

With pantothenic acid (Vitamin B5) so closely related to lipid metabolism, the question is raised if it has anything to do with obesity, and hence weight reduction.

Regarding negative calorie balance and dieting, the only guiding principle behind weight reduction is that calorie intake must be less than the calorie output, so that there is a negative calorie balance. The body will try to make up for this negative balance by burning the fat that is stored in the fat cells, the so-called depot fat. In this process, fat in the body is consumed, and the individual loses weight. This sounds rather simple and the goal should therefore easily be achieved. In practice, however, this is quite a different story. By taking in less than what is actually needed, the dieter in fact faces two hurdles that may prove too difficult to overcome. There is the problem of hunger. It takes enormous self-restraint and determination to keep the appetite in check. But more troublesome and difficult to manage is the weakness, sweating, dizziness and fainting episodes that follow the sensation of hunger.

**The solution:** When 10 grams of Pantothenic Acid (Vitamin B5) are added daily in divided doses the body burns the fat for energy without producing ketones. It is these ketones that produce all the undesirable side effects such as weakness, sweating, dizziness, hunger and bad breath. One can just fast or semi-fast and all the energy will be converted from the body's stored fat. The stored fat will be steadily depleted, and the individual will gradually and slowly lose weight.

One hundred participants were given 1000 calories a day together with 10 grams of pantothenic acid a day, in four divided doses four hours apart between meals. The average weight loss was about 1.2 kg per week. Ketone bodies in the urine were monitored and were found absent. The patients exhibited no weakness. Daily activities were carried out normally. In a few cases Vitamin B5 had to be increased to 20 grams per day. There are no toxic effects with high doses of Vitamin B5, there is actually improvement of the general state of health for those taking large amounts of pantothenic acid every day.

*Ref: Journal Orthomolecular Med. Vol 12, No.2, 1997*

### **Suggested Protocol:**

Take one-half teaspoon **Vitamin B-5** four times daily between meals, more if needed.

Follow Nutritionally Improved Dietary Program; reduce calorie intake. Take two **"BEST" Vitamin and Mineral tablets**

Take two **FISHOL E.C.** to provide Omega-3 essential fatty acid

Take 1 tablespoon of freshly ground flaxseed for fiber

Take plenty of fluids and exercise in moderation. After desired weight loss is achieved, reduce intake of Vitamin-B-5 to two grams per day.