

## Fenugreek...Weight Loss or Hype?

Summer is approaching and one of your friends has decided that he needs to drop a quick 15 pounds to get down to "Swimsuit" weight. He looked online trying to find natural weight loss supplements and found the following advertisement: <https://www.stylecraze.com/articles/ways-to-use-fenugreek-for-weight-loss/#gref>. He went to a Supplements store and asked a worker about Fenugreek, and was told that it was proven to promote weight loss in a scientific paper written in 2009 by a researcher named Jocelyn Mathern.

---

### Pre-Class Exercise:

1. What is the reference and how did you find it?
  2. Is this the correct article to use to justify purchasing Fenugreek powder for weight loss for your friend? Give a few strong reasons why or why not.
- 

### Class Discussion:

3. Let's quickly Rigor Bingo Mathern et al. (2009)
  4. What do you think of the experimental design of Mathern...and why did they set it up the way that they did?
  5. What do you think of this concluding sentence in their discussion: "The effects on appetite suppression and food intake suggest that fenugreek fiber may have a role in the control of food intake in obese individuals"
- 

### Group Work:

6. Are there any scientific publications out there that seem to support the role of Fenugreek in weight loss in someone like your friend? Yes? No? Please list the best one or two.
7. Are there any scientific publication that seem to indicate against Fenugreek as a weight loss supplement for people like your friend?
8. Design an experiment, using Mathern (2009) or a pertinent, well-written paper as a model, for studying the impact of Fenugreek on weight loss in slightly overweight people.