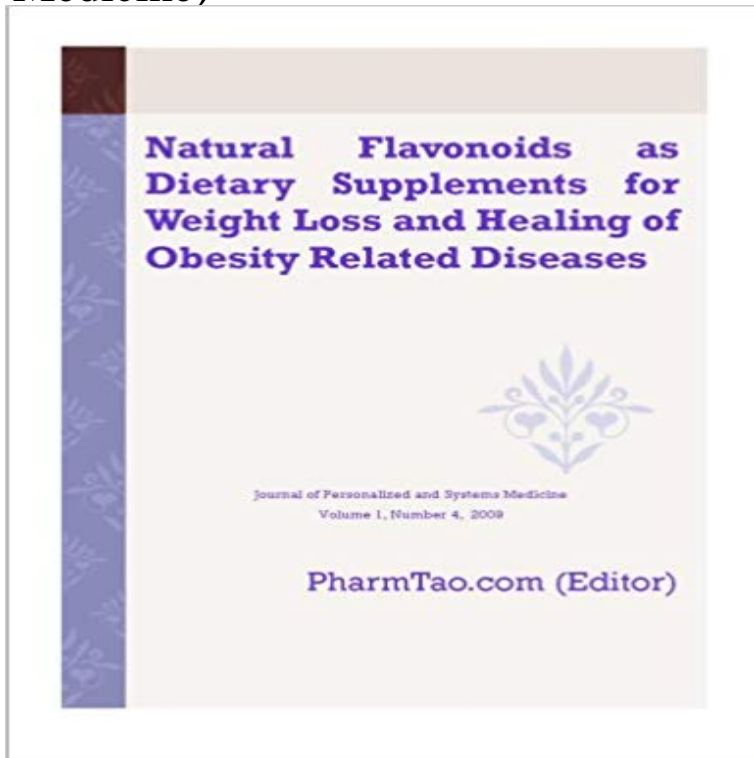


Natural Flavonoids as Dietary Supplements for Weight Loss and Healing of Obesity Related Diseases (Journal of Personalized and Systems Medicine)



Obesity is closely associated with other diseases including type 2 diabetes, cardiovascular disease, atherosclerosis, and cancers. Natural flavonoids are promising dietary supplements for weight loss and treatment of obesity-related diseases, as they have antioxidant, anti-inflammatory, anti-allergic, and anticancer activities. These products are beneficial for weight loss and healing diabetes, metabolic syndrome, and renal diseases. They can decrease blood pressure and reduce cardiovascular risks in overweight men and postmenopausal women. Certain processing methods and the combination with other interventions can make them more effective. Most of the flavonoids are extracted from natural herbs. It is necessary to know which parts to use and how to process these herbal products to have the best effects for the purposes of weight loss and healing relevant diseases. Certain combination of bioactive components, and certain diet patterns can have continued effects on weight loss. Excerpts: are known to be beneficial for healing diabetes in some animal models of obesity and metabolic syndrome. These results show that contents may help relieve the severity of diabetes, metabolic syndrome, and renal diseases. are known to alleviate arterial stiffness, an indicator of cardiovascular risks. central arterial stiffness was remarkably reduced. In addition, systolic blood pressure was also decreased. These results suggest that oral supplement of may help decrease blood pressure and central arterial stiffness, and thus reduce cardiovascular risks. Diets with the also decreased the levels of serum triglyceride and cholesterol. However, such diets increased the concentration of high-density lipoprotein (HDL)-cholesterol, which is beneficial to health. These results suggest that the extracts of may have an anti-obesity effect. These extracts can reverse the effects of high-fat diets, and

regulate the body weight, adipose tissue weight, and serum lipid contents. Pancreatic lipase activity plays an important role in obesity. Studies have shown that oral administration of can inhibit the absorption of excessive lipid into the body, and reduce the triglyceride (TG) level in plasma. In addition, can suppress the adipocyte differentiation in a dose dependent manner. These have been found to be more effective in inhibiting lipid absorption and differentiation of adipocytes, compared with the effects of their glycosides. can increase the fat-free mass (FFM) and muscle mass index in obese postmenopausal women. compared to alone, the combination of may lead to significant improvements in body composition parameters. Such combination can help reduce risks of cardiovascular disease in obese postmenopausal women. is one of the most abundant flavonoids. It has been produced as a dietary supplement.

It has anti-histamine and anti-inflammatory effects. Activators of targeting certain tissues have been considered potential treatments for obesity and obesity-related type 2 diabetes. Inhibitors of have been considered as anticancer candidates. inhibitors may be useful in the treatment of rheumatoid arthritis. It can strengthen the bodys defensive system against infections and common cold. extracts from significantly inhibited weight gain and accumulation of visceral fat. Such effects did not affect the food intake. It is the component responsible for suppressing the body weight gain and the accumulation of visceral fat weight. In addition, it could significantly decrease blood glucose levels. is an essential regulator of energy homeostasis.

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