however, be looking into the effects it may have on my liver. Thanks for the tip. NOTE: It recommends two each morning. Most mornings I only take one. I also drink a LOT of water. 8-10 glasses a day.

10.

Leslie says:

Hi all,

I am a certified sports nutrition specialist. Anything that says do not eat breakfast is a bad idea. Eating a healthy breakfast fuels you and gives you energy which in return helps you to burn more calories. Nothing can be better than a healthy diet and exercise. It's the only proven long-term weight loss system. It is okay to supplement but only along with your healthy diet and exercise program and do your research on your supplements. And anything that promises quick weight loss is unhealthy and a scam. People have come to me asking about this product. Consult your doctor and a specialist. We are trained professionals, and part of what we are trained in is recognizing fad diets etc. Hope this helps.

11.

Andrew says:

Gives you lots of energy and makes you feel warm and hyper (like 5 hour energy). I drink 2 Liters of water before lunch so no headaches. I think the water helps to suppress hunger, and so it is really the smaller lunch (because you are full of water) and skipping breakfast that seems to make you lose weight. I still have massive dinners. 6'4" and 230lbs.

12.

franki says:

I took health trim for a month-ran out. I'm going to buy more. It was good in helping my cravings and at a meal time instead of eating 3 plates I only ate one. Never have been able to do that on my own! I lost 15 pounds in that one month. It helped to take one pill in the morning and 1 in the afternoon. Gave me energy without feeling too jittery. Drinking lots of water does help. There is an ingredient in Health trim that makes you thirsty and so if you don't drink enough water that is what causes the headaches. Good luck to anyone who tries it. My advice is follow the directions COMPLETELY.

13.

kathy says:

I was watching tv and there an advertisement regarding healthy trim and I was going to buy until I saw your web site. I have tried sensa without any success.

I have a bad back and have had several epidurals and gained at least fifteen pounds and have a appetite that won't stop. I have never weighed this much in my life. I can't exercise because of my neck and back, today I have made up my mind to drink water and stay away from snacking hoping that will help, can you help me?

14.

Mags says:

I took ht for the first time today and it was awful I followed the directions and within one hour I Was shaking, dizzy and nauseous and sick to my stomach. I got sucked in to the advertising and should have known better. Gotta just sick it out with proper nutrition and exercise!

•

Henry says:

Can't go wrong with those two—proper nutrition and exercise, I mean!

15.

Norma says:

I took Health Trim for 2 weeks. I followed every direction completely. I haven't lost any weight. The hardest part was waiting three hours to eat since we all know eating breakfast is important. I completely gave up coffee and that was so hard to do. I did not feel any loss of appetite. I would say don't bother with this, save your money and your liver. I'm sending it back today.

16.

Heather says:

I started taking HT about 2 weeks ago. It really does curb your appetite and gives me a nice boost in energy, but doesn't make me jittery. My only complaint is that it does

give me heart burn. I've tried to increase my water to offset this but that hasn't help thus far.

17.

John C says:

Well I have been taking Health Trim for 14 days. I see a little difference, but little weight loss. I drink water all day trying to mean the 8 to 10 glasses, but I have a glass of koolaid at dinner time. Doing this is a little hard. I wake up in the morning hungry and take HT, and have to wait 3 hours. I don't like that part. So I have to eat, but I can tell that I am less hungry. For it's hard to follow HT to the T, with work and my time frame getting up, it's all over the place. If you have any ideas, please let me know, as of now I won't be buying again.

18.

Morgan says:

Nice to know that it isn't true. That figures.

19.

Crystal says:

I've been curious about trying a plan for awhile. I have been walking more, working out 3 times a week and eating healthier with out any real change. I've cut down in coffee, sodas and breads. Again no real results it sours me and makes me truly unhappy. So I am debating starting healthe trim. I'm curious about it.

20.

Deb says:

I'm debating on starting healthe trim (although after reading many of the reports I'm starting to question if I made the wrong decision ordering it...) Any thoughts? I need results fast! And I know they won't happen over night, but I'm just wondering...is Healthe trim worth trying?

