# President’s Message

## Tis the Season

By Lisa Gibson, MS, RD  
President, CDA

We are in the midst of the holiday season with all the good times, but along with it comes the stress of shopping, cooking and entertaining. This is also a time to give thanks and to reflect over the past year as we prepare to say good-bye to 2004.

I am most thankful for the addition of Bridget Harvey-Elliott, MS, RD to the CDA staff. As the new Association Administrator, she oversees all Central office operations and assists the Executive Board in attaining their goals and objectives.

The titles of Executive Director and CEO have been used in the past to identify this position, but after reviewing this position, the Board voted to change the name to more clearly define the job’s responsibilities.

Bridget is well known to the dietetic community through her career with Computrition, Inc. She was with the company for over 20 years and worked as Vice President of Support Services. She is a member of the LAD and Coastal Tri-Counties district associations and has been on the Advisory Board to the Marilyn Magaram Center for Food Science, Nutrition and Dietetics since 1996. The Executive Board thought it was very important to have a dietitian managing our association and we are thrilled with Bridget’s business background and knowledge of our profession.

The position will be part-time, and Bridget will work at both the Central Office with Pat Smith, Administrative Assistant, and Joseph Santos, Bookkeeper, as well as at her home office. In addition to her position as Association Administrator, Bridget teaches nutrition at Ventura Community College.

I am also thankful for the financial security that CDA is now enjoying. We were able to deposit $25,000 into our money market fund.

The CDA Executive Board has worked hard, and I am thankful for each board member and their contributions to CDA and to our profession.

The ADA Food and Nutrition Conference and Expo was held in our own back yard, and I thought it was an excellent conference. I would like to thank all the CDA members that volunteered their time at the meeting to make it so successful.

Happy New Year!

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CDA Executive Board

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Education Council/Member's Council Mentee
Rebecca kloss

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Dates to Remember
Jan 22, 2005: CDA Member Council Meeting in Sacramento
Feb 4, 2005: CDAF Board Meeting at the Central Office
Feb 5, 2005: Stop the Clock Anti-Aging Seminar from UCLA Extension (www.uclaextension.edu)
Feb 28, 2005: CDA Public Policy Legislation Day in Sacramento
Mar 1-3, 2005: ADA Public Policy Workshop in Washington DC
Mar 31-Apr 2, 2005: CDA Annual Meeting in Riverside

(Left to right) Constance Garrett, RD, MS, MA, VP Public Policy; David Damico, Presidential Mentee; Rebecca Kloss, Education/Member Council Mentee; Dorothy Chen Maynard, PhD, RD, CDA Foundation President; Shannon K. Duffy, MPH, RD, VP Communications; Lisa Gibson, MS, RD, CDA President; Monica McCorkle, MS, RD, CDE, Chair of Member Council; Jan Schultz, MS, RD, VP Education
### CDA Fiscal Year 2003-2004
Unaudited Financial Statement

