

Dr. Pamela Avery

The Natural MD[™]

THE NUTRITION PRESCRIPTION



Medicine of the future, today!

www.the-natural-md.com
thenaturalmd@the-natural-md.com

Conjugated Linoleic Acid (CLA)

We now know that all fats are not created equal. There are, in fact, very healthy fats found in nature. These healthy fats actually help your body store fat in appropriate amounts in appropriate places.

Fat stores in your body serve as an energy reserve to be broken down into glucose and used as a fuel source when periods of low food supply exist. Fat also helps create neurotransmitters, hormones, prostaglandins and many other molecules in your body. These molecules are the communication links between the various organ systems of your body. They also play important roles in creating and decreasing inflammation in your body.

Fats are also necessary in your diet in order to help your body build supple and flexible cell membranes. A healthy cell membrane allows smooth and efficient transport of molecules in and out of the cell. This insures maximal exchange of information and nutrients at a cellular level. Without healthy fats in the diet, your body can't operate efficiently and effectively.

Conjugated Linoleic acid (CLA) is one of several healthy fats your body needs on a daily basis in order to function effectively. Dr. Michael Pariza, a researcher at the University of Wisconsin - Madison, first identified

conjugated linoleic acid (CLA) in 1978. Dr. Pariza was studying beef extract when he noticed the substance, later termed CLA, was naturally present in beef and dairy products. Through his research, he noted that laboratory animals fed CLA had less body fat and larger amounts of lean muscle mass develop over time. Essentially, a healthy fat could control and limit the storage of fat around the belly and internal organs, the most unhealthy and unattractive areas of body fat storage. This discovery created the first flurry of interest in the compound.

His research continued over the next three decades and revealed that human dieters who were fed CLA-enriched diets tended to lose body fat while maintaining or even increasing lean muscle mass. This was as compared to those dieters who did not take CLA but took a capsule of sunflower oil instead. Why is this important? It is important because lean muscle mass is the tissue of your body that dictates the level of metabolism in your body. Muscle tissue burns glucose as its prime energy source. Thus the amount of calories you can consume before fat storage occurs is dictated by the amount of muscle tissue present on your body.

Research continues today on this great supplement. Current research is evaluating whether children supplemented with CLA add less body weight as they grow in the form of body fat and add more weight as lean muscle mass. This has profound implications for the epidemic of childhood obesity we are currently experiencing.

CLA is especially helpful in controlling the storage of fat around your belly and internal organs, the least healthy place for your body to carry fat. A recent long-term study reported in the American Journal of Clinical Nutrition specifically examined Tonalin CLA and found that study

participants who took 3.4 grams of CLA daily for one year experienced as much as a nine percent decrease in body fat mass.

You might wonder, “If CLA is present in beef and dairy, why not just get adequate amounts of CLA in my diet?” Unfortunately, most beef and dairy sold in modern supermarkets are deficient in CLA. CLA, a healthy fat, is incorporated into beef and dairy when animals are fed grasses. However, most beef and dairy today comes from animals penned up in massive feedlots and fed diets rich in grains and corn as opposed to animals allowed to graze on natural grasses from pastures. The natural grasses are the dietary substrates that cows were designed to eat. It is their natural diet. They are then and only then able to convert the energy of the grasses into the healthy energy of fats such as CLA. Like the other healthy fat, omega 3 essential fatty acid, CLA is a healthy fat that is not prevalent in high enough levels from our industrialized food sources to give us adequate levels from diet alone to control fat storage and encourage lean muscle mass.

In fact, corn-fed beef and dairy store fat as saturated fat. Saturated fat is a less healthy fat. Incorporated into the tissues of your body, saturated fat makes your cell membranes stiff and less flexible as well as promotes the development of inflammatory responses in your body. This saturated fat in modern beef and dairy makes the dietary intake of CLA through these foods far less than optimal.

CLA, however, is easy to add to your diet as a supplement. It has no known side effects and is not known to interfere with any medications. It is helpful in targeting the loss of that stubborn belly fat and internal organ fat. It can sculpt your body, especially when you combine it with the power of exercise to tone and condition the muscles of your body as well. It is a supplement that you can take even if you are not overweight.