

# APPLICATION OF PROTEINACEOUS «SLIMFIT» COCKTAILS - THE INNOVATIVE DIRECTION IN MEDICINE FOR EFFECTIVE CORRECTION OF WEIGHT

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**Abstract:** now the problem of obesity became one of relevant. So, according to data of the research conducted within the project of the World Bank "Health-3" of the Ministry of Health of the Republic of Uzbekistan presence at 50,1% of the population of the republic excess weight, and at 20,1% of the population - existence of obesity has been revealed. Use of «SlimFit» protein cocktail as rather new, but, certainly, a necessary product, promotes effective correction of excess body weight and also reduction in waist measurement, a stomach and hips due to increase the amount of protein in body, which brings to reduction of fatty deposits.

**Keywords:** medicine, population, health protection, prevention of obesity, correction of weight, proteinaceous cocktail, daily requirement, proteins.

## ПРИМЕНЕНИЕ БЕЛКОВЫХ КОКТЕЙЛЕЙ «SLIMFIT» - ИННОВАЦИОННОЕ НАПРАВЛЕНИЕ В МЕДИЦИНЕ ДЛЯ ЭФФЕКТИВНОЙ КОРРЕКЦИИ ВЕСА Тошматова Г.О.<sup>1</sup>, Караматов М.Х.<sup>2</sup> (Республика Узбекистан)

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**Аннотация:** в настоящее время проблема ожирения стала одной из актуальных. Так, согласно данным исследования, проведенного в рамках проекта Всемирного банка «Здоровье-3» Министерства здравоохранения Республики Узбекистан, было выявлено наличие у 50,1% населения республики избыточного веса, а у 20,1% населения - наличие ожирения. Использование белкового коктейля «SlimFit» как сравнительно нового, но, безусловно, необходимого продукта, способствует эффективной коррекции избыточной массы тела, а также уменьшению в объеме талии, живота и бедер за счет увеличения количества белка в организме, что ведет к сокращению жировых отложений.

**Ключевые слова:** медицина, население, охрана здоровья, профилактика ожирения, коррекция веса, белковый коктейль, суточная потребность, белки.

Public health care is one of the priority directions of state policy of the Republic, tells a number of legislative normative documents about it, including, and the "Strategy of actions for development of Uzbekistan for 2017-2021" approved by the President of the country, consisting in improvement of system of social protection and protection of public health, the special place at the same time is allocated for prevention of nosological diseases and promotion of a healthy lifestyle [1, 2].

At the same time, now, the problem of obesity became one of relevant one. So, according to data of the research conducted within the project of the World Bank "Health-3" of the Ministry of Health of the Republic of Uzbekistan presence at 50,1% of the population of the Republic excess weight, and at 20,1% of the population - existence of obesity has been revealed [8].

It is known that the diet therapy is one of effective methods of prevention of obesity, consisting in decrease in caloric content of a diet of the person. But at the wrong observance of a diet or use of the fashionable unregistered, not resolved medicines especially in a combination to the strict diet, an organism's development of complications in a look is possible: decrease in size of aerobic exchange, development of a food depression, violation of exchange processes, etc. [7].

In turn, according to many results of researches, obesity can be the basis for development of a number of diseases: cardiovascular system (heart attack, stroke), endocrine system (diabetes, metabolism violation), neurologic (intervertebral hernia, depression), gynecologic and andrologic (infertility, amenorrhea, male erectile dysfunction) and traumatological diseases (osteoporosis) [7, 9, 12].

In order to avoid the above-stated consequences, an important role is played by maintaining a healthy lifestyle and maintenance of the balanced body weight.

Now the healthy lifestyle includes surely healthy nutrition, the timely use of water in enough and performance of physical exercises (pedestrian walking). So, the norm of water consumption during the day is calculated, proceeding from body weight, as follows: the body weight (kg) \*30= amount of water in day (ml). For example: if body weight is 80 kg, then: 80\*30=2400 (ml) of water a day. The use of boiled water as it is considered "dead" doesn't recommended and doesn't comprise necessary elements. The use of pure bottle of water is recommended.

It is established that products which enter a daily diet of our food not always meet physiological requirements of the human body therefore use of modern proteinaceous cocktails which enjoy the increasing popularity every year began to hold a specific place. Besides, it has been revealed that protein cocktails contain on average 100-250 calories which are the minimum quantity for normal activity of the person. It is also defined that at consumption of proteinaceous cocktails protective functions of an organism amplify in relation to some viruses and infections, exchange processes actively amplify, controlling the happening metabolism [3, p. 21; 4, p. 17].

