In This Issue: New Product: MultiBurn™ plus the Problem with Pain Pt. 3 - Fish Oil

Success Forum

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45 years ago, Mark Hughes started Herbalife. His mother lost her life to an overdose of diet pills. She was trying to lose 30 pounds. Mark wanted to make sure that no one else would lose their life trying to lose weight and be healthy.

I've been with Herbalife for just shy of 30 years. I've seen a lot of product launches, but with the product that was just released, losing weight and getting healthy, just got easier! Let's see what Herbalife says.

MultiBurn™ is a powerful, multifunctional weight-loss supplement featuring clinically studied botanical ingredients* to promote healthy, balanced weight loss.† Designed for daily use, it works seamlessly as part of a comprehensive weight-loss program that includes our high-protein shakes, fiber and regular physical activity. With MultiBurn™, **reduce fat**, achieve a **slimmer waist and hips** and **support overall metabolic health**.† *(Emphasis theirs)* *(†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.)*

Key Benefits:

- Morosil™ supports overall weight loss, including reduced hip and waist circumference, and a healthy BMI†
- Metabolaid® helps with healthy reduction of fat, and increased feeling of fullness after meals†
- Capsifen™ supports healthy energy expenditure†
- Caffeine stimulates metabolism and provides a feeling of energy and alertness†
- Chromium helps maintain blood sugar levels already within the normal range†

"The strong one will become tinder, and his work a spark; both will burn together, with no one to extinguish the flames." Isaiah 1:31 NIV

Take three capsules once per day with breakfast or lunch. For best results, this product should be taken daily for at least three months in combination with a healthy diet and physical activity.

Herbalife has created some packages which include 90 days of MultiBurn, a Formula 1 Healthy Meal shake, the Protein Drink Mix and Active Fiber Complex.

I want to take a deep dive into the ingredients, but first some early stories. Remembering that men always lose weight faster than women … without really changing anything, Michael is already down 4.4 pounds. Oh, wait. STOP the presses! Dorris is down 4 pounds after one week on MultiBurn! And Missy is down 5 pounds!! Genny said to me that she started taking MultiBurn on Sunday. On Wednesday she was in my office. "I know we're only supposed to weigh once a week, but as of today, I'm already down 1.8 pounds! Can that be possible?" After my first week, I'm only down 0.8, but with my cortisol / pain-related challenges, I'll take it!!! And let's get real. The best approach to weight loss goal is to lose 1 - 2 pounds a week.

Weight loss is typically the #1 goal of my clients, and that of most Herbalife distributors. Losing weight is great. I encourage you to try this product, if for no other reason, than to achieve your ideal weight goals. But with MultiBurn, there really is more.

Ingredient #1 Morosil ®. Checking PubMed, I found an article published in 2022 *Nutrients* *(https://pubmed.ncbi.nlm.nih.gov/35276783/)* that says "Concluding, the present study demonstrated that Moro blood orange standardized extract may be a safe and effective option for helping with weight loss when used in conjunction with diet and exercise." But that article is very "sciency." I also found information that is much easier to comprehend from *The Steel Library*, (*https://steelsupplements.com/blogs/steel-blog/morosil-blood-orange-extract-for-weight-loss-guide?srsltid=AfmBOorU2mjXdaAMiUFCT4cQtLLMgqW7ZRQS0R4iRufCXPaW8BY-fUGE).*

"Morosil® is a commercial name for a supplement

derived from the juice of a specific variety of Sicilian blood oranges (Citrus sinensis L. Osbeck)." "Morosil is marketed as a weight management supplement due to its high content of anthocyanins, flavones, hydroxycinnaminic acids, and ascorbic acid, which are believed to have beneficial effects on metabolism and fat accumulation." They go into proposed mechanisms of the antioxidant activity of Morosil, in addition to regulations of lipid metabolism, regulation of blood sugar and the anti-obesity effects. From my reading, that ingredient alone would be a reason to add this to my regimen. They state that the compounds found in Morosil "help regulate lipid metabolism, reduce the accumulation of fat in adipose tissue, and inhibit adipogenesis, the formation of new fat cells." Yea! How cool is that?! But wait! There's more!

