

# **New Year New SHAPE? Evidence suggests that a good probiotic with added enzymes is a helpful addition for those wanting to lose weight.**

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vitalSHAPE is an advanced probiotic and enzyme formula specifically developed to support the health of the gastro-intestinal system and promote optimum health.

## The Role of Enzymes in Weight Loss

Dietary enzymes are an essential part of achieving a healthy weight loss. For example Lipase, an enzyme that is abundant in raw foods, digests and metabolizes dietary fats. Since very few of us have a diet rich in raw foods we lack sufficient amounts of this enzyme to digest or burn normal quantities of fat. Dietary fat is then laid down as fat stores instead. Protease is another important dietary enzyme which is required for breaking down proteins and eliminating toxins. Excess toxins are stored in fat which is then very difficult to burn. When you do burn fat, these toxins are released causing water retention and bloating. A diet rich in Protease helps eliminate toxins facilitating fat loss. This could help people addressing their diet in the new year.

## Where Have All The Enzymes Gone?

If you only eat fresh raw foods then you get enough dietary enzymes to digest those foods. Cooked foods however have zero enzymes. This means your body must manufacture digestive enzymes in the pancreas to digest cooked/processed foods. Normally the pancreas is busy making much needed metabolic enzymes, so when it is repeatedly stressed in this way, it becomes exhausted. You know if your pancreas is exhausted if you start suffering with acid reflux, indigestion, bloating, tiredness after meals, constipation and weight gain. Longer term your whole metabolic system will become compromised making it very difficult to stay healthy or lose weight.

## The role of Probiotics in Weight Loss

In a study conducted at Stanford University(1) , obese patients who took probiotics after undergoing gastric bypass surgery lost more weight than patients who had the surgery but did not take the supplements.

According to the World Health Organization: "probiotics are live microorganisms which, when administered in adequate amounts, confer a health benefit." Most probiotics are bacteria similar to the type normally found in the gut, the "good" bacteria, which help maintain a balance in the digestive tract and may confer natural protection against disease.

## Shaping our future

vitalSHAPE is an advanced probiotic and enzyme formula specifically developed to support the health of the gastro-intestinal system and promote optimum whole body health. It combines plant derived digestive enzymes with three top quality probiotic strains proven to confer health benefits: L. Acidophilus DDS-1, L. Bulgaricus DDS-14 and Bifidobacterium Bifidum.

Taken with food this formula ensures complete, comfortable digestion; no more reflux, bloating or constipation.

Taken on an empty stomach and at a different time from a meal the enzymes are absorbed into the circulation(2) , encouraging energy release from fat stores.

vitalSHAPE is available from [www.simplyvital.com](http://www.simplyvital.com) and costs £9.50 for 30 capsules.

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Editor's Notes:

Good probiotics are able to safely and effectively:

#### 1) Treat Digestive Problems

Constipation, diarrhoea, gas, bloating, and symptoms of IBS are some of the most common gastrointestinal complaints that can be effectively and safely treated with good probiotics.

#### 2) Suppress Bad Bacteria

A safer and more effective way of eliminating bad bacteria in the body is by overpowering it with good bacteria. By supplementing with probiotics, there's little room for unfriendly bacteria to settle in.

#### 3) Produce Natural Antibiotic Substances

L. Acidophilus DDS-1 has been shown to produce the natural antibiotic substance Acidophilin that kills pathogenic bacteria.

#### 4) Inhibit Tumors and Carcinogenesis

In clinical studies, L. Acidophilus DDS-1 and L. Bulgaricus have been shown to inhibit tumor growth and block the formation of carcinogenic compounds in the colon.

#### 5) Conquer Yeast and Fungal Infections

Diets rich in sugar, cortisone and cortisone-like drugs, birth control pills, immunosuppressive drugs and antibiotics, have been major culprits in the "candida epidemic" of today. Studies show the ability of probiotics to stimulate the production of white blood cells in the body that combat candida yeast and fungal infections.

#### 6) Enhance Calcium Metabolism

In clinical studies, L. acidophilus DDS-1 has been shown to increase the body's ability to absorb and metabolise calcium. This is an incredible advantage for individuals suffering from bone density loss such as osteoporosis and osteopenia. This is also of great benefit for growing young adults and expectant mothers who need lots of calcium.

#### 7) Improve Immune Function

As the intestine is the body's largest immune system organ, its ability to efficiently respond to immune attacks is directly related to its balance of healthy bacteria. Regular probiotic supplementation has been shown to maintain intestinal health and enhance natural immune system response by stimulating the body's production of NK- and T-cells.

8) Improve Blood Cholesterol Profiles Studies show that L. Acidophilus DDS-1 is a proven aid in the digestion of fats that contribute to the levels of LDL and HDL cholesterol in the blood.

#### 9) Produce B Vitamins

L. Acidophilus DDS-1 has been shown to produce B vitamins, which support and increase the rate of metabolism, help maintain healthy skin and muscle tone, and enhance nervous system function. Vitamin B9, or Folic Acid, is essential for children, adults, and especially expectant mothers.

#### 10) Reduce Skin Problems

Help alleviate skin problems such as acne, psoriasis, and eczema.

#### 11) Support Liver Function

By detoxifying the blood, B. Bifidum and other probiotics help the liver to perform more efficiently.

#### Background info to the Stanford University Study

The trial involved 44 patients who underwent gastric bypass surgery and were randomly assigned to receive either 2.4 billion lactobacilli daily or no probiotic therapy for the next 6 months. Quality of life, hydrogen (H<sub>2</sub>) breath tests, vitamin B12 levels and weight were measured before surgery and after 3 and 6 months.

At six months, the probiotic group had lower H<sub>2</sub> breath tests, lower fasting insulin, lipoprotein A and triglyceride levels, and higher HDL cholesterol levels compared with the placebo group and they had shed more weight. Although the differences were not statistically significant, there was a significantly greater improvement in quality of life for the patients taking probiotics compared to the placebo group.

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<http://uk.reuters.com/article/healthNewsMolt/idUKCOL27173520080522?pageNumber=2&virtualBrandChannel=0&sp=true>

2) Inderst, R., Systemic Enzyme Therapy, in Journal of Pharmacy, 52 (1992),

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