21.

Jane says:

I guess it really depends on the person. I began taking Healthe Trim in mid June and althought I have lost 5lbs the side effects are unbearable. I have been experiencing terrible headaches, nausea and dizziness. I even tried to reduce to the 1 pill at a time with no impact. I eat right and exercise 5 days a week. I have found that drinking water does help with the side effects but they do not go away. I will be discontinuing the use of this product ASAP. Good luck to everyone.

22.

Erica says:

I am 230 and 5'7-just started Healthe Trim yesterday and I honestly don't feel any different. I am also participating

in methadone maintainance program. Anyone know if this will prevent me from losing weight?

23.

cynthia says:

i've been reading about this product. i think i may order.

24.

Laurie says:

I started taking Healthe Trim July 1, it is now July 8. No weight loss, but I did feel less hungry so I think the appetite suppresent works. I weigh 140#, am 5'5" tall, and I exercise 5 days a week – 2 days only a 2 mile run and 10 minute ab – the other three a 45 minute workout or one hour class @ the gym. I had hoped to see results b/c I have been dieting and exercising for , well – forever! and since I hit 50 years old last year the pounds just started coming on. I weigh more than ever. I am not completely discouraged – after all its been less than a week. But I sure hope to see results soon – or I won't be buying another bottle. BTW – I do feel a little Nauseous – will try drinking even more water (is that possible?). also – the first few days my appetite was curbed all day – but the last couple I find I'm hungry at night again. Tried taking the pill 1/2 hr after lunch and couldn't fall asleep at night. not sure what to do about that!

25.

Zack says:

I started healthy trim last week and with proper diet and excercise you will lose weight the pill gives me a lot of energy i take 2 every morning when i wake up, now when you start feeling nauseated its because your not drinking enough water, it was yesterday when i started to feel like that but as soon as i started to drink a lot of water i started to feel better, so you have to drink a lot of water so far ive lost 4lbs in just a week. and also all you can drink is water dont drink anything else than water and you will be fine. good luck to everybody

26.

Jennifer says:

Wow so wish I would have found this information before I ordered HT. I received it a couple days ago and tried it yesterday. I'm 148# eat reasonably well and exercise five days a week. I was just looking for some help to loose the 20# of post-baby weight I can't seem to drop. I took two pills in the morning on an empty stomach and drank a few glass of water as instructed. About two hour later I became very jittery, my heart was racing and I felt really nauseated. I ate breakfast although the last thing I felt like doing was eating but I was hoping food would reduce the side effects I was experiencing. Unfortunately it didn't. I couldn't concentrate and felt a lot of anxiety and eventually left work. On my way home I had a hard time driving due to the jitters and dizziness I was feeling and actually had to pull over two because I felt

like I was going to pass out. This horrible feeling lasted 8 hours yesterday and I felt like I was going crazy. I had no appetite all day not even once the anxiety had subsided but this really was not worth that. I know the bottle says you can start by taking one capsule in the morning but I wouldn't want to have even half the reaction today that I did yesterday. I'm sending my bottle back today and wouldn't recommend this product to anyone.

27. **Brian says:**

I started taking Health'e Trim in November 2009. I weighed 272 pounds had a BMI of 41%. As of today 6/28/2011 I weigh 164 pounds and have a BMI of 18.44%. I have been on Health'e Trim for the entire time. I will note I do work out 6 days a week and maintain a very low calorie diet. The thing I notice about the Trim is it gives me energy and does control my cravings. If you are considering the product, try it, but you must use it EXACTLY as instructed.

28. **John C says:**

I just bought a bottle of Health'e Trim, and plan on using it starting the July 1, I weigh 325. So after my first month of taking it, I will post my results. At the beginning of March I weighed 345 and have changed my eat habit since I've been married and that put me at 325. I want to lose more, and so here we go. Good luck to all.

29. **Stacie says:**

I took 2 pills after a meal, and got so jittery I thought I was having a heart attack. It also felt like my stomach was contracting. I felt horrible the rest of the day. I threw the bottle out. I will NEVER try tis again!

