

Will LERA help me lose weight?

Main aspects of anti-obesity action of LERA® Adaptogen Blend

1. Adipose tissue
 - a. Reduce differentiation of adipocytes (Proanthocyanins – Viburnum, Hawthorn)
 - b. Increase beta oxidation of fatty acids, which reduce fat deposits (Proanthocyanins – Viburnum, Hawthorn)
 - c. The administration of proanthocyanidins normalize plasma triglyceride and LDL-cholesterol (both parameters significantly increased with the High Fat Diet – Cafeteria Diet) but tended to decrease hypercholesterolemia and fatty liver. Gene expression analyses revealed that proanthocyanidins repress both the expression of hepatic key regulators of lipogenesis and very low-density lipoprotein (VLDL), all of which were overexpressed by the High Fat Diet (Proanthocyanins – Viburnum, Hawthorn).
2. Energy metabolism
 - a. Adaptogens as Eleutherococcus, Leusea, Rhodiola – stimulate and normalize energy metabolism, including the main oven of fat – Krebs cycle. This is by from one hand supply the substrates in a form from organic acids from Sorbus, Viburnum and Hawthorn and from another – speed up the process of recovering of the oxidized NAD⁺ pool, which is critical for supporting the high activity of Krebs cycle.
 - b. Adaptogens and polyphenols from LERA activate betta oxidation of fatty acids, which is from one hand is the main part of fat depo (more than 70%) and from another is better source of energy then carbohydrates as not interrelated with insulin activity which support carbohydrates deposit in a form of fat.
3. Stress
 - a. Cortisol and other stress hormones are proved to support the lipogenesis and disturb the circadian circles, which is in its turn support additional lipogenesis. Adaptogens help to prevent increasing and support the decreasing of the cortisol levels which help to maintain the normal weigh and adjust it to the normal level if it is higher.
4. At the same time, it is necessary to remember, that health diet excluded short carbohydrates and reach in dietary fiber with balanced amount of protein and good fats (reach in polyunsaturated fatty acids) together with adequate physical activity will help to reduce weight and keep it maintenance on the desired level. LERA will help with that.

Prepared for Sunrise Global Trading and Presented by the Brekhman Research Team, Vladivostok, Russia March 2019.

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