

# B12 - Lipotropic Injections

*Safe, Effective and Natural Supplement for increasing metabolism and stimulating weight loss. You should also experience a boost in energy levels.*

## Central Park Naturopathic Clinic

### Does the weight come back if I stop?

These injections are set up to be used in conjunction with a diet and exercise program. As with anything with weight loss, the only way to keep the weight off long term is with a change in lifestyle.



A lot of Dr. Santos' weight loss patients use these injections in combination with his program, but others

have their own weight loss program that they are following and they want to boost the speed of their weight loss.

### Myoden Injections



Some patients require an additional boost in weight loss. In such, cases Myoden is added.

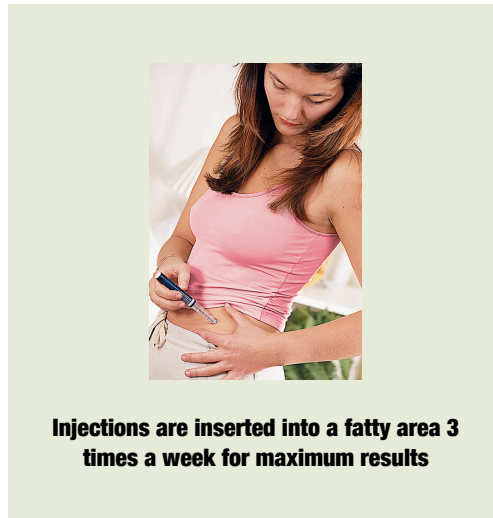
Research has provided evidence of a link between obesity and low levels of ATPase. Low levels of adenosine predisposes people to be overweight by causing fewer calories to be burned as heat and more to be stored as fat.

The body converts adenosine monophosphate (AMP) to adenosine triphosphate (ATP), the missing enzyme. AMP activate protein kinase, which stimulates the release of fatty acids from the body adipose tissues.

**Lipotropics** is a fancy word for three amino acids that are essential for the health of your liver. Your liver is the organ responsible for removing fat and toxins from your body, so if it is healthier, it will work better for you. **B12** gives you a huge energy boost, which helps you to burn calories.

The **vitamin cocktail** included in the B12 and Lipotropic shots are compounds that enhance liver function and increase the flow of fats and bile from the liver and gallbladder. By definition, a lipotropic substance decreases the deposit, or speeds up the removal of fat (lipo = fat, tropic = stimulate) within the liver. The key amino acids used to make these shots are: Vitamin B12, Choline, Methione, and Inositol.

**Vitamin B12** is essential for helping to form new, healthy cells in the body. It



**Injections are inserted into a fatty area 3 times a week for maximum results**

also boosts energy, helping to increase activity levels.

**Choline** supports the health of the liver in its processing and excretion of chemical waste products within the body. Moreover, it is required for the transport and metabolism of fats and cholesterol

within the body, which is important for the healthy support of the endocrine, cardiovascular and hepatic systems.

**Methione** is one of the sulfur-containing amino acids (cysteine & cystine are others) and is important for many bodily functions. It acts as a lipotropic agent to prevent excess fat buildup in the liver and the body, is helpful in relieving or preventing fatigue and may be useful in some cases of allergy because it reduces histamine release. *Patients with a Sulfa allergy should not take this injection.*

**Inositol**, a nutrient belonging to the B vitamin complex, is closely associated with choline. It aids in the metabolism of fats and helps reduce blood cholesterol. Inositol participates in action of serotonin, a neurotransmitter known to control mood and appetite.