• **Rick says:**

Stacie, you weren't supposed to take it after a meal. It's 1-2 pills 3 hours before breakfast. Maybe that is why you didn't feel so well!

30. **Kelly says:**

Wow all of this was so informative

31. **Sean says:**

I started taking Healthy trim 3 weeks ago. I weighed in at 328. It has curbed my appitite and has given me tons of energy. I weighed my self yesterday and I am now weighing 292. I have lost over 25 pounds in a little less than 3 weeks. Of course, I am a male and with men, the weight comes off twice as fast as with women. I have High

Blood Pressure, and Heart Disease and my doctor has told me that Healthy Trim is fine for me to use. I have completely stopped drinking Soda and Coffee and I drink a lot of Gree Tea and water. I do literally no exercise and I feel great.

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Don't just take it from me! Here are a few emails from others who have checked out my weight loss report: "Dear Henry,

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Teri (Submitted on 2011/04/26 at 10:28 am) "Henry,

Great download! I am a real skeptic - especially with downloads, but I have to say I was pleasantly surprised by your write-up. It makes sense! A friend recommended Sensa and after reading your site, I am (once again) too skeptical to try."

Thanks again,

Beth



10% of all profits generated by this site via Health Hound's recommendations are being donated to the [Make A Wish Foundation](#) to make dreams come true for children with life-threatening illnesses. All links that help contribute to this charitable donation are clearly marked with the "Health Hound Gives Back" seal.

[Click Here](#) to review the Health Scam Dog House where I investigate all health products and rate them using my bone rating system. (Hint: one bone means steer clear!)

- [Henry](#): That is so great to hear! And thank you for writing! Congrats, keep it up! I haven't looked into, or...
- [Deborah1962](#): I dropped from 330lbs down to 270lbs on Adkins Diet in about 4 mos time with the formula of 30g of...
- [Terron](#): Okay so I read all the comments and I see that this product has different effects on everyone. I have been...

- [Paul](#): I'm in the middle of trying this. It is correct that there is no magic pill, that one still needs to eat...
- [Dennis](#): In response to Joyce (Oct 2, 2011) I have studied Atkins closely, and the biggest problem I found with his...
- [Dave](#): I am 45 in three weeks and have been using the P90X as my primary workout since June. I do not follow the diet...
- [Jenn](#): I did SWBM about 6 or 7 years ago, it was the catalyst to my weight loss, after 6 weeks in which I lost about...
- [F. Johnson](#): \$0.25 per fruit sounds like the way to go. Is there a site that tells me how to make the raw fruits into...
- [Lisa](#): Fro Rachel: I feel the same way. I'm a little sceptical now, want to order and uses this program but...
- [Tonya](#): Dear Henry, I just wanted to say that you shouldn't knock something before you try it yourself. I am 3...
- [Novi](#): I honestly wish i knew sites like this were out there this past summer when I ordered the two month...
- [Novi](#): I spent 20 bucks on a box of those shots last year and didn't lose One pound. I'm one of the women...
- [Julie](#): My husband and I are currently doing P90X. He is on his 5th week and I sprained my ankle during the first...

Working Out Doesn't Mean You Can Eat More!

By Henry on November 3rd, 2011



Sure, you're saying, I know that Henry! I'm a smart person, I understand that just because I did a half hour on the treadmill, it doesn't mean that I can eat anything I want for dinner...but do you really understand that? How many people have you heard say, "I worked out today! I am going to have dessert!" I'm sure you've heard that dozens of times.

In order to lose weight, you have to burn more calories than you take in, and a half hour walk on that treadmill is not burning enough calories for you to turn around and have a triple brownie sundae or a three slices of pizza and still expect to lose weight. Nope. You have to have both exercise and a good diet to make that happen...but did you know that exercising

can actually make you hungrier? So you actually are reaching for more calories afterwards without even realizing it?

In a United Kingdom study of new exercisers, many participants compensated for all that new physical activity by adding 270 calories a day to their diets. This means they were losing less weight than they could have been, and sometimes for new exercisers, that's a reason in itself to give up altogether¹.

