Fenuplex – A Secret Of My Success

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One of the basic tenets of the Biosignature system is that modulating insulin will always improve your body composition scores, whether or not you have the androgen levels of a field mouse, the raging estrogen levels of cheerleading squad on prom night, or the abysmal levels of growth hormone of a full-blown alcoholic.

Fenuplex is one of the secrets of my success. In fact, one of my hockey player clients can attribute it to a $4 million salary increase. That was the key supplement I used with him when his team threatened a $3.5 million salary cut. After a month of being on it, the client went from 20.5% body fat to 11.1%.

As a result, he earned a $4-million salary increase instead of a $3.5-million cut. A month later, he proves them right in increasing his salary. He was down to 6% body fat. His fellow Olympic teammates teased him at training by pretending not to recognize him because of his physical transformation!

How Does It Work?

The higher your glucose levels, the higher the risks of developing pathological complications associated with diabetes. It is well accepted now that having diabetes is known to accelerate ageing by fifteen years. Maintaining healthy blood glucose homeostasis is therefore critical for preserving the health of your clients and minimizing the risk of associated pathological disease.

Insulin resistance takes place in different tissues at different rates. For example, you can have the ovaries become insulin resistant before the muscles do. In this case, the woman would have PCOS before she would get fat.

Five hormones raise blood sugar, only one lowers sugar: insulin. That is because we are designed to eat a natural diet.

In recent years, many leading universities have researched several plant extracts have been for their antidiabetic properties in an effort to discover alternative treatment modalities that pose a lower threat for diabetics.

Even though a host of herbs are reported to possess some degree of antidiabetic activity (Marles & Fornsworth, 1996) a significant amount of research, as well as traditional usage, demonstrates that bitter gourd fruit
(Momordica charantia), fenugreek seeds (Trigonella foenum graecum), and gurmar leaf (Gymnema sylvestre), are probably a best bet in terms of efficacy and safety. These two herbs, as well as several other valuable herbs such American Ginseng represent safe, useful aids to conventional therapeutic approaches to insulin management. Also, it is plausible that the insulin and glucose normalizing effects of some of these herbs may benefit the non-diabetic who wants to improve their insulin sensitivity.

**About Fenugreek**

The use of Fenugreek seeds (Trigonella foenum graecum) for the treatment of diabetes has long been described in the Greek and Latin pharmacopoeias. In the recent past, several studies have demonstrated hypoglycemic properties of fenugreek seeds in both animal and human studies, thus, lending support to its traditional use. (Ribes, 1986; Ajabnoor & Tilmisany, 1988; Khosla P, et al. 1995; Bordia A, et al 1997; Sharma, 1990) Sharma 1986, Madar 1988)

Research further suggests that fenugreek has a lowering effect on plasma cholesterol and triglyceride levels. Bordia A, et al 1997; Sharma, 1990, Valette, 1984) The hypoglycemic effect of fenugreek is believed to be largely due to its high content of soluble fiber, which acts to decrease the rate of gastric emptying thereby delaying the absorption of glucose from the small intestine. Another possible mechanism for the efficacy of fenugreek is its content of a specific amino acid, hydroxyisoleucine, which represents 80% of the free amino acids in fenugreek seeds, may possess insulin-stimulating properties. (Haefele C. et al. 1997) Fenugreek is also known to contain compound like trigonelline and coumarin with reported hypoglycemic properties. (Ali et al. 1995)

In France, in their compendium, you will find fenugreek being described as an anabolic agent, amongst the same pages as the androgens Nilevar and Halotestin.

**About Bitter Gourd (also known as “bitter melon”)**

Bitter Gourd (Momordica charantia) is also known as balsam pear, is a tropical vegetable widely cultivated in parts of Asia, Africa, and South America. Our expert nutritionist, Jonny Bowden, ranks it highly on any nutritional plan.

It has been extensively used in folk medicine as a remedy for diabetes. (Welihinda J, et al. 1982) Although the precise mechanism of action remains to be fully determined, preliminary evidence suggests that Bitter Gourd may help to stimulate insulin release or possibly glycogensynthesis in the liver. (Welihinda J, et al. 1982)

Furthermore, the plant is believed to contain several antidiabetic compounds. For instance, an insulin-like protein, known as insulin-P or polypeptide-P, has been extracted from M. charantia fruit and has demonstrated hypoglycemic effects when injected subcutaneously into Type I diabetics.
Bitter Gourd also contains charantin, a mixed steroid compound isolated through alcohol extraction, which was found to be a more potent hypoglycemic agent than tolbutamide. (Srivastava Y, et al. 1993)

About Gymnema

Gymnema sylvestre is an herb that has a long history of use in India for controlling diabetes. Its more common name, gurmar (meaning “sugar-destroying”) was given because of the plant’s antisacharogenic property (suppresses the taste of sugar).

Gymnema has the following properties:

- Insulin sensitizing action by increasing activity of enzymes responsible for glucose uptake and utilization
- Assists regeneration and repair pancreatic beta cells
- Inhibits glucose uptake from the small intestine.
- Assists regeneration and repair pancreatic beta cells
- Lowers cholesterol levels
- Inhibits glucose uptake from the small intestine.

Recommended Use for improving insulin sensitivity

Typically, Fenuplex is used at 2 capsules three times a day with meals with clients who show an Insulin type Biosignature. Lean individuals use the Fenuplex at a dose of 3 capsules when they take their high carb/protein post-workout shakes.

For further information please contact sales@kettlebellseminars.co.uk or call Kettlebell Seminars UK on 0800 064 1004.

To purchase Poliquin products please go to: www.kettlebellseminars.co.uk to go to our online store.
References:


