

Relora®: Minimizes Stress-Induced Eating

Dr. James B. LaValle, R.Ph., N.M.D., C.C.N.

Relora® is a proprietary all-natural botanical product developed by Next Pharmaceuticals, Inc. It contains ingredients extracted from two plant species that have been used in traditional Chinese herbalism for over 1500 years. These are a patented extract from *Magnolia officinalis* (US Patent No: US 6,582,735) and a patent-pending extract from *Phellodendron amurense*.

Relora is Safe and Effective

Relora helps relieve stress, anxiety and minimize stress-induced eating, which in turn may help to produce weight loss when used as part of a healthy diet and exercise plan. The research and development of Relora involved sophisticated testing and screening for ingredients that have anti-anxiety properties, but no daytime sedative effects. Initially, investigators tested the Magnoliaceae plant family as a lead source of new anti-anxiety products. Scientists first focused on two phytochemicals or constituents in the plant that have "bio-activity" (work positively on the body)—magnolol and honokiol. Through a series of studies, it became clear that Relora was a safe and effective formulation.

Helps to Normalize Stress Hormones

Relora works with the body's natural chemistry to maintain normal levels of stress hormones. These hormones not only affect emotional well-being, but can also have a major impact on appetite and how the body stores and metabolizes fat. By working to re-establish a stable balance of these hormones, Relora can help break the stress/weight cycle and restore optimum health to mind and body.

Naturally Assists in Controlling Anxiety

In addition to normalizing stress hormones, Relora has been shown to control anxiety and the symptoms associated with it: irritability, emotional ups and downs, restlessness, tense muscles, poor sleep, fatigue and difficulty concentrating. Daytime sedation often occurs with products that induce relaxation. Not with Relora! This breakthrough botanical provides all the anti-anxiety benefits without inducing day-time sedation. In central nervous system receptor binding assays, the plant extracts in Relora bind to several important targets associated with anxiety. Also of interest, the bark of *Magnolia officinalis* has been used in traditional Chinese herbalism for centuries for stress-induced muscular tension.

Relora, Stress and Weight Loss

Stress is reported to play a significant role in a wide variety of health conditions. Recent work from the National Institutes of Health (NIH) and other major research centers has demonstrated that stress is a significant contributor to immune dysfunction, cardiovascular challenges, other age-related imbalances, and excess body fat. This type of fat is related to stress-induced hormone imbalances, especially imbalances of the hormones cortisol and DHEA. Until now, the only course of action for losing this fat has been stress reduction with exercise and diet, and anyone who has attempted diet and exercise alone often encounters a long, troublesome road. Relora may help the body normalize cortisol and DHEA levels in stressed individuals while inducing relaxation, and act as an aid in controlling weight and stress-related eating.

The increase in cortisol levels signals the brain that the body is in stress, causing food cravings, especially for high-fat, high-sugar foods. These foods, in turn, cause additional stress, thereby fueling the stress-cortisol cycle. Eventually, more fat is stored than the body needs unless sufficient exercise is in place to compensate, or the stress is reduced.

The ingredients in Relora are key supplements that help the adrenal glands to "come back to life" by reducing the excessive stress hormone response in the body and reducing carbohydrate craving behavior.

Results from Human Trials with Relora

Relora was tested at the Living Longer Institute in Cincinnati, Ohio and found to be a safe, effective, rapid acting, non-sedating dietary supplement that helps control occasional mild anxiety. Three hundred forty-five female subjects were administered Relora for 2 weeks. The dosage was 200 mg of Relora three times daily. Eighty-nine percent of the subjects reported that Relora helped them relax, while 78% found Relora to help prevent stress-related eating.

A second trial was undertaken at the Living Longer Institute to measure cortisol and DHEA levels in patients with mild to moderate stress. Elevated cortisol levels and depressed DHEA levels are associated with chronic stress. A two week regimen of Relora produced a significant increase in salivary DHEA (227%) and a significant decrease in morning salivary cortisol levels (37%). These findings support Relora's ability to relieve stress and its potential role in weight control and stress-related eating behavior.

A third study was completed in late 2002 that evaluated Relora on its ability to improve snacking habits in people who snack on sweets or eat salty snacks when they are under excessive stress. Forty-nine subjects were evaluated and it was found that Relora cut sweet snacking in the sweet cravers by 75%! It cut snacking on salty snacks by 50%. Seventy-three percent of all individuals in the study reported feeling less stressed while taking Relora.

A double-blind placebo-controlled study was completed in January, 2004. Forty pre-menopausal women were evaluated for stress, anxiety, food intake and weight management. Relora significantly reduced anxiety and prevented weight gain. A significant weight gain occurred in the placebo group while either no weight gain or weight loss occurred in the Relora group.

Suggested Use and Safety

[Relora](#) is designed for adults. The suggested daily dose is 1 capsule (250 mg) 2-3 times per day. Relora is not recommended for persons under the age of 18. If you are pregnant, nursing or taking a prescription drug, consult a health practitioner prior to use.

Author

Dr. James B. LaValle, R.Ph., N.M.D. C. C.N. is a licensed pharmacist (University of Cincinnati College of Pharmacy), certified clinical nutritionist (International & American Associations of Clinical Nutritionists), and doctor of naturopathic medicine (Central States College of Health Sciences, IAACN), with more than 18 years clinical practice experience in the field of natural therapeutics and functional medicine. Dr. LaValle is in clinical practice at the Living Longer Institute, a comprehensive wellness, prevention, and early detection program he co-founded. He sits on various scientific advisory boards within the dietary supplement industry. LaValle is also an adjunct professor in the college of pharmacy at The University of Cincinnati and serves as a preceptor in the Department of Family Medicine, University of Cincinnati College of Medicine.

DISCLAIMER: The above article is for informational purposes only and is not intended to diagnose or treat a particular illness. The reader is encouraged to seek the advice of a holistically competent licensed professional health care provider. The information in this article has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.