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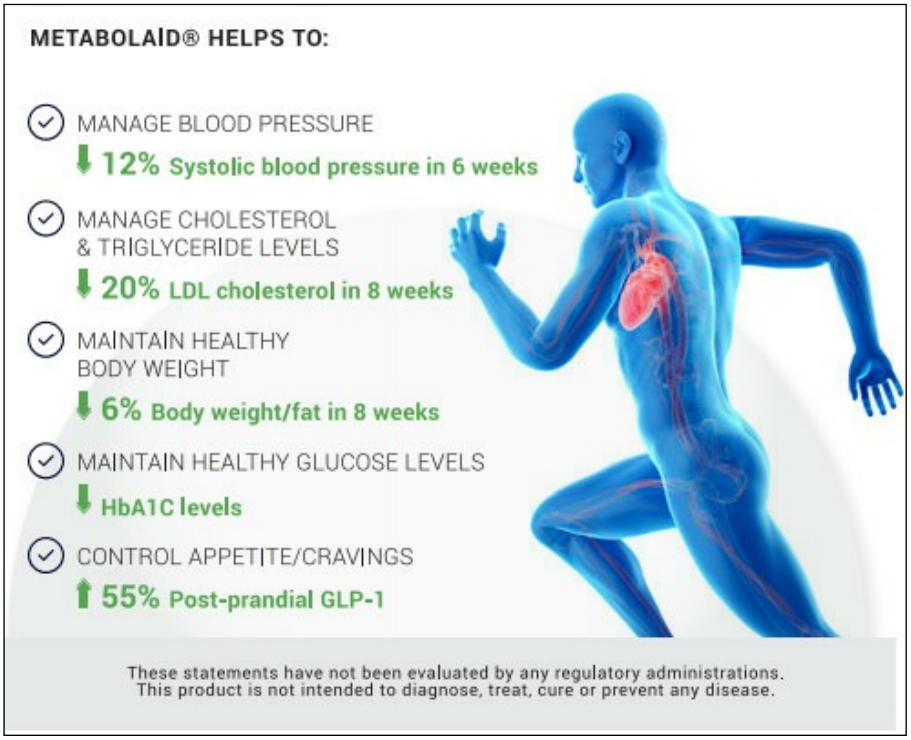
Next up is the ingredient Metabolaid®. *Nutrients*, published an article about this ingredient in 2018, *(1204; doi:10.3390/nu10091204).* More science, but it backs up the brochure and graphic I found from the maker of Metabolaid, Monteloeder. *(monteloeder.com/wp-content/uploads/2021/05/METABOLAID.pdf).*



Check this out:

Metabolaid increases fat metabolism through something called AMPK Pathway Activation. Did you catch that? Increased fat metabolism! But then it also has a positive effect on GLP-1 by boosting key gut bacteria; Blautia, Prevotella and Akkermansia. These reduce hunger-related sensations, which of course promotes better food choices and overall better health. If you haven't heard, GLP-1 is what Ozempic stimulates. Clearly, this is a safer approach to weight loss, just from this aspect alone. This is exciting stuff!

And, we're not done. The next ingredient that Herbalife put into MultiBurn is Capsifen® made by Akay Bioactives. *(akaybioactives.com/product/capsifen)* This is an extract of red chilies, which helps the body increase thermogenesis. What's that? It's the production of heat. You can also look at that as fat burning. Yet another PubMed search found a publication in Frontiers in Nutrition *(2024 Mar 20:11:1348328. doi: 10.3389)* supports their claims, "Mechanism of Action: Capsifen works by leveraging the body's response to capsaicin, the spicy compound in chili peppers. Central to this response is TRPV1, a protein receptor located in the nervous system and gastrointestinal tract. When activated by Capsifen, TRPV1 stimulates thermogenesis (1 to 2°C), which increases energy expenditure or calorie burning. This activation also enhances the breakdown of stored fats (a process known as lipolysis) and improves sugar metabolism, helping to convert these fats into usable energy. This mechanism not only boosts overall metabolic efficiency but also supports improved physical performance and weight management when paired with a balanced diet and regular exercise. Thus, Capsifen helps to turn up the heat from within for improved weight management and performance."

This one is not highlighted but there is one more called Berbevis®. This is a type of berberine, which I have been suggesting to some of my Supplemental Wellness clients for many years. This page *(www.tuasaude.com/en/berberine/)* claims six benefits of berberine:

1. Helps managing diabetes
2. Promoting weight loss
3. Reducing cholesterol
4. Protecting the brain (by reducing inflammation)
5. Regulating intestinal flora
6. Controlling blood pressure

One interesting thing I read about Berbevis is that it is more bioavailable than standard berberine because it uses a phytosome delivery system.

And Herbalife added some chromium and caffeine powder. As I have been researching these ingredients, I am totally impressed with this product and I encourage you to give it a try.

What does it cost? SKU 506K is the 30-day packet. It retails for $95. If you purchased all four of these ingredients separately, the price would blow right past that. And seriously, are you paying full price for your Herbalife products? Call your Herbalife Distributor and become a Preferred Member. At the minimum discount of 25%, the cost per day is only $2.48. While we can't promise anything, I'm betting this product will change your life and your metabolic future.

