

Can This New Supplement Block Damaging Effects of Carbs?

Many dieters find that their biggest enemy is not sweets or fat, but starchy carbs. They are irresistibly drawn to breads, chips, rice, potatoes, and other foods.

But now there's help. A dietary supplement called Phase 2 neutralizes some of the harmful effects of carbohydrates.

"We're having a horrific epidemic of diabetes, which means diabetes and obesity, and a major factor is our diet," says Harry Preuss, M.D., professor of medicine at Georgetown University, and author of *The Natural Fat-Loss Pharmacy*. More specifically, he tells *Newsmax Health*: "It's the carbs in our diet."

Eating too many starchy carbs elevates blood sugar, leads to excess body fat, diabetes, and increased risk for heart disease.

While eating less is one obvious solution, it doesn't always work in practice. In his extensive research with nutrients, Dr. Preuss has found that Phase 2, which is extracted from white kidney beans, is the closest thing there is to a carb antidote.

When we eat starch, it's broken down by the alpha amylase enzyme. Phase 2 blocks the enzyme, preventing a significant amount of starch from being absorbed—enough to improve blood-sugar levels, produce a gradual, healthy rate of weight loss, or help maintain a lower weight after a successful diet.

Although beans, the source of Phase 2, are known for causing gas, the supplement is formulated in a way that eliminates the problem.

There have been 16 studies of Phase 2. These are the highlights:

- A study published in *The Open Nutraceuticals Journal* found that taking Phase 2 before eating white bread reduced starch absorption by an average of 66 percent.
- California researchers analyzed 10 studies of Phase 2 and found that those taking it lost significantly more weight than those taking a placebo.
- In a study of 60 overweight men and women in Italy, published in the *International Journal of Medical Sciences*, people taking Phase 2 lost an average of 6.5 pounds in 30 days, compared to less than a pound with a placebo pill. They consumed between 2,000 and 2,200 calories, an amount routinely eaten by many Americans.
- Another study, published in the journal *Obesity*, compared Phase 2 and a placebo among 123 people in Germany. During 12 weeks, those taking Phase 2 lost an average of more than 6 pounds without dieting. Afterward, three of four people maintained their weight loss during an additional 12 weeks. They experienced fewer cravings and reported feeling happier.

“If you take Phase 2, don’t think, ‘Oh, I can eat all the carbs I want,’” warns Dr. Preuss. “You can overpower it.”

If weight loss is your goal, take Phase 2 before each meal, eat a sensible diet with moderate amounts of starch, and get some regular exercise.

Take 1,000–1,500 milligrams of Phase 2 with 8 ounces of water before all meals that contain starch, especially your heaviest meal of the day. If you forget, take it with the first few bites.

Phase 2 can also be taken up to two hours after eating, while food is still being digested. But it is more effective when taken beforehand. If you don’t take it regularly and will be

indulging in a high-starch dish, take it before that meal.

Check labels: Some starch blockers have not been tested in clinical trials. Look for supplements that list Phase 2 on the front of the label or in the “Supplement Facts” panel on the back.

Some products combine Phase 2 with other weight-loss ingredients. Product names often include words such as carb or starch “controller,” “blocker,” or “neutralizer.”

Various brands of Phase 2 supplements are widely available at health food stores, drug stores and online.

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