Balancing Appetite Hormones to Reduce Hunger and Lose Weight

By Michael Downey

Groundbreaking human studies demonstrate that a proprietary extract of the Italian Borlottovariety bean modulates several appetite hormones, including ghrelin. Controlling hunger and satiety hormones can block hunger and increase feelings of fullness, ultimately promoting weight loss.

In addition to regulating hunger hormones, this Italian Borlottovariety bean extract helps neutralize the alpha-amylase enzyme that converts dietary carbohydrates into sugars. This slows down and limits the absorption of glucose from the intestine.

By safely rebalancing hunger hormones like ghrelin, this unique Italian Borlottovariety bean extract helps promote healthy weight reduction by reducing nagging feelings of hunger and the desire to overeat, while limiting glucose absorption.

HOW HUNGER HORMONES CONTRIBUTE TO OBESITY

Your body produces certain hormones whose job it is to tell your brain that you’re hungry—and when you’re full. As your stomach and intestines fill up with a meal, they secrete “satiety hormones” that tell your brain to shut off the desire to continue to eat.

When your stomach is empty, your body produces the hormone ghrelin, which tells your brain it’s hungry. Ghrelin acts on the same brain pathways that produce rewards from other pleasurable experiences, such as recreational drugs and sex.

When ghrelin is over-activated, it induces food cravings even when we’ve eaten enough food. This is why some people feel “addicted” to eating—they are food addicts in the same ways that others become dependent on drugs or gambling.

The irony is that the more obese a person becomes, the less sensitive they are to the “on/off” signals sent by their appetite-regulating hormones. This leads to increased food intake despite what should be normal “stop” signals. In fact, many obese individuals who diet and lose weight experience a ghrelin level increase, which triggers more hunger feelings, less “full” feelings—and worse, provides the brain with a feeling of reward when they eat.

No wonder it’s so hard to lose weight and keep it off!

A HEALTHY APPROACH TO WEIGHT LOSS
Instead of shifting your focus from one fad diet to the next, a better approach to weight loss is to focus on rebalancing appetite and satiety hormones. By lowering ghrelin to reduce appetite and restoring sensitivity to satiety-inducing hormones, you’ll experience reduced hunger—and reduced psychological reward for consuming excess calories.

That’s what makes **Italian Borlotto variety bean extracts** such powerful weight loss promoters. These bean extracts have been shown to suppress ghrelin while promoting hormones that produce feelings of fullness.\(^1\)\(^-\)\(^5\) This in turn reduces food intake, body weight, accumulation of blood lipids-glucose, and the impulse that drives eating.\(^1\)\(^2\) Ghrelin suppression may also reduce the inappropriate addiction-like reward response when excess calories are consumed.\(^8\)

Supplementation with a proprietary **Italian Borlotto variety bean extract** has produced impressive weight loss effects.\(^2\)

In 2013, researchers compared the effects of eating a meal of **Italian Borlotto beans** (not the extract) to a meal of white wheat bread containing the same amount of available starch.\(^5\)

Compared to the control meal, the bean meal resulted in decreased levels of the appetite-promoting hormone ghrelin and reduced hunger. Additionally, the people eating the beans had 15\% lower glucose and 16\% lower insulin levels.\(^5\) (Insulin levels are too high in most aging humans, which contributes to health problems and unwanted body fat storage.\(^13\))

Based on these results, the scientists reasoned that a concentrated and standardized **Italian Borlotto variety bean extract** should produce a much more potent effect.

### BENEFITS FOR HEALTHY WEIGHT INDIVIDUALS

In a randomized, double-blind, placebo-controlled study, 12 healthy, non-overweight volunteers took either a placebo or 100 milligrams of **Italian Borlotto variety bean extract** with a standardized meal after a 12-hour overnight fast.\(^1\) The study subjects then ate a normal meal.

