

13th International Congress on
Advances in Natural Medicines Nutraceuticals & Neurocognition
&
14th International Conference on Clinical Nutrition
July 27-29, 2017 Rome, Italy



Robert B Posner

Serotonin Solutions, USA

The role of oral serotonin supplementation as an adjunctive therapy to a medical weight control program

Serotonin (5-hydroxytryptamine) is an amine neurotransmitter manufactured in the brain, platelets and GI tract. The amino acid tryptophan is converted to 5-hydroxytryptophan (5-HTP) and this is then converted to 5-hydroxytryptamine (serotonin). There are 7 classes of serotonin receptors and different subclasses of each receptor site. Serotonin imbalance has been linked to carbohydrate cravings, depression, anxiety, diabetes mellitus, seasonal affective disorder, migraine headaches, fibromyalgia and a number of other clinical conditions. There are many prescription medications for weight control, depression, anxiety and migraine headaches that target specific serotonin receptors for either stimulation (agonists), blocking stimulation (antagonists) or inhibiting the transport carrier at serotonergic synapses. Serotonin is present in food sources such as fruits and nuts, but the barriers of gastric acid degradation, oxidizing enzymes in the bloodstream and blood brain barrier issues prevent the effective use of serotonin in these food sources.

Serotonin-Plus is a patented delivery system of natural serotonin that reduces cravings for carbohydrates. A double blind, placebo controlled, cross over study was performed in 36 patients showing statistically significant improvement of weight loss during the active treatment phase compared to the placebo phase. The Serotonin-Plus dietary supplement has been used since 2002 as the unique feature of the medically supervised Serotonin-Plus weight control program. The SP Program has been expanded through doctors in 23 states in the U.S. and over 24,000 patients have been placed safely and effectively through the program. In addition to the patented Serotonin-Plus dietary supplement, the SP Program utilizes a dietary plan based on real food, weekly visits for behavioral modification and a prescription FDA-approved appetite suppressant. The 12-week protocol averages 13.63 kg (30 pounds) of weight loss in females and 18.18 kg (40 pounds) in males. The 12-week SP Program has demonstrated an over 48% reduction in the risk of developing diabetes mellitus and for those already diagnosed, 88% of the patients either discontinued medications for diabetes entirely or have a reduction to less than 50% of the dosages of their medications. Oral serotonin, when delivered via an effective delivery system, can be a very effective, adjunct to a weight control program.

Biography

Robert Posner (MD) is a Diplomate of the American Board of Internal Medicine and the Founder of the medically supervised Serotonin-Plus Weight Control Program. He is a former US Navy Physician and interviewed to be President Reagan's Physician position before opting for private practice. He researched, developed and patented oral serotonin supplementation and this became the marquee feature of the SP Program that has now helped tens of thousands of patients to lose weight safely and effectively across the United States. Over 100 board certified physicians across America have brought the SP Program and products into their practices. He is the author of *"The Serotonin Solution to Never 'Dieting' Again"* and he has lectured at medical meetings across the USA and now Europe. He has developed new, patented serotonin products and the first one, SeroPro, the Serotonin Solution for Mood Enhancement launched in April, 2017. In 2018, he will come out with serotonin-based supplements for menopause, PMS, blood sugar and sexual dysfunction.

robertposnermd@gmail.com