<table>
<thead>
<tr>
<th>Revenue</th>
<th>Expenses</th>
</tr>
</thead>
<tbody>
<tr>
<td>ADA Rebates 188,734</td>
<td>Salaries &amp; Payroll Expense 115,080</td>
</tr>
<tr>
<td>Website 7,301</td>
<td>Office Rent 16,929</td>
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<tr>
<td>Sustaining Contributors 17,945</td>
<td>Telephone 3,266</td>
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<tr>
<td>Roster &amp; Advertising 2,293</td>
<td>Bank Charges 4,119</td>
</tr>
<tr>
<td>MNT Workshops &amp; Helping Hand 633</td>
<td>Supplies 3,739</td>
</tr>
<tr>
<td>Annual Meeting 225,199</td>
<td>Equipment Maintenance 12,907</td>
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<tr>
<td>Mailing Services 5,782</td>
<td>Postage 4,182</td>
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<td>Interest 4,154</td>
<td>Accounting Services 7,358</td>
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<tr>
<td>Processing Fees &amp; Miscellaneous 549</td>
<td>Fed &amp; State Taxes 270</td>
</tr>
<tr>
<td>CDAF 6,330</td>
<td>Roster 490</td>
</tr>
<tr>
<td></td>
<td>Ballot 3,384</td>
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<tr>
<td><strong>Total Revenue</strong> $458,920</td>
<td><strong>Total Expenses</strong> $425,815</td>
</tr>
<tr>
<td>Awards Committee 1,025</td>
<td>ADA Rebates 188,734</td>
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<tr>
<td>Sustaining Contributors 7,327</td>
<td>Salaries &amp; Payroll Expense 115,080</td>
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<tr>
<td>Annual Meeting 153,445</td>
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<td>Executive Board 18,494</td>
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<td>Education Council 530</td>
<td>Bank Charges 4,119</td>
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<tr>
<td>Public Policy Council 42,933</td>
<td>Supplies 3,739</td>
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<td>Delegate Council 5,201</td>
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<td>Communications Council 23,880</td>
<td>Postage 4,182</td>
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<tr>
<td>Member Council 1,254</td>
<td>Accounting Services 7,358</td>
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<tr>
<td><strong>Revenue Over Expenses</strong> $ 33,105</td>
<td><strong>Fed &amp; State Taxes</strong> 270</td>
</tr>
</tbody>
</table>

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## Learning to Lead
By Janice D Schultz, MS, RD
CDA VP, Education

How does one teach or learn leadership? What are the attributes of leaders? Are leaders born or made? Peter Drucker, who many consider the father of modern management theory states that, “There may be 'born leaders', but there surely are far too few to depend on them.” Dietetics leaders are needed at many places and at all levels, and ADA Affiliates and Districts are no exception. Recognizing the challenges and benefits of recruiting, engaging, and retaining leaders, what is better than bringing undergraduate dietetics students and interns into a leadership learning process?

Since 1995, the California Dietetic Association (CDA) Executive Board has provided a birds-eye-view of association leadership to selected undergraduate DPD students and interns. Appointed for one year each (following an application and selection process), mentees are assigned to a specific Executive Board Member. Then, the students work alongside their elected Executive officer, attending all board meetings and CDA-sponsored events.

Twice since beginning the program, participants were polled for feedback to assess program benefits and “leadership outcomes.” During Spring 2001, 12 former mentees responded and at that time, 50% were serving as a district dietetic association committee chair or higher. Sixty-six percent had remained active within 3 years of their Executive Board experience. Recently (November 2004), mentees from 1999-2004 completed a similar email survey. This time, 6 of 7 (86%) of responders had assumed some active leadership roles either within their district or on a statewide committee. Positions held by the 1999-2004 Mentees included District Newsletter editor (2), Community Nutrition Grant Chair, Legislative Contact, Mentoring Committee chair, and a member of the CDA Annual Meeting Planning Committee.

Quotes from the November 2004 surveys capture the essence of how this LEARNING TO LEAD program makes a difference:

“(most meaningful was)…to see the inside workings of the CDA Executive Board, what each board member is responsible for, and how they relate to each other (was valuable); learning about the process of making decisions for the state organization, understanding how CDA relates and interacts with ADA, and the local districts.” (Caroline Spinalli, Mentee 2000-2001)

“The entire Executive Board mentored me. I enhanced my skills of working collectively in a group and as a team to benefit an entire population (CDA). I was reminded that sometimes difficult decisions have to be made and not everyone will be happy or supportive of them.” (Amber Johnson, Mentee 2003-2004)

“(most useful insights gained were)...tools for dealing with different personalities to work towards a common goal, networking, and maintaining a positive attitude during stressful situations.” (Andrea Aiello, Mentee 2002-2003)

