

CASE STUDY ON THE EFFICACY OF A KETOGENIC DIET WITH SUPPLEMENTATION OF PHYTOEXTRACTS

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Introduction

The aim of this work was that of testing the efficacy of a commercial protocol for weight reduction (the Tisanoreica Method) so as to obtain a preventive expectation concerning weight loss.

Materials and methods

The case history was evaluated at a pharmacy in the province of Venice: Rossetto di Malcontenta in Mira and involved 189 subjects grouped as follows: 52 followed the base protocol, 20 the medium protocol and 117 followed the crash protocol. The subjects had no declared pathological forms but suffered from 'borderline' conditions attributable to hypertension, dislipidemia and alteration in the glucose profile. Most subjects were overweight. The duration of the observation was proportional to that of the protocol selected and the persons concerned underwent anthropometric evaluation (weight and measurement of waist, hips and abdomen circumferences) at the beginning of the intensive phase and at the end of the stabilizing one. The Tisanoreica Method consists of two phases (see Table 2) which differ from each other in that the first is basically ketogenic (intensive), while the second is low-calorie/hypoglucidic (stabilizing). It is the duration of both phases which characterizes the commercial protocols: base 20 days (10 days intensive and 10 stabilizing), medium 30 days (15 days intensive and 15 stabilizing) and crash protocol 42 days (21 days intensive and 21 stabilizing). The diet involved the administration of three mixes of phytoextracts aimed at mitigating the side-effects: depurative (Durvillea Antartica, Black Horseradish, Mint, Liquorice, Artichoke, Equisetum), diuretic (Equisetum, Asparagus, Birch, Cypress, Spear plant, Maize) and tonic (Eleuterococcus, Miura puama, Ginseng, Guaranà, Coffee, Anise).

Results

All the patients achieved enough weight reduction (see Table 3) to consider their state of overweight solved or reduced. On average, weight reduction was 4.5 kg (base), 5.9 kg (medium) and 7.5 kg (crash). As for the circumferences considered for each protocol, it was estimated that, on average, the base protocol reduces the abdomen circumference by 8.8 cm, the waist by 6.3 cm and the hips by 5.6 cm; the medium protocol reduces, on average, the abdomen by 8.2 cm, the waist by 5.8 cm and the hips by 5.4 cm while the crash protocol, on average, reduces the abdomen circumference by 9.6 cm, the waist by 8.3 cm and the hips by 7.4 cm.

Conclusions

The results enable us to state that the Tisanoreica Method, which is targeted at weight reduction, makes it possible to achieve positive results irrespective of the subject's age. Besides, these results are enhanced by the duration of the protocol. By now, it has become an accepted fact that even a moderate reduction in weight makes for an improvement in pressure, in the lipid profile and in glycometabolic compensation significantly reducing the risk factors for cardiovascular, metabolic and neurological diseases.