Thus, higher and higher told has formed the basis for creation of this work which purpose is the analysis of the available references on studying of efficiency of the food substitutes enriched with protein as means for maintenance of optimum body weight, in this case, of proteinaceous cocktails, and finally definition of their role and the importance in weight reduction of the person.

In the Republic of Uzbekistan application of proteinaceous cocktails the phenomenon absolutely new, one of the who realized LIMITED LIABILITY COMPANY «NOVATIO PHARMA GROUP» introducing «SlimFit» cocktail (France) in the form of powder with various taste: coffee chocolate, vanilla, strawberry, etc. "SlimFit" according to the certificate on the state registration (No. UZ. SMT.01.225.1764714 from 4/21/2015) is intended for use as dietary (preventive) food for the persons suffering from excess weight [6].

This proteinaceous cocktail is a source the of proteins of milk, food fibers, vitamins A, C, iron and calcium in a digestible organic form, etc. nutrients. The arriving protein together with food is necessary for an organism for restoration and selective accumulation of muscle bulk. Reception of one portion of "SlimFit" (32 g) provides the daily need for protein and on average for 50-100% - in vitamins, iron, etc. nutrients. At the same time the power value of protein cocktail (a ratio of proteins, fats, carbohydrates) is, respectively: 80%: 4%: 16%.

The analysis of the available references has shown that many scientists of both the distant, and neighboring countries dealt with the matter on studying of efficiency of application of proteinaceous cocktail as effective remedy for correction of weight. Most of residents of economically developed countries (Russia, Europe, the USA, etc.) use in a daily diet together with food the excess number of calories, generally at the expense of the arriving fats which have not unimportant value in development of cardiovascular diseases, separate types of cancer [5, p. 28; 9, p. 815].

Experts of the American society of food in the researches have proved positive effect of the consumption of the proteinaceous cocktails containing in themselves the irreplaceable amino acid a leucinum influencing synthesis of protein and growth of muscles [13].

Scientists of the Canadian university and Research institute of ecological medicine of the USA also dealt with the matter and have revealed that at consumption of cocktail growth of muscles of a human body happens more effectively [10, p. 94-95].

Data of National Statistical Bureau of Korea have shown that use of the cocktails enriched with protein is an effective remedy for weight loss and maintenance of optimum body weight. Results of a research have been published in the «International Journal of Clinical Practice magazine» [14, p. 328].

At the same time many researchers claim that protein cocktails won't be able to replace completely good healthy nutrition but only promote faster acceleration of process of synthesis of protein and growth of muscles. Special attention is paid by them to that aspect that to persons with diseases, such as gluten disease and etc. chronic diseases and also at individual intolerance of proteinaceous products is strictly forbidden to use proteinaceous additives [13, p. 1410; 14].

The analysed references have allowed us to study also dynamics of changes of results on application by women of our republic of proteinaceous «SlimFit» cocktail that has once again confirmed the importance of application of proteinaceous cocktail for effective weight reduction. So, by us it has been established that at 1226 women using this cocktail with various taste within 4 months decrease in lump of a body by 3-10 kg (32,0%), at 54,9% – on 10-18 kg and 13,1% – more than on 18 kg was observed.

Respectively, at these women reduction in waist measurement, a stomach and hips due to increase in amount of protein in an organism was observed owing to what muscle bulk increases that, in turn, leads to reduction of fatty deposits.

At the women who were under observation during consumption of «SlimFit» cocktail besides weight reduction, also positive changes of the general health, a mood rising, and increase in vigor during the day were observed. At women with various endocrine diseases and diseases of gynecologic character positive dynamics of changes as restoration of a menstrual cycle has been revealed at an amenorrhea too.

Watch to note that during observation cocktails were used not only by women, but also men. 322 patients have participated in the research of men. Results have shown that in this case, weight reduction was more intensive - on average weight reduction on 6-8 kg within 1 month. This fact is explained by the fact that at men hormonal failure wasn't observed.

Thus, results of the researches conducted by us allow to recommend use of proteinaceous «SlimFit» cocktail as rather new, but, certainly, a necessary product that is confirmed not only the data of references on use of similar medicines for effective correction of excess body weight but also received by results of researches.

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