“This experience laid the groundwork for what kind of RD I wanted to be, the area that I wanted to go towards (Public Health), and what area of dietetics best matched my own personal style. As I write and reflect in this email, I understand even more how important the Mentee program was to get me started in Dietetics. My interest in leadership (which started in Mentee program) has grown. Currently, I am the Staff Training Coordinator for Sacramento County WIC which has 65+ employees and a caseload of 21,000 participants. I am an Army Reserve Dietitian, but currently function as the Unit Commander for a Company in the 328th Combat Support Hospital in charge of 300+ soldiers. The Mentee Program was extremely valuable!” (Christopher M. Husing, Mentee 1998-1999)
ADA Delegate Roles
By Lurese C LeVoir, DTR
California Chair of Delegates

Recent discussions with members have indicated that many of you are unsure about the role of delegates from the California Dietetic Association (CDA) to the American Dietetic Association (ADA). One of our responsibilities is to be a conduit for information from the local district board to ADA, and from ADA to the local district board. While that is part of our role, we want you to realize that we function at a more basic level; to be a conduit from EACH MEMBER to ADA and from ADA to each member. If you have questions, concerns, or issues, please contact your delegate.

An easy way to contact any of the delegates is to go to the CDA website www.dietitian.org, click on the delegates’ page on the left side of the screen, and then click on the link to your delegate.

The ADA House of Delegates (HOD) meets twice each year to discuss two major issues. After that discussion, a motion may be drafted. Electronic discussion then occurs, amendments to the motion may occur, and finally, electronic voting on the proposed motions occurs. I encourage all members to stay aware of the actions being discussed in the HOD by visiting the ADA website www.eatright.org or by contacting your delegate.

In addition to the affiliate delegates who are responsible for communication with the membership based on state location, there are delegates from the various national dietetic practice groups, known as PID Delegates; and At Large Delegates, who are tasked with presenting global viewpoints. If you have concerns that relate to a particular area of practice, you may want to contact the PID delegate for the practice group of which you are a member.

By using email and the HOD website, delegates keep abreast of activities and actions that occur between the House of Delegates meetings. Again, I encourage every member to use the ADA structure to communicate their concerns. One of the issues discussed at the HOD in Anaheim was communication, and I want to encourage every member of ADA to make me aware of their concerns regarding the dietetic profession.

Recognition and Awards

District Leaders and all members are reminded and encouraged to suggest and support nominations of your local colleagues for whom you feel recognition is appropriate.

Each district awards chairman can provide further details about criteria and deadlines: Take advantage of this great opportunity to bring professional recognition to deserving members!

ADA nominations and Awards for Outstanding Educators follow a slightly different timetable than the CDA Awards. If you want to nominate a dietetics program preceptor or an educator (in an accredited dietetics program: DI, DPD, DTR or CP), again, contact either your local Awards chair or Jan Schultz (JDSmsrd@aol.com) for further details.

Calling All Dietitians!
By Karen Goldstein, RD, CD, CDE
Regional Networking Coordinator

Are you an enthusiastic dietitian, looking for the opportunity to participate professionally in the Diabetes Care and Education (DCE) Practice Group? Are you interested in networking, promoting DCE to other members AND gaining a one-year FREE membership to DCE? Consider volunteering as a State Networking Representative!

As your Regional Networking Representative for area 1, which includes Hawaii, Alaska, Washington, Oregon, California, Idaho, Montana and Wyoming, my goal is to serve as liaison between DCE members in this Beautiful region and the DCE Executive Committee. I also aim to be a resource in diabetes care, promote DCE to other organizations and disseminate valuable cutting-edge diabetes information.

As a State Networking Representative, you would serve as liaison between myself and your state’s diabetes education professionals. This is an excellent opportunity to become involved in a fantastic practice group and to promote the role of the Registered Dietitian in diabetes management.

Responsibilities of State Networking Representative include:
- Serve as grassroots resource person to help build communication networks
- Promote the mission and member expertise of DCE to professionals and consumers in the diabetes community within your state
- Promote DCE membership and activities in state and local areas through exhibiting displays and networking

Benefits of serving as State Networking Representative include:
- Free one-year membership to DCE
- Numerous networking opportunities and opportunity to develop collegial relationships
- Professional participation at the national level
- A step toward further future involvement in DCE leadership

If you are interested in this wonderful opportunity, please contact Karen Goldstein, RD, CD, CDE, Regional Networking Coordinator for Area 1, at KarGolds@aol.com or (425) 823-5152.
Thank you!

