

New in Norway !!!!!

## **Rubi, Ellen and Torild Lost Weight by Drinking Coffee!**

**Within 2 months Rubi Sandbekk, Ellen Halvorsen and Torild Henriksen reduced their weights with 4,3, 7,6 and 5 kilo respectively and this completely without hunger or denials. The only thing the three women from Vestfold (one of the Norwegian counties) have done is drinking coffee!**

**Their secret: an ordinary instant coffee enriched with chlorogenic acid, a substance with a positive effect on the glucose level.**

- "Slimming coffee"! It is almost too good to be true, but since coffee is something we drink every day anyway we wanted to test whether or not weight can be reduced in such a pleasant way.

Rubi Sandbekk (41) from Larvik, approximately two hours south of the Norwegian capital Oslo, Ellen Halvorsen (35) from Andebu, approximately one and a half hour south of Oslo and Torild Henriksen (33) from Tønsberg, approximately one and a half hour south of Oslo, are 3 of the 39 participants in a Norwegian study conducted on a new type of coffee. This coffee is a normal type of instant coffee enriched with chlorogenic acid. This acid is a substance found naturally in a number of plants, for instance in leaves from the blueberry plant and in coffee beans. The chlorogenic acid has, in numerous studies, proved to have a positive effect on the glucose and this might be some of the reason to why *some* people loose weight by drinking this coffee. The Norwegian study conducted actually showed that the special coffee did not have the same, good result on everybody. Some of the participants even gained weight, but Rubi, Ellen and Torild are among those who experienced a good result. These women are overjoyed.

### **Perfect Solution**

-To me, this is the perfect solution. My experience with regular dieting has been quite bad and since I feel that I have a quite healthy diet it is hard for me to change it. By drinking 3 – 4 cups of this coffee each day I have been able to eat normally and still loose weight. To begin with, this program did not convince me, but after 14 days I felt "lighter" and after 2 months my weight had been reduced with 5 kilos. Could not be better if you ask me. After the study was concluded I continued with the coffee and this summer I experienced that I, by drinking the coffee, could allow myself a little bit extra without regaining weight. The coffee has also put me off sweets. It costs far more than regular coffee, but one cup of coffee still costs less than a chocolate. Since I have cut back on my intake of sweets after I started drinking the coffee I still save money, Torild says.

- I have experienced the same positive effects, Rubi agrees.

- My body is quite compact and I used to have problems pinching my skin, but after two months of 4 – 5 cups of coffee each day I could suddenly pinch my skin and pull it. The explanation was obvious when measurements showed that my body mass index had changed during this period from 28,2 to 23,5 %. 4,3 kilos of pure fat was gone and to me, this was so positive that I continued drinking coffee even after the study was concluded. At the present time I have lost a total of 6 kilos and I am very satisfied. When one has an experience like this it also becomes easier to turn the food and exercise habits in a healthier direction. This is the reason to why I have started to eat more fiber and exercise more than before, she tells us.

Ellen is the one who has lost the most weight of the three women. She feels that the slimming coffee has provided an excellent aid on the road to a “lighter” life.

- By replacing regular coffee with this instant coffee my need for sweets has decreased. During the two months the study lasted I lost 7,6 kilos and by now my weight has been reduced with 14 kilos in total. After I started on this instant coffee I have gained much more energy. I have started to exercise and turned my diet in a healthier direction, she says.

## **Doctor Roar Strand is Positive Towards the Slimming Coffee:**

### **A Good Motivation for a “Lighter” Life!**

Caffeine is the best-known component in coffee, but it also contains numerous chemical connections. Recent research has found an especially interesting substance in the coffee bean called chlorogenic acid. This substance has proved to have a positive effect on the regulation of glucose through 3 different mechanisms:

- It reduces the amount of glucose taken up by the body from the food.
- It reduces the synthesis of glucose in the liver.
- It increases the turnover of glucose in the body.

These mechanisms make the glucose more stable and this means that the body’s need for insulin is reduced. Insulin is vital for the transformation of sugar into fat and high levels of this substance over time leads to storage of fat in the fat depots. On the other hand, when the insulin is kept on an in average lower level, the body will store less fat. Besides acting as a stabilizer for glucose, this means that one experience fewer cravings for sweets, it is also discussed whether or not the chlorogenic acid contributes to an increase in metabolism, although this is not yet adequately documented.

This is said by Doctor Roar Strand at Kilden Helse. Based on his knowledge on chlorogenic acid, Doctor Strand is also positive to a coffee containing a highly concentrated amount of this substance.

- The chlorogenic acid is also present in regular coffee, but in such small amounts that it has no measurable effect. To many coffee drinkers it might therefore be interesting that one, by replacing regular coffee with slimming coffee, actually can loose weight, he says. He also tells us that he has had several patients who have lost many kilos with the aid of this coffee.

- It is not a super-slimming remedy and nobody ought to think that they can spend all day on the couch, eating chocolate and chips and *still* loose weight just because they drink the coffee. On the contrary, the coffee is a supplement that makes it easier to eat less, he points out and stresses that a healthy diet and regular exercise still is the best recipe for a “lighter” life.

