

### **SUPPLEMENTATION WITH PHYTOEXTRACTS WITHIN THE CONTEXT OF A KETOGENIC DIET: SCIENTIFIC RATIONALE?**

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#### **Introduction**

This revision work on the specific literature was aimed at evaluating whether there exists a scientific rationale supporting the use of phytoextracts within the framework of a commercial protocol for weight loss known as Tisanoreica Method (TM). From a strictly technical point of view, the method consists of two phases: a ketogenic diet followed by a low-calorie diet. Besides, this method also includes the administration of three mixes of phytoextracts aimed at mitigating the side-effects triggered off by the diet (particularly halitosis and headache): depurative (Black Horseradish, Mint, Liquorice, Fucus, Burdock, Taraxacum), diuretic (Equisetum, Asparagus, Maize, Crowberry or Uva Ursi, Taraxacum) and tonic (Eleuterococcus, Miura puama, Ginseng, Guaranà, Coffee). Once the efficacy and safety of this protocol has been proved (weight reduction with no alteration in the renal and liver profiles) (1), is there a theoretical foundation which might support the inclusion of the phytoextracts included in the TM?

#### **Materials and methods**

The PUBMED database was the first source used to obtain information, and this was further supported by papers and textbooks as well.

#### **Conclusions**

Considering the hepatoprotective and diuretic properties of the phytoextracts taken for assessment, we can conclude that they not only play a relevant role within the context of a ketogenic diet, but also that they could be used to advantage in the treatment of gall-stones and at the onset of hypertension and slight/moderate dislipidemia.