* * * *

The Problem With Pain Part 3: Fish Oil

The longer we live, the more we learn. If you have been following my journey, you know that I have had lots of trouble with pain. All kinds of pain. Some have been minor challenges, others have been terrible. But along the way, once I figure out how to cope with the pain or get rid of it altogether, I meet someone who has the same problem. Think of it as my mission from God for his children. And … I don't think that's too far off the mark.

Last year, I had a new pain thing come up. I ended up in the ER! That's how bad it was. Turns out I got an incorrect diagnosis from the ER doc but that lead me to the answer and the problem was solved. My friend Cindy heard my new pain story the day after I solved it. She just smiled and said, "I wonder how long it will be before you meet someone you can help." The subject line of the next email I sent her was, "the answer is - two days."

I listen to and read the works of a lot of really smart people. I don't agree with all of them, but I will typically test what they are saying. A number of very respected folks in the medical community say that humans should not consume fish oil capsules. Eat good quality fish a couple of times a week and you're good. Another voice said as long as you get rid of all the omega-6, rancid polyunsaturated fatty acids (rancid PUFAs) also known as "vegetable oils" from your diet you really don't need the omega-3 fatty acids. So I tested the theory.

I have gotten rid of all of the bad fats in my diet. I tested my levels, so I know I'm doing a good job of that. In the past when someone asked me, "how much fish oil should I take?" My response, "How much can you afford?" But, since I'm testing the theory, I dropped my intake of Herbalifeline fish oil to just 1 capsule a day. I couldn't bring myself to stop altogether.

Since I have several sources of pain to deal with, I often get distracted. My hands have been giving me trouble for maybe 9 months now. Several fingers started to "trigger" and just in general, my hand joints and ligaments were terribly painful. My hand strength basically disappeared. I was blaming it mostly on oxalates (see that newsletter for more). I was focusing on topical treatments, such as the ozonated oils that I have told you about. Nothing seemed to help. (I think God needed to get my attention.)

Some of my "words from the Lord" come through other people. I was talking to a client who said "I test my supplements from time to time. I stopped taking the Herbalifeline and within just a few days, my hip and joint pain came roaring back." Light bulb moment. Oh good grief. How long have I been cutting back on fish oil?? That has to stop! I need pain relief!

For almost 30 years, I have been telling people that a good quality fish oil is anti-inflammatory, among many other things. By the way, if you "burp up" your fish oil, that means it's rancid. I was told that if you have a lot of rancid PUFAs in your diet, having the good PUFAs can offset them. But clearly for me, even without bad fats in my diet, fish oil can be helpful. You won't find me testing that theory again any time soon.

So, I got back to my typical 6 capsules a day, and it has taken a little while, but the pain and finger triggering is slowly going away.

I did an a newsletter called *Yes, You Still Need Fish Oil*. I'm back on board, especially if you have any pain issues. Pain is inflammation. Good quality fish oil is anti-inflammatory. If you don't have a copy of any of my recent newsletters, check for information on page 5 about my newsletters that are posted online.

Here's an amazing story. Ms Julie is 84, I think. She has a lot of medical challenges, one of them being non-diabetic neuropathy. I've been working with her for awhile. We cleaned the bad fats out of her diet. She's on some basic nutrition but not fish oil. She can't (couldn't) feel her feet and said it felt like she was walking on sponges. I asked her to try some Herbalifelife. She said that after just the first capsule, she felt a "tingle" in her feet. She didn't quite believe it, so she quit taking it for a couple of days, then tried one again. And again, she felt a "tingle". So then she started taking 2 a day. Now she reports that she can feel the bottom of her feet!! Just by adding 2 fish oil capsules a day. Start today! Your body will thank you!

* * *

The **Herbalife 45th Anniversary Extravaganza** is **July 26 & 27**!
And guess what! They say that we are going to get
ANOTHER PRODUCT LAUNCH!!!

I do not have a clue, so stay tuned to social media that weekend and I'll get another Success Forum out as soon as I can! In the meantime, I would like to start hearing those MultiBurn® testimonies!!!

Can't find that Success Forum you thought you saved? No worries!!
The past two years worth of Success Forum's are now online!!
Log on here, and feel free to share with a friend or downline:

www.SupplementalWellness.com/learning

New Supervisor!

Jamie Baltazar!
Congratulations!!!

Many Thanks to EVERYONE for all Your Hard Work! You are changing lives every day with these products and this business opportunity!!!

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