

## Swiss Study

Polymed launched an open, multicenter, doctor-led study. The research is being conducted by Polymed in cooperation with its network of physicians. About 150 people will be monitored during Stage 1 (dieting stage of 27 days) and Stage 2 (stabilization of 21 days) of the BodyCode programme. Results have been received from 200 participants. This is an interim report of the most important findings.

- Interim Report -

**The BodyCode concept is a 3-stage plan with a low-calorie dieting stage (limited carbohydrates and fats), supported by a daily supplement of bio-energetic optimised L-Carnitine which helps lose weight and 'resets' the metabolism.**

Roland Voëlin<sup>1</sup>, Beat Fitz<sup>2</sup>, general practitioners<sup>3</sup>

<sup>1</sup> Leading physician in the study, doctor of internal medicine, Swiss Medical Association (FMH) Basel

<sup>2</sup> Leading administrator in the study, director Pharma & Lifestyle Polymed, Glattbrugg

<sup>3</sup> 45 participating general practitioners

### Background information

Obesity and overweight, and all the associated medical consequences, are a growing health problem. The consequences are not limited to developed countries, but also impact emerging nations and, most often, children. The common approach is to impose a low-carbohydrate/fat diet, in combination with an effort to create healthy eating habits. Unfortunately, the weight usually returns when the dieting stops.

The BodyCode concept takes a different approach. The aim is not just to slim down, but to sustain the new, lower weight. The method also tackles fat imbalances and helps 'reshape' the body. The BodyCode concept combines an accessible low-carbohydrate/fat diet with a liquid, bio-energetic optimised supplement. The optimisation is achieved using resonance-homeopathy in the field of alternative medicine.

Result: a sustained weight reduction of 8 to 12 percent within the first weeks, with a re-defined figure. The bio-energy resonance (also known as Ultra Molecular Frequencies) stimulates the hypothalamus in the central nervous system, enabling fat reduction without eroding muscle mass (BCM Body Cell Mass). The BCM is of vital importance to maintain a baseline of essential body functions. People will also experience little-to-no hunger during the dieting stage.

### Research methodology

This is an open, multicenter, physician-led study of 200 men and women during stage 1 (diet) and stage 2 (stabilization) of the BodyCode programme. Stage 1 lasts 27 days and is based on a low-calorie diet. During stage 1, the user takes a daily ampule of Carnitrin® (bio-energy optimized L-Carnitine liquid) each morning before breakfast for 24 consecutive days. The user also takes two capsules of multi-vitamins (BodyCode® VitaStart) every day. The liquid solution in the ampules contains bio-energy resonance from leptin, hCG, orthomolecular nutrients and medicinal Asian herbs. The leptin signals help to reduce hunger and boost energy production during the dieting stage. The hCG signals should reduce the fatty deposits in the problem areas (stomach, buttocks, hips,

thighs and arms). The orthomolecular nutrients and the Asian herbs help stimulate the metabolism.

In stage 2, which lasts 21 days, the intake of protein is increased and certain fats and carbohydrates are once again permitted. Multi-vitamins are an optional supplement. The use of Carnitrin® stops in this stage.

Extensive laboratory testing is conducted (Medics Labor AG) each day before breakfast prior to the diet beginning, and 7 weeks after it has concluded. The body composition is measured at 0, 4, and 7 weeks using bioimpedance analysis (BIA Corpus RX 4004M, BodyComp 9.0 software), to determine how the body reacts. Additionally, participants take a questionnaire at the start and after 4 and 7 weeks of the programme to clarify expectations and achievements. The doctors also take a questionnaire at the 7-week stage of the study.

### **Interim findings of 150 participants**

So far, 103 women and 47 men have been tested. The average age was 48.1 years with an average height of 169 centimeters. The average starting weight was 81.1 kg and the average BMI was 28.4 kg/m<sup>2</sup>. The average waist measurement was 98 centimeters with an average hip measurement of 107 centimeters.

After 7 weeks participants had lost an average 7.2 kg, or 8.8 percent of their body mass. The BMI fell 2.5 kg/m<sup>2</sup>. The stomach circumference decreased by 9 centimeters, while the hip measurement fell 7 centimeters. The weight loss consisted of 6.1 kg of fat, a decrease of roughly 20.4 percent of total body fat.

Laboratory testing did not demonstrate signs of pathological indications. Insulin levels dropped an average of 8.66 mU/l to 7.51 mU/l and the HOMA-index (which measures insulin resistance) fell from 2.02 to 1.70. Most notably, the insulin reduction level fell most among male participants, from an average 14.39 mU/l to 9.58 mU/l and the HOMA-index dropped from 3.52 to 2.24. Average leptin levels fell by more than half; among women from 17.11 ug/l to 9.48 ug/l and from 10.20 ug/l to 4.47 ug/l. Around half of the participants said they had entirely met their weight loss target, while roughly half said they had partially met their targets. Just 5 participants said they had not met their weight loss objectives at all and they gave clear reasons for this. Roughly three-quarters of participants said they met their goal in stomach measurement reduction, with the remaining quarter said they did not. Two participants said they had not met their personal minimal target. Roughly two-third of participants said they felt little-to-no hunger during the dieting stage. One-third said they felt normal hunger. Not a single participant said that they experienced a high level of hunger during the dieting stage. Around 90 percent of participants said they would recommend the BodyCode® concept, while 80 percent said they would do it again.

### **Conclusions**

The BodyCode® diet programme enabled participants to lose about 9 percent of their body weight and 20 percent of their body fat within 7 weeks, without experiencing a high level of hunger. The HOMA-index values showed that the insulin sensitivity improved. It is also possible that leptin sensitivity improved because - despite a reduced leptin level (due to less fatty tissue) – there was no reported high level of hunger. The exact impact on insulin and leptin sensitivity is still unknown. It is still to be seen whether a truly better and sustained result can be achieved by stimulating the hypothalamus through the bio-energy resonance in the L-Carnitine solution. For such a study, additional testing should be conducted after 6 and 12 month periods.