In a University of Massachusetts study, when sedentary women began to workout four days in a row, for over an hour, their appetite hormone levels changed. They began to stimulate eating—but the opposite was found in men.

What can you do to combat this? First, tell yourself that it can happen and be prepared. Have water on hand to fight those hunger cravings, and if you must give in, eat something healthy. A post-workout snack is fine, but make sure you are eating five to six small meals a day, and make sure that post workout snack has protein and good carbs. Make sure the after workout meal is planned, and not a mad dash to the cupboard or refrigerator to see what is there.

It also may help to do shorter workouts at first, rather than a long one. Try two half hour workouts, one in the morning and one in the evening, rather than an hour long workout at once¹. This can help keep your metabolism up, but your brain won't send signals that say "Oh my gosh, we've been working so hard, and for so long, we need to consume a lot of calories!" Stick to your mini meals and you will be fine!

Sources:

1 Heaner, Martica. (2011). "Beat Your Body's Fat Traps." Retrieved from [ABC News / Health – "Beat Your Body's Fat Traps"](#)

Walking as Exercise

By Henry on November 3rd, 2011

As a hound, I do a lot of walking. People are always asking me if walking is 'good' cardiovascular exercise. My answer is always, "It depends." Because, you see, it really does depend upon a variety of factors. Yes, walking is exercise, but are you really getting anything out of it?

Well, any time you move, you are burning additional calories, but it is the quality of the movement that matters most. So, a stroll through the park will burn calories, but take that same walk at a faster pace, and really accelerate the calorie burn. Walking at a pace of 4 miles per hour over a pace of 3 miles per hour can net you another 125 to 200 calories per hour, depending upon how much you weigh.

This is because your present weight is another factor of calorie burn. Someone who weighs 200 pounds is going to burn more calories than someone who weighs 150 pounds. Hey, I know it doesn't sound fair, but it's a fact. When you carry around more weight your body has to do more work to just move the mass around so you burn more calories.

There are other things you can do to make a walking workout more effective. Upping the pace to a power walk, which is just under a jog, will burn a lot more calories than just strolling along. You can also add hills to your walk, because the incline

causes your muscles to work harder. Not only will you burn more calories, but those lower body muscles will start to tone up in no time. Hills make a great butt!

Another thing that you can add to a walking workout is a set of light hand weights. Carry one to three pound hand weights on your walk and you'll burn additional calories each minute.

Walking is a really good choice for those who have joint problems, since it is low impact—even a power walk is low impact and it burns just a few calories less per hour than a job. This means little stress on the joints. If you are someone who can't participate in high impact aerobics or running, then walking is for you.

Start slow—for beginners, 30 minutes a day, four to six times a week is a good start. But soon you will need to increase your distance to an hour a day six days a week to see improvements.

Walking workouts lead to an improved cardiovascular system, reduced risk of heart disease and a reduced risk of some cancers.

In addition, working out helps you to sleep better at night, and it reduces stress—great reasons to lace up your gym shoes and head out the door. Grab your spouse, your kids or your neighbor and make it a social activity—just make sure not to chat too much or you will find your pace slowing!

CLA – What's the Skinny?

By Henry on November 3rd, 2011

So, folks, nothing ticks the Hound off more than irresponsibility (well, maybe actually having ticks...but that's beside the point). Today, I was on a popular social media site, glancing at status updates, when I saw a major name in the fitness industry post a recommendation for Tonalin CLA. This person suggested that everyone go out and purchase it, because it would melt the fat right off their bellies!

Now, being 'in the know' I've been aware of Tonalin CLA for years, and I've heard their claims. CLA stands for Conjugated Linoleic Acid, and is found naturally in meats, dairy products and processed foods...actually, it is found naturally in most foods that aren't good for you...it is a mixture of fats.

They did studies years ago and found that CLA helps animals to naturally prevent fat storage...but in humans? The evidence never panned out. Some studies said yes, some studies said no, mostly because there are 25 different forms of CLA on the market, and all have different concentrations of these naturally occurring chemicals.

