

Technical paper:

Possible clinical applications for Good Idea.

Dr. Ingrid Kohlstadt is a Faculty Associate at Johns Hopkins University and a key opinion leader in integrative medicine with focus on nutrition as an effective tool to combat disease. In a Technical Paper Dr. Kohlstadt has taken closer look at Good Ideas composition, functions and possible clinical use, in addition to being an everyday mealtime beverage with blood sugar lowering properties. Here´s a brief summary of the paper, that can be downloaded in full [here](#).

Dr. Kohlstadt notes, among other things, that the amino acids included in Good Idea: the three BCAA amino acids plus lysine and threonine have essential functions in enhancing the sense of satiety, maintaining muscle mass, reducing blood sugar levels and avoiding cravings after a meal. The effects are probably more marked when the amino acids are taken before a meal, as with Good Idea.

The importance of high levels of BCAA and in the blood has been discussed in relation to the risk of diabetes and cardiovascular disease. Today, research indicates that high BCAA levels in the blood should instead be regarded as a biomarker and a sign of impaired metabolism. There is no evidence that a high intake of BCAA is linked to high levels of BCAA in the blood.

This approach opens up new opportunities to positively affect metabolism and various disease states by using single, or groups of amino acids. Dr. Kohlstadt points to three areas where a product with Good Ideas unique content of BCAA, two additional essential amino acids, and chromium could come to clinical use:

Bariatric medicine, where the content of the BCAA could alleviate cravings and thus facilitate a reduced energy intake, and also, in combination with the chromium picolinate, would contribute to maintaining a higher proportion of muscles during weight loss.

Integrative medicine, where several of the conditions and symptoms associated with diabetes and aging may be treated with BCAAs and other combinations of amino acids.

Physical Medicine and Rehabilitation, where e.g., muscle atrophy after surgery could be counteracted by supplying BCAA in combination with chromium.

Dr.Kohlstadt also points to possible uses in dental care, orthopedics, and nephrology - for example for patients undergoing dialysis.