Professional Liability Insurance

Taking 10 minutes of your time to surf the Web at http://www.proliability.com could save you 10-50% on professional liability insurance. For over 25 years, Marsh Affinity Group Services has worked with ADA to provide one of the best malpractice protection programs available for dietetics professionals.

Check the site today, whether you are in private practice or work for an employer. Protect your career and your assets today!
House of Delegates Update
By California Delegates

The House of Delegates (HOD) met in Anaheim, CA on October 1-2, 2004 prior to the Food and Nutrition Conference & Expo (FNCE). A welcome by Melinda Zook-Weaver, MS, RD, LD, Speaker of the House, energized the 190 participants, as she presented the two-day agenda.

During the HOD deliberations, the majority of time was spent on two major issues which were initially presented to the ADA membership during the late summer and early fall via email, newsletter articles, and presentations at affiliate meetings. All your important comments to these issues were captured by the delegates, and discussed. The two issues were:

- **Communications:** How delegates and other leaders can more effectively communicate with members and how members can reach out to them.
- **Generational Diversity:** How dietetics professionals can more effectively deliver food and nutrition services to individuals from the various generational categories (Matures, Baby Boomers, Gen Xers and Gen Ys).

Based on a review of the HOD deliberations, the outcomes were:

- **Communications:** It was agreed to develop an implementation plan for enhancing communications. The plan provides direction on how to use the information to improve communications within HOD and between delegates and members.
- **Generational Diversity:** This discussion resulted in a motion requesting the ADA Executive Team review the results of the generational diversity discussion and consider its implications for the current and future programs of work for the Association. A report will be submitted to the ADA Board of Directors and House of Delegates in spring 2005. Watch for more details on the outcome of this motion next spring.

And, how does this affect you as a ADA member…..

- **Communications:** As a result of the discussion, members can expect to receive more frequent and targeted information, which will utilize different communication vehicles. Members will be better informed about HOD activities and will have more opportunities for providing feedback on issues to delegates.
- **Generational Diversity:** The report on this issue, including more concrete action, will provide direction on how ADA will address this issue. Members will receive this report in Spring 2005.

During the late summer and early fall, delegates personally invited ADA members to complete a survey on Environmental Trends. This survey was conducted to verify current trends and to identify emerging trends affecting the profession of dietetics. ADA Board of Directors will use this information, in January 2005, as part of their yearly review of the Strategic Plan. Your input on current and emerging trends will guide the Association to a more pro-active approach on issues.

The ADA BOD and the House Practice Definitions Task Force approved the Scope of Dietetics Practice Framework. The purpose of this document is to assist dietetics professionals in making decisions about the appropriate levels of safe and effective practice and should serve as a guide for practitioners, employers, etc. A summary of this document will be published in the Journal in spring 2005; a dedicated section of the ADA Web site will serve as host to the document (spring 2005); and, training at the Spring HOD Meeting will provide delegates what they need to bring this information to members.

The HOD meetings closed with presentations by ADA President Susan Laramee, Treasure Thomas Malone, and, CEO Ronald S. Moen providing participants with the status of the Association, ADA finances and operations at ADA Headquarters. For more details on these presentations, check out the HOD web page at www.eatright.org/Member/85_8281.cfm.

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CDA Foundation Scholarships
By Jenna Rosmann, MPH, RD
Chair, Scholarship Committee

It is early, but not too soon to apply for a scholarship offered by the California Dietetic Association Foundation. The CDAF Scholarship Committee announces the following scholarships for the 2004–2005 Academic Year: Dolores Nyhus Graduate Fellowship; Carol Hayes Torio Memorial Undergraduate Scholarship; Carol Hayes Torio Memorial Dietetic Technician Scholarship; Native American Scholarship; Jacqueline Saracino Scholarship; and the Consultant Dietitians (CDC) Scholarship.