## **Doctor med Erling Thom has Conducted Studies On the Slimming Coffee:**

### **The Coffee has an Effect on the Glucose**

Doctor med Erling Thom at Parexel, a research institute based in Lillestrøm, half an hour southeast of Oslo, has gone through all available studies based on both regular coffee and the slimming coffee “Coffee Slender”. He has even performed tests of his own to see how the slimming coffee influences the absorption of glucose – the body’s intake of sugar.

- During the last years numerous big, international studies that show that intake of coffee reduce the risk of developing diabetes type 2 has been performed. The working mechanism has not yet been defined. A lot of the interest has been concentrated on the effect of caffeine, but it seems as though caffeine free coffee has the same risk reducing effect as regular coffee. In a recently published English study the focus has been on another component in the coffee, namely the chlorogenic acid. The studies I have participated in has been focused on looking at the effect this acid has, both when it comes to the consumption of glucose itself and the influence this might have on the bodyweight.

This is what we found: The chlorogenic acid has a distinct effect on the consumption of glucose. It is actually reduced by an average of 20 %. We also experienced that the acid, in its concentrated form, is able to provide an acceptable reduction in weight by daily use for 6 – 8 weeks. In a study where the participants were given chlorogenic acid in the form of capsules, the participants had an average weight loss of 1,5 kilos during 6 weeks. In another study where the participants drank 3 cups of Coffee Slender each day, the average weight reduction was 5,4 kilo during 3 months, Erling Thom explains. He still feels that additional studies must be completed before one can have a clear opinion on *how* the chlorogenic acid affects the bodyweight.

### **This is Coffee Slender**

Coffee Slender is regular instant coffee with added Svetol. Svetol is a patented extract of green coffee beans where the content of chlorogenic acid has been concentrated 10 times so that the acid accounts for 45 % of the content of this substance. As a comparison, regular coffee only contains 5 % chlorogenic acid. Studies show that chlorogenic acid stabilizes the glucose level and reduces the storage of fat. Moreover, the chlorogenic acid is a powerful anti-oxidant.

## **The Significance of Glucose**

Each day and every morning the body is struggling to keep the glucose level steady and stable. The blood absorbs the glucose through the food. Both the brain and the immune system need a constant supply of glucose. If the glucose level drops too low you will notice it immediately. You become tired, unfocused and listless. Many people also become grumpy and some experience shivers and nausea. Most people will get hungry or feel an irresistible urge to put something in their mouths.

The glucose level is increased when we eat and to keep the glucose as steady as possible it is wise to choose food that provides a slow increase of the glucose. Whole-grain bread, fiber-rich food, leguminous fruit and whole rice are examples of this type of food. If you eat food that provides a quick increase in the glucose like for example white bread and sweets, the glucose level will increase rapidly and stimulate the pancreas to produce insulin. We cannot live without insulin, but if the amount of insulin rises to high it might be hazardous to the health. If the pancreas is overly stimulated for a long period of time, it might be worn out. This can result in diabetes type 2. The insulin also influences metabolism and determines whether or not we store fat in the body.

## **Coffee is Healthy**

Coffee is unquestionably the Norwegian national beverage. Each and every one of us drinks on average 160 liters per year. Because the coffee is so popular it has also become the subject of extensive research. Even if one might need a strong stomach to take large amounts of coffee, little indicates that coffee is bad for the health. On the contrary, at the present time researchers claim that coffee, like red wine, is healthy, but only in reasonable amounts. This is the conclusion Alan Crozier from the University of Glasgow has made. He has studied coffee and concluded that it is the chlorogenic acid in the coffee that makes it especially healthy. The chlorogenic acid is a powerful anti-oxidant that seems to be able to protect people from the common disease diabetes, he says.

Other scientists claim that coffee may:

- Reduce asthma-attacks
- Reduce the risk of kidney- and gallstone
- Reduce the risk of developing Parkinson's Syndrome
- Reduce the risk for cancer and cardiovascular disease

E-Mail: [ann-britt.hangeraas@hm-media.no](mailto:ann-britt.hangeraas@hm-media.no)

### **BT1**

*SWEARS TO COFFEE: Rubi Sandbekk, Ellen Halvorsen and Torild Henriksen have participated in a Norwegian study to test the latest news in the slimming market – coffee.*

*These women are very pleased. Without other exertions than to lift the coffee cup and drink 3 – 4 cups each day they have reduced their weight with several kilos.*

### **BT2 Rubi's Hair is Red**

*LESS FAT: The measurement of the body mass index showed that Rubi lost 4,3 kilos of pure fat during the two months the study lasted.*

### **BT3**

*A PERFECT SOLUTION: In spite of a healthy diet, Torild thought she was carrying a few kilos too much. 5 of them have now disappeared and Torild feels that she has found the perfect solution.*

### **BT4 Ellen is the Largest of the Women**

*FEWER CRAVINGS FOR SWEETS: By drinking the slimming coffee Ellen has overcome her cravings for sweets and that has given her motivation to aim for a "lighter" life. Up to now she has lost a total of 14 kilos.*