

Success Forum

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Greetings! We just got back from our annual conference that we call Extravaganza! Another amazing event and Herbalife launched a brand new product for us - **Fat Release!**

If you know me at all, you know that I will have a little bit different take on this product and how to use it. But let's start with a big question that has not yet been answered. Will this replace Thermo-Bond? I believe so, but I haven't had it confirmed. I do believe this is a superior product.

What does the company say about Fat Release?

Fat Release is specially formulated with Litramine®, a patented cactus fiber ingredient derived from prickly pear. When ingested with foods containing fats, Litramine® forms a fat-fiber complex with a portion of the fats in the food. The fat-fiber complex cannot be digested or absorbed and is naturally eliminated from the body. Litramine® also reduces a portion of fat calories from being absorbed when taken with a meal containing fats and promotes a feeling of fullness.* Litramine® is a registered trademark of the InQpharm group of companies.

Key Benefits:

- * Reduces a portion of fat calories from being absorbed when taken with a meal containing fats*
- * Enhances the amount of dietary fat eliminated from the body*
- * Formulated with Litramine® to promote a feeling of fullness*
- * Not formulated with caffeine, stimulants, synthetic metabolic enhancers or fat-blocking chemicals that alter the healthy body's normal metabolism
- * Convenient, single-serve portions

Usage:

Take one stick pack (2.6 g) of Fat Release once after each meal or snack that contains unwanted fat, up to three times a day. If you wish to digest fat content in a meal, such as omega-3 fatty acids, wait two hours before taking Fat Release.



Combine one stick pack with one serving of Herbal Tea Concentrate, one serving of Herbal Aloe Concentrate, 8 fl. oz. of hot or cold water or slowly pour powder into your mouth straight from the stick pack, no water required

Wait two hours after taking Fat Release to consume these Herbalife Nutrition® products: Protein Drink Mix, CoQ10 Plus, Core Complex, Herbalife SKIN® LycoGlow®, Formula 1 Healthy Meal, Herbalifeline®, Tri-Shield® and Prolessa® Duo.

What are the ingredients? Litramine Proprietary Blend, Xylitol, Lemon Juice Powder, Cranberry Juice Powder, Citric Acid, Silicon Dioxide, Natural and Artificial Flavor, Magnesium Stearate.

That's what the Herbalife website and the product box say. If you are sensitive to sugar alcohols, then proceed with caution, otherwise, it's a pretty cool product, with a long history and research support. I think it will help a lot of people - when used correctly. So let's explore those ideas next.

Obesity is clearly an epidemic. Even at our Extravaganza, I was shocked at the size of the people in attendance. The good thing is that at least they are doing something about it!

Let me say a word about the name of the product: Fat Release. This is more of a fat binder than a releaser. It will bind fat, of any kind, in your intestinal tract so that you do not absorb it. The good news is that, other than folks sensitive to sugar alcohols, there do not seem to be negative gastrointestinal tract side effects. In fact, one study stated “No relevant gastrointestinal side effects have been reported for Litramine IQP-G-002AS at the dosages studied,” and they used doses that would far exceed taking our product a couple of times a day. www.ncbi.nlm.nih.gov/pmc/articles/PMC4164135/ If you aren’t aware, there was a fat blocker product called Orlistat was available as a separate product and was also introduced in potato chips to block the fat, but the side effect was “anal leakage” of oily fecal matter. If I remember correctly, instructions were to wear dark clothing!!! I’m not kidding. Needless to say, the product didn’t last long and then they also found a connection between Orlistat and acute liver injury. Never a good thing.

The majority of the research I found comes out of Europe, goes back at least 10 years, and includes randomized, double blind, and placebo-controlled studies. As you can see from the above reference, that was a US National Institutes of Health study, and included 34 references. Solid science.

I was not able to discern a relative amount of fat that was bound by the product. I laughed when I read one message sent to me from a fellow Herbalifer, “It says you can use it 3 times a day??? GOOD GRIEF is someone going to cheat ALL day? LOL! And how many fat calories does it really take out?? Like if it’s 1500 calories of fried foods etc does it remove all of it???” The answers are I have no idea, and No. It will bind/block a percentage, but I can’t really give you a solid answer.

So let’s talk about fat. Did you get (read and incorporate into your daily life)

the information I presented in the *Are “Vegetable” Oils Destroying Your Health?* newsletter I sent out earlier this year? If you would like a copy emailed to you in PDF format, please email me at CherylWisdom@Gmail.com and ask for a copy. If taken seriously, that information will truly change your health and longevity.

Vegetable oils are actually oxidized seed oils and are TOXIC in your body. They are rancid omega-6 fats. As an American, you already get way too many omega-6 fats and it’s because they are found in all of the stuff you love. The graphic below shows the Hateful Eight. It would be in your best interest to avoid them like the plague that they are. How? This is the best advice I will ever give you.

STOP EATING FRIED FOOD, especially from a restaurant. Those fryers are typically filled with soybean oil that is already rancid, then they heat it to super high temps and use it over and over again. French Fries are the worst offenders along with deep fried anything. Also: Potato chips! Tortilla chips! Commercial popcorn! Some nuts! Donuts!

DUMP THE SALAD DRESSING. A brief grocery store survey will tell you that 98% of all commercial salad dressings have soybean oil as the first ingredient. Those are the ones you can analyze. In a restaurant, you just have to assume.

CLEAN OUT THE PANTRY/FRIDGE. If you have any of the Hateful Eight in your house, get rid of it now. That includes Crisco, margarine and (sadly) most mayonnaise. Yes, the Hellman’s and Miracle Whip has got to go. They are toxic!



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When would it be a good time to use Fat Release? Any time you violate the 3 rules I gave you on the previous page. Can you remember them without looking? You guys, I'm so serious about this! You are destroying your health by eating that crap, but I digress. So it's a good thing Fat Release is here to help you recover from your bad choices!

Take it when you go to restaurants. It's almost impossible to avoid bad fats in a restaurant. And if it's a drive thru? Then no question. Keep a box of Fat Release in your glove box and use it!

Let's take a look at the product recommendations that Herbalife made. "Wait two hours after taking Fat Release to consume these Herbalife Nutrition® products: Protein Drink Mix, CoQ10 Plus, Core Complex, Herbalife SKIN® LycoGlow®, Formula 1 Healthy Meal, Herbalifeline®, Tri-Shield® and Prolessa® Duo." I agree with these except perhaps the Protein Drink Mix (PDM) and Formula 1 Healthy Meal. The Herbalifeline is one of my favorite products and contains precious omega-3 fats that are critical for your good health! You do NOT want to block absorption of those. The same goes for the CoQ10 and Tri-Shield.

What are other good fats you don't want to block? Coconut oil, MCT oil, avocado oil, olive oil, real butter! Real butter, especially from grass-fed cows, is a powerful nutrient. On July 26, 2022, Dr Mercola published an article called *Why Butter and Coconut Oil are Good for You: Dairy Fat Intake Linked to Lower Heart Disease and Death*. He presented a number of interesting research studies that talked about odd-numbered fatty acid chains being very beneficial to human health. Where do we get odd-numbered fatty acids? It's dairy fat! Butter and cream. They truly are good for your body. Enjoy them and never block them.

The next day Mercola published *Top 9 Nutrients for Brain Health* (both articles are now available on Substack.com). What are they? "Nine nutrients that are vital for brain health and cognition are the marine-based omega-3 fats DHA and EPA, choline, phosphatidylserine, acetyl-L-carnitine, vitamins D



and B12, MCT oil and probiotics."

The EPA and DHA are omega-3 fats as found in wild caught fish and our Herbalifeline fish oil. Never take Fat Release with omega-3 fats. They are critical for your health.

Choline: your brain and nervous system need it to regulate memory, mood, muscle control, and other functions. You also need choline to form the membranes that surround your body's cells. Highest levels are found in liver, egg yolks and red meat. Yes, I am a fan of good quality red meat.

Phosphatidylserine is a fatty substance called a phospholipid. It covers and protects the cells in your brain and carries messages between them. Where do we get that? "Soy (which is the main source), white beans, egg yolks, chicken liver, and beef liver." Let me address the reason for not taking Fat Release with PDM or Formula 1. If Fat Release blocks phosphatidylserine, then that would be a bad thing. However, also be aware that both PDM and F1 contain some of the Hateful Eight oils. So, I'm 50/50 on this one.

The other oil on Dr Mercola's list is MCT oil. This is actually a fraction of coconut oil and it stands for Medium Chain Triglycerides. What does Dr Google say about MCTs? "MCTs are a source of energy and may fight bacterial growth, help protect your heart, and aid in managing diabetes, Alzheimer's disease, epilepsy, and autism." That's a pretty powerful statement. I recommend you buy MCT oil (best if in a glass jar) and add some to your Healthy Meal shakes! You won't know it's there and you'll be supporting your brain in amazing ways! Start out with a small amount, just a couple of teaspoons. The one known side effect is loose stool, but for some, that might be a good thing.

Of the other nutrients listed, vitamin D is a fat-soluble vitamin, so always make sure you are taking a supplement and that you take it with a meal that contains some healthy fats.

Has this been helpful? I feel as if I rambled a bit, but hopefully it's been a good read. Eat the right fat and be healthy, or at least use Fat Release when you don't. Blessings!