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The weight loss effects of using a patented delivery system of oral serotonin

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Serotonin (5-HT) is a naturally occurring amine neurotransmitter made inside the body from the amino acid, tryptophan. There are 7 different classes of serotonin receptors and different subclasses of each receptor.

Serotonin imbalance has been linked to depression, anxiety, migraine headaches, bipolar disorder, diabetes, cancer and carbohydrate cravings. There are many prescription medications that work indirectly via serotonin mechanisms such as antidepressants and migraine headache treatments. Concerning weight control there have been prescription medications and dietary supplements that work to reduce appetite and cravings indirectly via serotonin mechanisms.

Patented oral serotonin delivery has been used at the medically supervised Serotonin-Plus Weight Loss Centers. Over 24,000 patients have been treated with an average weight loss of 30 pounds in females and 40 pounds in males in the 12-week protocol. The co-morbidities associated with obesity, such as diabetes, hypertension, hypercholesterolemia and others have been impacted significantly by the Serotonin-Plus Program and the patented serotonin supplements.

The mechanism of action, studies using the supplement and clinical experience will be discussed. The science of serotonin and applications for helping people control weight long term by reducing carbohydrate cravings will be detailed.

In conclusion, combining oral serotonin supplementation with a high protein/low carbohydrate dietary approach and supportive visits to instill behavioral modification result in aggressive weight control and the immediate lowering of diabetes risk, need for diabetes medication, lowering of blood pressure and an overall reduction of the need for medications to treat the co-morbidities of obesity.

Biography

Robert Posner, M.D. 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 decorated U.S. Navy physician and interviewed to be President Reagan's physician before opting for private practice. Dr. Posner 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 across the United States lose weight safely and effectively. Over 100 board certified physicians across America have brought the SP Program and products into their practices.

Dr. Posner is the author of *The Serotonin Solution to Never "Dieting" Again* and he has lectured at medical meetings across the U.S. 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, Dr. Posner will come out with serotonin-based supplements for menopause, PMS, blood sugar and sexual dysfunction.

Bob is an avid fitness enthusiast, working out daily as well as playing tennis. He has a passion for helping people become healthier and happier.

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