

Isagenix Study Findings on Weight Loss and Toxins

We're pleased to announce the publication of a new study evaluating Isagenix for weight loss in relation to its association with the release of toxins and reduction of oxidative stress.

The latest research paper, published in the International Journal of Environmental Research and Public Health, appeared just in time for Isagenix New Year Kickoff in San Antonio, Texas (1).

The new paper represents the third peer-reviewed publication from researchers at Skidmore College, Saratoga Springs, New York. The paper followed two other publications regarding a study that evaluated the Isagenix System's effects on body composition and cardiovascular changes.

At NYKO, lead researcher Paul Arciero, Ph.D., gave a comprehensive review of his lab's study on Isagenix products for weight loss and weight maintenance. He summarized the first two papers published about the study (2, 3), then shared that he'd just received news of a third paper being published.

"It's my priority as an independent researcher to objectively and scientifically investigate the efficacy of nutritional support systems across the age, health, and fitness spectrum," said Dr. Arciero, who is the director of the Human Nutrition and Metabolism laboratory and a professor of health and exercise sciences at Skidmore College.

The newly minted Isagenix Scientific Advisory Board member also shared that the new research is attracting attention in the nutrition science world, as it is the first to discuss the relationship between weight loss, toxins, and oxidative stress (4).

"We have scientific evidence that it's the quality of your diet that matters. Through diet, we can favorably support the detoxification process, oxidative stress levels and blood vessel health, and enhance weight loss. That's an important public health message," Dr. Arciero said.

References

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2. Arciero PJ, Edmonds R, He F, Ward E, et al. Protein-pacing caloric-restriction enhances body composition similarly in obese men and women during weight Loss and sustains efficacy during long-term weight maintenance. *Nutrients* 2016, 8(8), 476; doi: 10.3390/nu8080476
3. Li Z, He F, Tinsley G et al. Comparison of high-protein, intermittent-fasting low-calorie diet and heart healthy diet for vascular health of the obese *Front. Physiol.* 7:350. doi: 10.3389/fphys.2016.00350
4. Skidmore College. "Diet helps shed pounds, release toxins and reduce oxidative stress." *ScienceDaily*. ScienceDaily, 11 January 2017. Available at: www.sciencedaily.com/releases/2017/01/170111184102.htm.