Within three hours, the **bean extract** group experienced significantly lower levels of the appetite-stimulating hormone ghrelin compared to the placebo group. Even more importantly, the group had less of a desire to eat and more of a feeling of fullness.\(^1\)

And in the **bean extract** group, the increase in blood sugar was 41\% lower than the placebo group 30 minutes after the meal. Between 45 and 120 minutes after the meal, the increase in **insulin** was 26\% lower.\(^1\) These are important factors not only for weight management, but also for slashing risk of a number of degenerative and potentially fatal diseases.\(^14\)-\(^19\)

### NEW!
**ITALIAN BORLotto VARIETY BEAN EXTRACT**

Italian Borlotto bean extracts have been used to suppress **alpha-amylase**.\(^2\)\(^,\)\(^3\)

These extracts provide specific constituents (phytoagglutinins) that suppress ghrelin and promote satiety hormones CCK (cholecystokinin), GLP1 (glucagon-like peptide-1), and PYY (peptide YY) to help keep food cravings and hunger under control.\(^1\)\(^-\)\(^5\)

This new **Italian Borlotto variety bean extract** also provides the constituent responsible for **alpha-amylase** inhibition.\(^2\)

The **Italian Borlotto variety bean extract** is obtained from a selected species of beans characterized by a specific ratio between **amylase-inhibiting** and satiety-inducing factors. It is then highly purified and standardized to maximize efficacy for optimal appetite hormone balance using a low dose (100 mg twice a day).\(^2\)

By suppressing ghrelin, promoting CCK, GLP1, PYY, and inhibiting amylase, this new Italian Borlotto variety extract makes
LOSE NEARLY 10 POUNDS IN 12 WEEKS... WITHOUT DIET OR EXERCISE!

Next, researchers investigated the weight-loss effects of **Italian Borlotto variety of bean extract** on overweight individuals. In a not-yet published study, 60 overweight participants with a body-mass index (BMI) between 25 and 30 took 200 milligrams of extract daily or received no treatment. No dietary changes were requested of the individual participants.

At the end of 12 weeks, the group receiving the **Italian Borlotto variety bean extract** showed the following improvements:

1. Reduction in total body weight of **8.8 pounds** versus **0.2 pounds** in the placebo group.
2. Reduction of almost **2.5 inches** in waist circumference versus **0.6 inches** in the placebo group.
3. Reduction in appetite levels from baseline values. The placebo group showed no improvement.
4. Increase in satiety from baseline. The placebo group showed no improvement.

No significant adverse events or side effects were reported in the study.

**INHIBITING CARBOHYDRATE ABSORPTION**

Appetite hormones aren’t the only factor undermining your weight loss attempts. Today’s carb-heavy Western diet can foil even the best efforts to maintain healthy levels of body weight.

Excess blood glucose leads to increased insulin—which contributes to greater difficulty burning stored body fat as fuel. It also causes the body to store more excess carbohydrate calories as fat. The result of rapid sugar absorption is high-risk, after-meal glucose surges and increased disease risk.

In addition to its ability to rebalance appetite hormones, **Italian Borlotto variety bean extract** also impedes **alpha-amylase**, the enzyme that breaks down dietary starch that convert into simple sugars that are rapidly absorbed in the small intestine.

By inhibiting **alpha-amylase**, **Italian Borlotto variety bean extract** impedes the breaking down of starches and slows the rate at which free sugars are absorbed, thereby blunting glucose spikes. This provides a practical approach to help lower glucose levels, improve age-related markers of health, and regain glycemic control.

**SUMMARY**

When your appetite hormones are out of whack, they can sabotage even the best efforts to lose weight. Clinical studies demonstrate that a proprietary extract from the **Italian Borlotto bean** is a safe, effective nutritional supplement that modulates appetite by effectively blocking hunger while increasing feelings of fullness.

**Italian Borlotto variety bean** extracts help neutralize the enzyme (alpha-amylase) that converts carbohydrate into sugar. This impedes the after-meal glucose surge that has been implicated in increased risks of a number of chronic, degenerative conditions.

Based on clinical trial data, this new **Italian Borlotto variety bean extract** can help in achieving healthy body weight and optimizing glucose control, thereby reducing disease risks, improving appearance, and boosting longevity!

If you have any questions on the scientific content of this article, please call a **Life Extension®** Health Advisor at 1-866-864-3027.

**REFERENCES**


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