

MEDICAL WEIGHT LOSS... dispelling the myths



Part III: Dietary Supplements for Weight Loss (slim your wallet, not your waist)

THERE ARE OVER 29,000! dietary supplements on the American market, and their numbers continue to increase almost daily. Although many classified as vitamins, minerals, antioxidants, phytochemicals, carotenoids, etc. may have preventative and health benefits; the several hundred "touted" for weight loss are in a word, worthless. Fat blockers, carb blockers, new and improved "ephedra free" products, and skin patches have often proven to be 99% less effective than claimed.

The Dietary Supplement Health and Education Act of 1994, commonly referred to as "DSHEA" does not require the manufacturer to prove their products are "safe or effective" before being brought to market. How's that again? Reading the label of any weight loss supplement should make even the least skeptical of us suspicious. "The above statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, prevent or cure any disease." So I ask, what then is it good for? Well, obesity is classified as a disease by the American Medical Association, American Society Of Bariatric Physicians, North American Association for the Study of Obesity and even the Internal Revenue Service.

In the past 6 weeks both Cortislim and Metabolife have indictments and class action suits against them (long overdue). How is it that the overweight consumer is so gullible? A part of the answer lies in the

fact that those who often promote these products with their "personal" stories, (i.e. our friendly radio announcers) are people that we like and thus trust and believe have integrity. Indeed, "Body Solutions" of the past have become the "Cortislins" of the present. Interestingly, Bill Handle who use to give testimonials for many weight loss products had gastric bypass surgery for morbid obesity.

Just listening to what these ads and infomercials say, can give one a sour stomach. "Atypical or extraordinary results, your results may vary." "Guaranteed results or your money back." "This product (Leptoprin) is intended only for those who are serious about losing weight." "Lose 30 lbs. in 30 days." Even Jon Stossel would say "please, give me a break!!" When is the last time you observed a normal weight person selling Metabolife at a kiosk. Can you imagine getting your medication for diabetes or hypertension there?

Admittedly, ephedra did have some weight loss effects, but due to misuse and abuse was withdrawn from the market. Also CLA known as conjugated linoleic acid has been shown in some studies to promote fat loss (not weight loss). Many "multilevel" companies have among their products useless weight loss supplements. Often, the only criteria to base a product on is the "integrity" of the company. Not infrequently, researching the companies reveal numerous sanctions for misrepresentation to outright lies about their products. Such was the case with Cortislim whose attorney in defending the recent class action suit against them stated the owners were just "overly enthusiastic." Yeh, right!!

Yes, weight loss supplements work alright, to slim your wallet, not your waist. Buyer beware, be very, very aware.

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