

# Health Benefits of CLA

CLA is a fatty acid found in beef and dairy fats. Scientific interest in CLA was stimulated in 1988 when a University of Wisconsin researcher discovered its cancer-fighting properties in a study of rats fed fried hamburger. CLA cannot be produced by the human body, but it can be obtained through foods such as whole milk, butter, beef, and lamb.

## CLA may be one of the most potent cancer-fighting substances in our diet.

In animal studies, as little as one half of one percent CLA in the diet has reduced tumor burden by more than 50 percent.

## CLA has also been shown to reduce body fat in people who are overweight.

A double-blind, randomized, placebo-controlled study, published in the December 2000 issue of the **Journal of Nutrition** found that CLA reduces fat and preserves muscle tissue. According to the research project manager, an average reduction of six pounds of body fat was found in the group that took CLA, compared to a placebo group.

The study found that approximately 3.4 grams of CLA per day is the level needed to obtain the beneficial effects of CLA on body fat.

Dr. Michael Pariza, who conducted research on CLA with the University of Wisconsin-Madison, reported in August 2000 to the American Chemical Society that "It doesn't make a big fat cell get little. What it rather does is keep a little fat cell from getting big."

In a separate study conducted at Purdue University in Indiana, CLA was found to improve insulin levels in about two-thirds of diabetic patients, and moderately reduced the blood glucose level and triglyceride levels.

CLA has been the subject of a variety of research in the past several years, and findings also suggest that some of the other benefits of CLA include the following:

- **Decreases abdominal fat**
- **Increases metabolic rate**
- **Enhances muscle growth**
- **Lowers cholesterol and triglycerides**
- **Lowers insulin resistance**
- **Reduces food-induced allergic reactions**
- **Enhances immune system**

If you're interested in taking CLA to help with weight loss, keep in mind that it's not a magic pill and you will need to start a program of diet and exercise in order to successfully lose weight and keep it off.