

Does Hoodia, the African weight loss secret actually work?

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Does Hoodia, the African weight loss secret actually work?

By Andrew Aitaken

Astounding as some dieters say the new Hoodia weight loss supplement is, other dieters say it's a fake and doesn't work at all. If you're not familiar with Hoodia Gordonii, it's the new fad in dieting products. It comes from a cactus type plant in South Africa and has been eaten there for thousands of years by the aboriginal natives. The San Bushmen in the Kalahari Desert eat the

Hoodia succulent

plant by picking off a piece before a hunting trip or period of time they know they won't have much food to eat. By ingesting the piece of Hoodia they know that they will not be hungry for the entire day. This of course is very helpful when you are living in the desert and the availability of food is very scarce.

So what about if your living in middle America and are looking for something to help you curb your cravings and keep of the pounds, will Hoodia do the trick? It depends on who you ask, some dieters say it is the magic pill and will help you lose the weight with no side effects. Other people will say, "I tried it and it did absolutely nothing for me". How can this be the case you might ask, one person swears to it and one swears at it. It's actually no mystery at all if you know what is happening in the industry. Hoodia has gained huge popularity due to increased media exposure; so far since last November

Hoodia has been on CBS 60 minutes

, the BBC, CBS News, Oprah Winfrey's "O"

Magazine, ABC News and most recently it was featured on the NBC Today Show with Katie Couric. Because of this news coverage the demand for Hoodia has greatly increased and along with this, the amount of companies providing fake or impure Hoodia has also greatly increased.

If I can stress only one thing in this Hoodia article, it would be to know what is in the Hoodia you are buying. When it comes to buying Hoodia, you have to be an informed buyer; you can't just buy the first Hoodia Pills you see. And unlike other supplements you buy at your nutritional store, in the case of

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Hoodia, you can't trust brick and mortar stores anymore than you can an online company. There is no regulation when it comes to Hoodia pills; there is no testing process or certification that a Hoodia brand has to go through. Because of this anybody can start a new Hoodia brand, put whatever they want in a pill and call it Hoodia and sell it. Many companies are doing just this, making lots of profit and leaving you the dieter with a bogus product, the dieter then tells others, "hey, this Hoodia stuff is no good".

Natural Health Report has published a study done by Truth Publishing and Alkemist Pharmaceuticals located at: naturalhealthreport.com/A-Hoodia-Gordonii-exposed.html, the study findings state that eleven out of seventeen brand-name Hoodia supplements tested failed a laboratory analysis of authenticity. Unfortunately in the study they don't say which brands failed but they do say which brands passed.

The following brands passed the independent testing:

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Desert Burn

*

Hoodoba Pure

* Dr. Wheeler's Afrigetics

* King Hoodia

*

Hoodia Max

* Ethno Africa

Eleven out of seventeen brand names failed to be authentic, to me that is an amazing statistic and says a lot about the industry. Looking at those statistics we can now see why some dieters are saying

Hoodia is wonderful and helps you lose weight and others are calling it a scam. The truth is there is both authentic pure Hoodia and bogus fake Hoodia available and what you get will determine how you feel about it.

This information should not necessarily stop you from buying Hoodia, as there are many reports of Hoodia decreasing your appetite by up to 1,000 calories a day and many people trying to lose weight swear by its results. Like we have stated before you just need to be very cautious and be able to identify pure Hoodia from ineffective and impure Hoodia. So how can you identify

which Hoodia brand

is best

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? Here are some things the consumer should look for:

* Certification – the company should provide a visual documentation on their website that the Hoodia they are selling is authentic Hoodia Gordonii from South Africa.

* Independent Testing - some of the top companies selling Hoodia are now submitting their product for independent testing to assure the customer their Hoodia is authentic and set them apart from the competition. If the brand has been tested you will again most likely be able to see visual documentation on their website.

* You should be know if the product is a

pure hoodia powder or in extract form

. There is a lot of

information on the internet as to which is better and you should be informed on which kind you want to buy.

* Know what all the ingredients in the pill are – many companies will increase the total milligrams of a Hoodia pill by adding other ingredients to it, so in a 750 mg. pill you might only get 50 mg. of Hoodia. Also know if those other ingredients are something you want to be taking.

* Brand Reputation - the longer Hoodia is around the more people are talking about which brand is working for them. Do some internet searches on the brand you are thinking of trying and see if you find that lots of people are having problems with that brand. You have to take general public comments with a grain of salt though because many company owners have people spreading bad publicity about their competition.

* Common Sense - overall use your common sense about your purchase. Does the company not disclose much information? Do they have easy way to contact them? Do they have any type of guarantee? Also, especially when it comes to

Hoodia on eBay

, does the label of the product look like it

was printed on a home inkjet printer? Also be wary of deep discounted Hoodia, there may be a reason it's so cheap.

In closing, when it comes to Hoodia the consumer will need to stay cautious for awhile, the situation may get worse before it gets better. Demand for Hoodia is growing, supply is decreasing and the wholesale cost is increasing. What does this formula equal? It equals bad news for the dieter who wants to get some authentic Hoodia; there will be a lot of fake Hoodia out there. Give Hoodia a try, just do your homework first, be an informed, educated buyer and you may find that you truly have found a product to help you shed those extra pounds with no side effects. For more information on Hoodia visit

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Totalink's Hoodia Directory at <http://hoodiagordonii.totalink.com>

Andrew Aitaken is a contributing writer for the

Totalink Directory

. For more information about

Hoodia

Gordonii

visit Totalinks

Hoodia Gordonii Directory

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9 Terrible Facts About Hoodia Gordonii

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

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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.

Learn about honest Hoodia vendors and

[Hoodia Gordonii Burn Desert](#)

or

[Acuzine / Actimine reviews](#)

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