Students may apply for more than one scholarship, but may only receive one. For more information, contact the Chair, Scholarship Committee Emily Burson, RD at 310.795.9891 or emilyburson@aol.com You may also contact your District Presidents, Practice Group Chairs, or Program Directors.

We are also pleased to announce the availability of the Gloria O. Zellmer Trust Fund Research Scholarships for the 2005–2006 year. Awards will be granted for only one year, since this is the last year funds are available. These awards are given to fund research activities that enhance the profession of dietetics. Practicing dietitians with advanced degree candidates are strongly encouraged to apply. For more information, contact the Chair of the Zellmer Committee Kathryn Silliman, PhD, RD at 530.898.6245 or ksilliman@csuchico.edu.

Applications for the above scholarships and the Zellmer Trust Fund Research Scholarships are available from the CDA website, www.dietitian.org or CDA Central Office at 310.822.0177. Applications for both must be post-marked by April 15, 2005.
Nutrition College Bowl Coming to CDA

The Marilyn Magaram Center for Food Science, Nutrition & Dietetics, under the Department of Family & Consumer Sciences and the College of Health & Human Development, at California State University Northridge (CSUN) offered its First Nutrition College Bowl (NCB) in 2003. It was a successful event with four teams competing, including CSUN, San Diego State University, Cal Poly Pomona, and Cal Poly San Luis Obispo. Scholarships were given to the top three competing teams, as well as monetary prizes for the student nutrition organizations of each participating school. Sponsors included Cedar Hill Foundation, Computation, and the E.T. Horn Company.

The vast interest generated from the bowl led quickly to the Second Annual Nutrition College Bowl (2NCB) in March 2004. More than 150 guests attended including teams from UC Berkeley; Cal Poly Pomona; Cal Poly San Luis Obispo; CSU San Bernardino; San Diego State University, and CSUN. A total of $2,350 in prizes was provided by sponsors, and every team received recognition for their hard work. In addition to the Marilyn Magaram Center, sponsors included Pharmavite, Dole Food Company, Nutrilite Health Institute, Computation, Lawry's Food Inc., and California Woman, Infants, and Children (WIC) program. At the First Nutrition College Bowl, Cal Poly San Luis Obispo captured the first place, while CSUN’s home team won first place in the 2NCB.

The NCB is in a quiz bowl format with teams competing for scholarships and trophies. Two teams face off at a time in each round, answering questions consisting of anything from general nutrition to food technology to medical nutrition therapy. Professors and outside professionals of the NCB committee design the 400+ questions. The competition is designed to encourage an enthusiasm for learning, a spirit of teamwork, and a sense of community among students enrolled in nutrition programs at colleges and universities. This event has grown rapidly in just two years and is not only a great learning experience for students, but also for the audience. The success of the NCB encourages the Center's goal for the future of expanding the event nationally. Currently, only schools from California are able to participate, but interest from schools outside California, as well as resources and professional participation, will lead to a nationwide competition in future years.

The Marilyn Magaram Center's Third Annual Nutrition College Bowl will be held on Saturday, April 2, 2005 at the Riverside Convention Center in conjunction with the 2005 California Dietetic Association Annual Meeting. For more information on participating in this event now or in the future, volunteering, or sponsorship opportunities, contact Annette Besrillian, (818) 677-3102, annetteb@csun.edu.

Metabolic Syndrome Symposium in February, 2005

The Marilyn Magaram Center for Food Science, Nutrition and Dietetics is providing a scientific symposium for healthcare professionals on strategies, prevention, and treatment of overweight and metabolic syndrome. A panel of experts will address issues related to diet, exercise, diabetes and children's health & risks factors.

Metabolic syndrome has become a common ailment in the United States today: an alarming estimate of 24% of the American people are suffering with it. The risk factors associated with the disease are preventable by diet and exercise. These factors include, but are not limited to central obesity, atherogenic dyslipidemia, blood pressure greater than 130/85 mmHg. Health professionals must work together to combat the risk factors of metabolic syndrome in order to eradicate the disease altogether.

