

LipoFlush and the Radical Diet Combo

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LipoFlush and the Radical Diet are the basis of many spectacular weight loss stories. People have lost dramatic amounts of weight and inches in short periods of times and for various purposes.

Although they vary in the details, their stories are basically all the same. Their problem was that they needed to lose weigh for one reason or another, and they wanted to lose that weight as fast as possible. They chose LipoFlush and the Radical Diet as the solution and it delivered.

That's because LipoFlush works synergistically with the Radical Diet resulting in fast weight and fat loss. It, as well as the rest of my MD+ line of supplements, are formulated specifically for my revolutionary phase shift diets, including the newest one, the Radical Diet.

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The Radical Diet 2005, now available in both soft cover book and ebook formats, is a very low calorie phase shift diet that is a quantum leap above all other diets. By changing you into a fat burning machine, the Radical Diet will help get the weight and fat off FAST, while at the same time preserving muscle.

Because the Radical Diet is streamlined to achieve one goal, fast weight and fat loss regardless of how much weight you have to lose, it has a no nonsense approach that is simple to follow and highly effective.

As well, the Radical Diet specifically targets abdominal fat and reigns in that spreading waistline in the first few weeks that you're on the diet.

I formulated LipoFlush for rapid weight and fat loss and more importantly to work synergistically with the Radical Diet. One of the ways that the two work together to maximize your weight and fat loss goals is their combined effects on inflammation in the body.

Even though we're going to go into some detail on how they work, the bottom line is that If you're fed up with the way you look, or want to look especially good for a special person or event, then this combo will give you the results you're looking for in the least amount of time.

And not only will you lose weight and inches fast, but you'll feel and be energetic and healthy in the process.

One of the reasons why is because LipoFlush and the Radical Diet, among several other things, target inflammation in the body.

Conquering Inflammation with LipoFlush and the Radical Diet

There is a definite link between inflammation and both obesity and body fat, especially fat in the waistline area. There's no doubt that adipose tissue secretes a number of inflammatory adipokines that can adversely affect health.

As well, it's my contention that the inflammatory process itself, likely a result of a combination of causes including some fat accumulation, aging, clinical and subclinical infections, stress and a host of others that all increase inflammatory levels in the body, begets an increase in body fat and eventually obesity, as well as a number of diseases including diabetes and cardiovascular disease.

It is also my contention that decreasing the inflammation, increases insulin sensitivity, decreases local cortisol production in fat, and ultimately makes it easier to lose weight and body fat. The interaction between inflammation, insulin resistance and body fat is certainly one of the mechanisms involved in the pathogenesis of weight and fat gain.¹

Although the exact cause and effect between insulin resistance, inflammation and obesity has still to be worked out, we do know that insulin resistance and elevated levels of cytokines go hand in hand.² For example in a recent study lowering interleukin-6, one of the pro-inflammatory cytokines, improved insulin action in obesity.³

LipoFlush is formulated to not only decrease inflammation, but also to work on other pathways with the goal of maximizing weight and body fat loss. Although it will work on its own, coupling it with the right kind of diet makes the whole process easier and faster.

The Radical Diet presents an optimal diet that works synergistically with LipoFlush, and also several other supplements in my MD+ supplement line.

The Radical Diet works because of a number of reasons, all explained in the book. However, one of the reasons is because it reduces inflammation in the body. A recent study looked at the adaptation that occurs to energy restriction at a molecular level and the benefits of very low caloric diets (VLCD) in humans and found it had beneficial effects on insulin resistance and inflammation.⁴

LipoFlush version III

Recognizing that inflammation can play such a big part in increasing body fat, I formulated the new version of LipoFlush version III with more of an emphasis on the **pro-inflammatory cytokines**.

Pro-inflammatory cytokines (markers and regulators of inflammation) have been implicated in obesity, visceral body fat (fat around the belly), a variety of diseases and in aging. As such, they're becoming increasingly important when it comes to dealing with the human condition, including many diseases, the accumulation of body fat and quality and length of life itself.

But what's interesting for our purposes is that these cytokines have been linked to changes in various hormones and functions in the body and can lead to increases in body fat, including abdominal fat, and decreases in muscle mass.

There are many ingredients in LipoFlush that target inflammation and in particular the pro-inflammatory cytokines including **L-carnitine, phosphatidylserine, vitamins B6, B12, folic acid and D3, betaine, calcium, magnesium, curcumin, willow bark, quercetin, ginger, yerba mate, green tea extract, alpha lipoic acid, capsicum, kelp and various antioxidants.**

But there's a lot more to the story. For more details on LipoFlush III and how it will help you achieve your weight and fat loss, and body composition goals, have a look at <http://www.mdplusstore.com/pdfs/lipoflush.pdf>. And if you want all the details, including over 120 references to the medical and scientific literature go to https://www.mdplusstore.com/pdfs/lipoflush_full.pdf.

¹ McLaughlin T, Abbasi F, Lamendola C, et al. Differentiation between obesity and insulin resistance in the association with C-reactive protein. *Circulation* 2002; 106:2908-12.

² Lyon CJ, Law RE, Hsueh WA. Minireview: adiposity, inflammation, and atherogenesis, *Endocrinology* 2003; 144:2195-2200.

³ Klover PJ, Clementi AH, Mooney RA. Interleukin-6 Depletion Selectively Improves Hepatic Insulin Action in Obesity. *Endocrinology*. 2005 Apr 21; [Epub ahead of print]

⁴ Viguier N, Poitou C, Cancellato R, Stich V, Clement K, Langin D. Transcriptomics applied to obesity and caloric restriction. *Biochimie*. 2005; 87(1):117-23.