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Low-calorie ketogenic normo protein treatment and implementation of probiotics for localized adiposities

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In a ketogenic normo-protein therapy, the weight loss to the detriment of fat body mass is justified by an energy requirement for gluconeogenesis. The protein intake helps to preserve the lean mass. The therapy is called normo protein treatment. The total protein intake (per kilogram of weight per day) is calculated by a multiplication factor of 1.5 for men and 1.2 for women, against the canonical value of 0.9 indicated as normal range by WHO. But we must keep in mind that the candidates who undergo this diet protocol turn out to be overweight or fairly obese, while the calculation is made on their ideal or achievable weight. The protein intake used and suggested by Blackburn studies, is thus superimposable to the protein request indicated by WHO. It is important to point out, how calorie requirement is not an essential value to formulate the diet. In fact, regardless of needs, calorie intake depends almost exclusively on protein supply, which is not bound with the amount of calories it produces, but with the subject's protein need. All patients recorded a weight loss and a significant decrease in fat mass. Simultaneously, an increase in lean body mass was observed. The value of BMI decreased on average by 5.16%. Fat mass decreased by 12.19%. Lean body mass increased by 3.6%. Anthropometric assessment revealed average weight loss of 4.6 kg. Thus, we can affirm that weight loss occurred to the detriment of fat body mass. In the light of these considerations it appears clearly that the treatment of obesity with a low-calorie ketogenic normo protein diet, according to the method by Blackburn and implemented by probiotics, appears to be a treatment of choice in the fight against obesity and localized adiposities, due to its high safety profile, its simplicity, rapidity and its results.

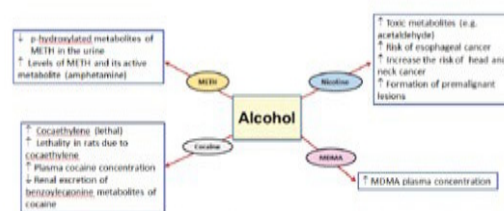


Figure 1: Effects of alcohol on the pharmacokinetics of methamphetamine (METH), 3,4-methylenedioxymethamphetamine (MDMA), cocaine, and nicotine. (↑: increase or enhancement; ↓: decrease or deterioration).

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