The symposium will be held on Friday, February 4, 2005, 8:30 am - 2:30 pm, at the Brandview Collection in Glendale, CA. For more information, please call the Marilyn Magaram Center (818) 677-3102.

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Jobs in Dietetics is the leading job listing service for nutrition and foodservice professionals, and an invaluable tool for anyone looking to begin their career or make a career move.

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(310)453-5375
Retired Registered Status to be Discontinued

At its July 2004 meeting, CDR decided to discontinue Retired Registration status effective June 1, 2005. All individuals who have been accepted as Retired Registered as of May 31, 2005 will maintain retired status for life.

CDR established the retired registered designation in June 2003. From the onset CDR has recognized that while some practitioners found the designation to be meaningful, many found it to be confusing and constraining. The confusion has centered on CDR’s requirement that all applicants for retired registered status sign a statement indicating that they are no longer practicing dietetics in either a paid or unpaid position. This statement is necessary, because CDR is formally acknowledging that the individuals who hold retired registered status have chosen not to meet recertification requirements. This issue is further complicated by the fact that definitions and interpretations of what may constitute dietetics practice may vary from state to state. As always, individuals who resign from registered status may note their former registered status and relevant dates of registration on their CV.

The MMA preventive services allow physicians to make referrals for MNT based on finding determined through new beneficiaries’ preventive screens. ADA at first was optimistic about the kinds of services that could be provided for healthier aging, the language of the law was broad and without explicit restrictions on MNT services.

However, CMS officials’ interpretation is that MNT coverage and reimbursement will apply only for diabetes and renal diseases-these were already covered. Therefore, no expansion of the MNT benefit will occur until legislation fixes can be agreed upon and implemented. With the addition of the new screening exam for Medicare beneficiaries, possible clients may have diabetes or renal disease that will be identified. This could increase the number of clients that Medicare RD providers may see.

The MMA also includes provisions that go into effect in January to increase the pay scale for physicians and others. RD Medicare providers receive 85 percent of the Physician Fee Schedule payment amount. The reimbursement is geographic area specific. The increase is 1.5% adjustment and adds about $1.00 on an average, to the 60-minute individual MNT sessions.

For further questions, feel free to access information at www.eatright.org. Search MNT and Medicare for the latest update. Also look for the Reimbursement update at the California Dietetic Association Annual Meeting in Riverside, California in April, 2005.

Access ADA Publications Online!

Interested in accessing your Journal of the American Dietetic Association and ADA Times before the print copy arrives? Did you know that ADA provides online versions of both?

The Journal is published online approximately 4-5 days after it mails. The Table of Contents (TOC) e-mail is sent on the day of online publication. Subscribers can sign up for the TOC email service on the Journal Web site (www.adajournal.org). Click the link that says Email Table of Contents on the left hand side of the screen.

ADA Times is a bimonthly publication that is mailed to members, and an online version is posted on ADA’s Web site. Beginning with the Jan/Feb 2005 issue, ADA will e-mail members as new editions of the ADA Times are posted on the Web site.

Access these publications by visiting ADA’s Web site at http://www.eatright.org and click Journal/Publications on the left hand side of the site.

Do You Subscribe to the Daily News?

The Daily News List is an electronic mailing list that provides links to food and nutrition news in popular and scientific media, brought to you by the ADA Knowledge Center! It informs ADA members of news affecting food, nutrition and health. Sign up at the ADA website www.eatright.org.
Cortislim - A Review
By Julianne Kanzaki, MPH, student intern
Loma Linda University School of Public Health - Nutrition and Dietetics Program

Claims/Benefits: Enables individuals to lose weight by decreasing the secretion of cortisol. Helps balance blood sugar to reduce cravings and maximizes metabolism to boost energy expenditure and fat-burning. Obesity and fat accumulation occur when the body increases the secretion of cortisol in response to stress, and Cortislim claims to block this response.

