

Thin Factors

Natives of the Amazon

From the leaves of the bauhinia forficata, indigenous tribes make teas and broths, which they drink as a tonic to soothe upset stomachs or in the case of graying elders, to simply feel younger. It's regarded as a diuretic with antibacterial, antifungal and anticandida properties, and its bark is prepared and consumed as an antidiarrheal agent. The locals use extracts for snakebites and even bathe their babies in it. Significantly, they also employ Bauhinia forficata to fight diabetes; a teabag's worth consumed after a meal purportedly helps regulate blood sugar levels. Since 1929, several Brazilian studies have affirmed the leaf's reputation as a sort of "vegetable insulin."³

About one-quarter of Western pharmaceuticals are derived from rain forest ingredients, but fewer than 1 percent of tropical trees and plants have been tested by scientists.² Could bauhinia, long revered as a rich source of salutary phytochemicals, offer other life-changing gifts? Given its apparent effects on blood sugar, would it also function as a powerful tool in weight loss?

Mechanism of Leptin

Laboratory tests revealed that bauhinia contains compounds that appear to enhance satiety after a meal. Too often, we overeat because the hypothalamus—the appetite center of the brain—is slow to receive those "stop right there!" signals from hormones such as leptin. This hormone acts like a biochemical traffic cop, helping regulate metabolism and energy intake.⁴

Leptin originates in fat cells and circulates at levels proportionate to body fat. Leptin talks directly to the hypothalamus gland of the brain. When leptin levels are high in the properly functioning person, it tells the brain to decrease food intake and increase sympathetic nerve activity, thus increasing metabolic rate.⁵





24141 Ann Arbor Trail, Dearborn Heights, Michigan 48127
Tel: 313.561.6800 Fax: 313.561.6830 E-mail: info@healthsecretsusa.com

Leptin is a hormone that is secreted in white adipose tissue. Leptin was found to signal the brain, having a primary influence on body weight, involved with insulin, cardiovascular health, reproductive function, sex hormones, immune function, adrenal function, stress, thyroid function, bone health, cancer and inflammation.⁶

Because its receptors respond to sweetness, it affects sugar cravings in a way that, when rewarded, fosters a “learned addiction.”⁷ Excess eating, in turn, raises the blood’s level of triglycerides, which can impede leptin from reaching the brain.⁸ So the body is tricked into thinking it’s starving. The overeating that typically ensues then clogs the fat cells even more, signaling the liver to create extra cholesterol.⁹ The result is that with overeating, the hormone’s receptors become less sensitive—a syndrome known as “leptin resistance.”⁸ The hypothalamus, functioning much like a thermostat, gets continually dialed up in a way that further increases appetite. Overeating begets more overeating.

Leptin miscues are one reason we can gorge on a heavy meal, capped off with dessert, and not feel uncomfortably full until the regretful ride home, half an hour later. Like a crackerjack cleaning crew, bauhinia essentially scrubs and tidies up the leptin receptors, enabling them to work with brisk efficiency at fostering a sense of satisfaction to foil phony hunger pangs. The hormonal signals reach the brain with greater alacrity, so metabolism, regulated by the hypothalamus, returns to healthy function. Suddenly, that second slice of pizza doesn’t beckon so irresistibly.

Further research confirms this response. Earlier this year, we conducted a placebo-controlled, double-blinded study. It started as a four-week program¹⁰, involving 31 patients (18 male, 13 female) and was extended to an eight-week study of eight subjects (three male, five female) from the treatment group.¹¹

In the initial pilot program, subjects were randomly divided into two groups and instructed to take five milliliters of the test material—either bauhinia leaf extract or a placebo solution—half an hour before each meal. In addition to noting their weight, we measured the circumference of the chest, waist and hips, as well as body mass index and waist-to-hip ratio. The subjects were ordered not to alter their diet and exercise regimens in any way.



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Ingredient: Extract of Bauhinia, Essential oils.

➤ Directions: Take 1 or 2 gelcaps three times daily. Preferably (1) hour before each meal.
For higher dosage, consult your health care practitioner.

📦 Packaging: 90 gelcaps per bottle.



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