Products like CortiSlim, Tonalin, and Enova oil purport to use CLA to help you lose fat...but studies are showing they aren't so good for you. There are side effects to CLA—severe diarrhea and stomach cramps². In addition, a study that followed Tonalin users for one year showed that the participants that used Tonalin actually lost five pounds of body weight over a year...but their risk of stroke and heart disease increased, because for some reason, the product increased the white blood cells in their bodies, which is a sign of inflammation and it increased a chemical in their bodies which is related to LDL, the bad cholesterol.

The FDA won't approve the products, and the claims, they say, are unfounded. The bottom line, once again, is that a magic pill isn't out there. Eat right, exercise...and that is when you'll see results. These products may cause harm to your body down the line, and is that really worth the five pounds of body fat you may or may not lose? This hound does not think so...

Sources

- 1) Schardt, David. (2005). "Weight loss in a bottle? Forget the claims. Here's the evidence." Retrieved from http://findarticles.com/p/articles/mi_m0813/is_4_32/ai_n13717525/
- 2) "Tonalin CLA Review—CLA Benefits and CLA Side Effects." (2010). Retrieved from <http://www.bodybuildingforyou.com/weight-loss-etc/CLA-side-effects.htm>

Natural Ways to Feel Better!

By Henry on November 3rd, 2011

If you're like me, sometimes you overdo it a bit with your workout and you feel it the next day...or you just work a muscle in a new way and that muscle tells you about it the next morning. There are tons of creams out there that promise to alleviate that soreness, but there are natural ways to feel better, too.

First, it is important to note where this muscle soreness actually comes from. If you are sore during your workout, this is lactic acid. When lactic acid builds up in muscles it creates that soreness that everyone associates with overexertion. However, if your body is in good condition, this lactic acid quickly purges from the body within an hour. Things like ballistic stretching or just shaking out the muscle can help.

Now, soreness that comes a day or two after you exercise—often called 'DOMS' or delayed onset muscle soreness, has a different source. This delayed pain is the result of tears, small ones, in the muscle that become inflamed. These tears are normal, necessary in fact, because it's tearing the muscle down and rebuilding it that causes your muscles to grow in size, which is the point. It is just your body's way of saying, "HEY! I need a break!" It is a natural part of the recovery process that will result in stronger muscles in the end.

But, what can you do to alleviate this pain while it's there, if you don't want to go with those store bought creams and ointments? Well, first you need to use hot and cold packs, alternating, for the first 24 hours. These contrasting temperatures work like a pump to increase the flow of oxygen and nutrients to the muscles. This will also provide a flushing action that will help to remove the tiny fragments of protein generated by torn muscles.

In addition, another thing that you can do is treat the inflammation from the inside. Do this by ingesting ginger. Ginger acts almost like a natural source of ibuprofen. It contains an enzyme that breaks down the protein fragments. Put ginger in your tea (or wherever else you'd like to add it, but speaking from experience, I can tell you it's pretty good in tea!), up to 2 grams per day, or take a supplement, up to six 500 milligram capsules per day.

Also, another food that contains an enzyme that will break down these protein fragments is pineapple. Pineapple contains bromelain, and this can start to work even before you are sore. If you overdid it today, and think you might be sore tomorrow, take a supplement of bromelain, or have some pineapple. If taking a supplement, take a 500 milligram capsule three times a day, between meals.

To help prevent muscle soreness, always do a warm up before working out, just a quick five minutes to jog in place, walk or do jumping jacks. Don't do static stretching at this time (which is holding a stretch for 30-90 seconds), but you can do ballistic stretching. Static stretching at the beginning of your workout could actually harm the muscles. And you can take supplements of Vitamin E and C on a daily basis if you workout regularly. These two vitamins can help minimize your pain and will help your muscles recover more quickly.

Sources

1) Hatfield, Frederick, PhD. Fitness: The Complete Guide. (2010). ISSA

2) "Muscle Soreness." (2010). Retrieved from <http://www.mothenature.com/Library/Bookshelf/Books/23/117.cfm>