Bottom Line: Although the cortisol level in our bodies increases with stress, there is no evidence that it would lead to obesity. Clinical trials have not shown that the ingredients in Cortislim have any effect on cortisol levels. There is no basis for the claim that these "proprietary ingredients" have a significant effect on weight loss by manipulating the body's cortisol levels. Save your money and instead rely on caloric balance (calories in minus calories spent) to lose excess body fat.

Q: What is cortisol and its role in the body?
A: Cortisol, also called hydrocortisone, is the primary stress hormone produced by the adrenal glands. Known as the fight or flight hormone, cortisol levels increase in times of physical or emotional stress, which result in elevated blood glucose levels to help one escape or ward off predators. Cortisol plays a role in controlling carbohydrate metabolism, inflammation, and cardiovascular function, yet it cannot be labeled as the singular cause of obesity.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Effectiveness</th>
<th>Safety</th>
<th>Side Effects</th>
</tr>
</thead>
<tbody>
<tr>
<td>Magnolia Bark</td>
<td>There is not enough scientific research available about the effectiveness of magnolia bark and weight loss.</td>
<td>There is insufficient clinical research examining the safety of magnolia bark. Pregnant and lactating women should avoid it.</td>
<td>None reported.</td>
</tr>
<tr>
<td>Bitter Orange</td>
<td>Preliminary clinical research suggests that a combination of bitter orange, caffeine, and St. John's wort may be helpful for weight reduction when used with caloric restriction and exercise. However, more evidence is needed to confirm role in weight loss.</td>
<td>Possibly unsafe when used orally in high doses. Dangers include high blood pressure, increased risk of heart arrhythmias, heart attack, and stroke.</td>
<td>Bitter orange contains synephrine, which is similar to ephedra. May cause hypertension, cardiovascular toxicity, myocardial infarction, stroke, seizure, and other serious side effects.</td>
</tr>
<tr>
<td>Chromium</td>
<td>Taking chromium orally does not seem to enhance body building, strength, or lean body mass. Well-designed, reliable studies show that adding chromium or chloride 177-200 mcg daily to a weight-training program has no additional beneficial effect on body composition. Taking chromium picolinate orally 400 mcg alone or adding it to an aerobic exercise program does not seem to help increase weight loss or decrease body fat in obese patients.</td>
<td>Not enough scientific research to establish safe and tolerable upper intake levels. There is also some concern that long-term supplemental use may not be safe due to potential mutagenic effects. Until more is known, long-term chromium supplements should not be used.</td>
<td>Orally, chromium in the trivalent form (Cr III) is generally well tolerated. However, some patients can experience cognitive, perceptual, and motor dysfunction at doses as low as 200-400 mcg per day of chromium picolinate.</td>
</tr>
</tbody>
</table>

Q: Can too much stress make you fat?
A: In the body, cortisol is a potent signal to do two things- increase appetite and store fat. This means that whenever we are under stress, the increased cortisol in our body tells our brain that we are hungry, while at the same time telling our fat cells to store as much fat as they can. Although some individuals who are under stress tend to eat to soothe their feelings, it is an oversimplification to state that stress alone can cause weight gain.

The makers of Cortislim have positioned their product perfectly to tap into one of the major issues of today's hectic lifestyle- stress. They offer Cortislim as a magic pill to aid with stress and weight loss.

Instead of being another victim of strategic marketing, you can incorporate simple stress management techniques such as deep breathing, meditation, yoga and other relaxation exercises to effectively reduce cortisol levels in the body without the use of supplements.

Q: What should I do to lose weight?
A: The next time you see an infomercial for Cortislim, turn the TV off and put on your walking shoes. You can lower your cortisol levels naturally with exercise and stress management, without spending empty dollars on false claims and promises. The weight loss equation remains the gold standard in losing excess weight. Expend more calories than you take in. Eat a diet high in whole grains, fruits and vegetables and stay hydrated with water. Although there still is no magic pill for weight loss, remember that you are ultimately in control of your health and you don’t need Cortislim to be slim.

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