

# HSI HEALTH SCIENCES INSTITUTE

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acknowledges occasional differences of  
opinion among panelists and welcomes  
the exchange of differing points of view.*

## Reverse Metabolic Syndrome—high blood sugar, high cholesterol, high triglycerides!—with this rare Italian fruit

by Michele Cagan

Imagine throwing out your potentially dangerous (but also effective) medications—your statin, your blood sugar medicine—and replacing them with a single, effective, side-effect-free remedy. One that helps keep your numbers in normal range, and causes no negative side effects.

That dream is a reality—as finally there's a single comprehensive solution for many symptoms of Metabolic Syndrome.

### This bitter fruit can make your life much sweeter—without increasing your blood sugar

In a tiny region on the southern coast of Calabria, Italy, a unique super citrus fruit grows. This small area boasts 80% of the world's bergamot production—and its polyphenolic extract is exclusively used to make a remarkable antidote to Metabolic Syndrome.

Bergamot is different than any citrus fruit you've ever seen. It's yellow like a lemon, but the size of an orange. It's less sour than a lemon, but much more bitter than grapefruit. And while you wouldn't really want to snack on bergamot, you will want to make it part of your daily diet.

What makes this bitter fruit so remarkable? In just thirty days, you could see results of up to

- a 49% decrease in your triglycerides, and
- a 22% drop in your blood sugar levels

All that from a single, safe solution ... instead of a handful of potentially dangerous drugs.

### Hard-to-control symptoms need a nudge from nature

Sometimes, your body needs a little help to get things right. Unfortunately, the mainstream approach often uses a battering ram where a gentle nudge would do the trick—and bergamot fruit can provide just the right nudge.

For one thing, this citrus fruit helps your body by naturally blocking one of the enzymes (HMG-CoA reductase) needed for cholesterol production. Now, your body needs cholesterol—that's why your liver makes it—but sometimes production can get a little out of control. The powerful flavonoid compounds in bergamot help keep that in check by inhibiting that enzyme (which, by the way gets more active when blood sugar levels are high).

Those flavonoids also impact high blood sugar levels in a very positive way. By acting directly on glucose transporter proteins and glucose-regulating enzymes, these compounds can help rein in high blood sugar—as well

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### Our Mission

The *Health Sciences Institute* is dedicated to uncovering and researching the most urgent advances in modern underground medicine.

Whether they come from a laboratory in Malaysia, a clinic in South America, or a university in Germany, our goal is to bring the treatments that work directly to the people who need them. We alert our members to exciting breakthroughs in medicine, show them exactly where to go to learn more, and help them understand how they and their families can benefit from these powerful discoveries.

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### Reverse Metabolic Syndrome...

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as improving insulin sensitivity, a key factor in healthy glucose levels.

In addition, these plentiful flavonoids have well-documented antioxidant properties that contribute to your overall good health.

### Bergamot is chock full of powerful, natural healing compounds

Like virtually everything produced by Mother Nature, bergamot fruit contains a wide range of healthy compounds, the most potent of which include

- Naringin
- Rutin
- Narirutin
- Hesperidin
- Neohesperidin
- Eriocitrin
- Neoesperidin

Some of these have been the subject of extensive study (naringin, in particular), while others quietly do their jobs without attracting a lot of research attention. And when you put them all together—as nature did in bergamot fruit—they combine to substantially affect your cholesterol, triglycerides and blood sugar.

### The bitter pill turns out to be a better pill

Bergamot gets its distinct bitterness from a super powerful bioflavonoid called naringin. This natural compound has been put to the test against high cholesterol, diabetes, and high triglycerides... and come out victorious in multiple studies.

First, let's look at cholesterol. One study<sup>1</sup> found that naringin on its own was able to lower LDL cholesterol by 17% and total cholesterol by 14% in patients struggling with high cholesterol.

Next, high blood sugar, another defining symptom of metabolic syndrome—one that can lead to full-blown diabetes, and its many dangerous complications. And researchers discovered that naringin (along with hesperidin) can have a significant impact on blood sugar levels. One animal study<sup>2</sup> showed that supplementing with this flavonoid substantially lowered blood glucose in mice modeled with type 2 diabetes.

And then there's the way naringin knocks down high triglyceride levels, which is critical to optimal cardiovascular health.

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### Metabolic Syndrome Can Kill You

While there's no one established definition of Metabolic Syndrome (aka Syndrome X), the basic core symptoms include some of the worst risk factors for premature death:

- Elevated blood pressure (130/85 or higher)
- Low HDL cholesterol level (Less than 50 in women, less than 40 in men)
- Elevated Triglyceride level
- Elevated C-reactive protein level
- Fasting glucose level that indicates insulin resistance/glucose intolerance
- Excessive abdominal fat

This constellation of symptoms can lead to full-fledged diabetes, and a whole host of serious cardiovascular problems—significantly increasing the risk of death.

Two animal studies<sup>3,4</sup> found that adding naringin into the diets of rats effectively lowered their serum cholesterol levels.

**Bergamot extract knocks down cholesterol, triglycerides, and blood sugar in staggering numbers**

When it comes to fighting Metabolic Syndrome, bergamot extract may be your best bet. Because while a single one of its main compounds (naringin), its combination of powerful flavonoids really takes the symptoms to task.

In one stunning clinical trial<sup>5</sup>, researchers uncovered the true power of bergamot polyphenolic extract (BPF). This 30-day placebo-controlled interventional study included 238 patients, all of whom had

high cholesterol, and some of whom also had high blood sugar.

At the end of 30 days, most of the patients in the BPF group had substantially lower total cholesterol—up to 38% lower! And their LDL cholesterol plunge was just as impressive, with an average 37% drop.


And, according to the researchers, the most impressive changes were seen in a subgroup of patients identified as having Metabolic Syndrome. Those patients saw a huge dip in their triglyceride levels—up to a 49% drop—and an average 22% drop in blood sugar levels. In just one month!

**Bergamonte**

While you might not want to suffer through eating the

extremely acrid bergamot fruit—even to get results like that—you can get its benefits without taking a single bitter bite. Bergamot polyphenolic extract comes in one unique supplement called Bergamonte.

The manufacturer recommends a therapeutic dose of two to four Bergamonte capsules daily, before dinner, on an empty stomach for the first thirty days. After that, they recommend a maintenance dose of one capsule daily (still before dinner, on an empty stomach).

You can find ordering information for Bergamonte in the Member Source Directory on page 8. 

Citations available upon request and on HSI website

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