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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Can Hoodia Gordonii Help You Lose Weight?**

**By Ken Black**

Hoodia Gordonii is the newest catch phrase in the weight loss industry today. Everyone wants to be in on the secret, and still more are wondering about this miraculous plant. What does it do, how can it help you lose weight, and why wasn't it heard of before? Well, some of it appears to be true, however there is more to weight loss than just taking a pill.

Hoodia Gordonii has actually been around for quite some time, but was only recently discovered to be an appetite suppressant. According to many reports, including some from well known media, it can make you feel full faster and stay full longer because of it's apparent ability to stave off hunger.

The Bushmen of the Kalahari deserts have been eating Hoodia for quite some time now, and have been familiar with its thirst and hunger quenching abilities. That's why, when using hoodia it is important to have adequate hydration on top of a healthy diet. Even though hoodia is natural and may be able to work on its own to help safely curb your appetite, it is essential that you incorporate it into a healthy lifestyle. Allowing it to starve you is not healthy, so remember that.

Speaking with your doctor is essential in assuring you do not get in over your head. As with any weight loss product, your doctor should know what you are taking and how you plan to use Hoodia in your life. While it is not known to cause any unpleasant side effects, it's not for certain how it will react with any prescription medications you could be taking. For safety reasons, let your physician know you plan on taking Hoodia and they may be able to help devise a diet and exercise plan that will work with the supplement to ensure maximum weight loss potential.

Although this supplement is being touted by many as the newest weight loss miracle, do not let the hype get to you. It is unrealistic to expect a diet pill to do all the work for you and put simply, it will not.

Diet pills like Hoodia Gordonii, Phentermine, Bontril, Adipex, or others, can help you reach your weight loss goals by suppressing your appetite, but that's only part of the solution to keeping the weight off forever. If you want to lose weight and maintain your health, you have to be willing to change your eating habits and exercise.

## Can Hoodia Gordonii Help You Lose Weight?

Eat foods daily that are good for you like :

–Fruits and vegetables, especially leafy green vegetables. –Lean chicken. –Fish like Haddock, Cod, or Salmon, that is low in fat and has Omega–3 fatty acids that are good for your heart. –Replace peanut butter with almond butter or cashew butter. –Replace white bread with multigrain, rye, or spelt bread. –Stay away from sugar. Use honey instead. Stay away from artificial sweeteners. –If you must eat deserts, eat low sugar yogurt or plain yogurt mixed with fresh fruit. Or go to a specialty bakery or health food store and buy desserts made without sugar and without preservatives. –Stay away from caffeine that is in coffee and tea as much as possible. If you suffer from fatigue, headaches, or anxiety all the time, this may be part of the reason. Try decaffeinated brands instead. –Reduce your salt consumption. Use No Salt or Half Salt products instead. –Eat nuts without oil added to them, like pure almonds, cashews and so on, but not that much. They do have a high calorie content. –Stay away from packaged products, including TV dinners, that are loaded with chemicals and sodium.

\*Note: If you are allergic to any of the above, check with your physician for advice.

Exercise :

–Walk at least 20 minutes straight, 3–5 times per week. –Lift light weights if you can and your doctor approves. A good gym is the best for this because they can put you on a good workout schedule. Strengthening your muscles will help you burn fat faster and will make you feel better. –Start out slow and build from there.

You'll succeed and lose the weight you want over time if you follow some or all of these guidelines. Depending on how much you are overweight now, most doctors advise losing no more than 4 pounds a month. You should be able to do that easily.

If you are prone to eating binges, or you have a sweet tooth, or you find that cutting down on how much you eat is too tough, you should consider an appetite suppressant like Hoodia Gordonii or similar, at least for the first few months you're trying to lose weight. Only taking what is suggested on the bottle or even less at first to see how it affects you. Ask your doctor for guidance if needed.

I think you'll be pleasantly surprised at what you can accomplish when you set your mind to it and realize you are not on a diet, but you're changing your lifestyle for the better.

Ken Black is the owner of

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, a website that specializes in weight

loss.

### **9 Terrible Facts About Hoodia Gordonii**

## Can Hoodia Gordonii Help You Lose Weight?

**By George Alarcon**

Everyone has been hearing the news and buzz on the semi miraculous plant called Hoodia Gordonii which helps to reduce your appetite. The weight loss gurus are betting their shirts that people who are very challenged in losing weight will benefit in a big way by regularly digesting hoodia. I will now spell out straight and harsh facts about Hoodia Gordonii that I found online while conducting research about this exotic plant.

Fact #1

There are several species of Hoodia. Hoodia Gordonii in particular, is a rare plant that grows in South Africa.

Fact #2

Hoodia Gordonii is difficult to grow and only grows under certain climatic conditions that the South African region offers.

Fact #3

Hoodia Gordonii is on the Red List of endangered species; it may become extinct in the near future.

Fact #4

Only Hoodia Gordonii has the molecule that effectively suppresses one's appetite.

Fact #5

Because of its scarcity, authentic Hoodia is expensive; so if you see Hoodia in ads advertised for \$20–30.00 per bottle, close your wallet and run!

Fact #6

The current supply of pure Hoodia is quickly diminishing; thus, it's growing tougher to find 100% pure Hoodia any where.

Fact #7

Because of the rising demand for Hoodia and the fast depleting supply of the real stuff, many dishonest vendors are brazenly lying in their promotional ads and selling either fake or inferior Hoodia Gordonii under popular brand names. Be extremely careful which Hoodia product you consider ordering.

Fact #8

The FDA does not regulate the supply of real Hoodia which means that you can easily end up buying fake Hoodia at your local health store or online.

Fact #9

There exists an overabundance of counterfeit Hoodia in comparison to the 100% pure stuff available through a few honest vendors.

Your absolute best bet to avoid buying fake or inferior Hoodia is simply to properly educate yourself about this amazing plant before you place your first or next order.

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Learn about honest Hoodia vendors and

Hoodia Gordonii Burn Desert

or

Acuzine / Actimine reviews



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