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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!

Fighting Obesity By Using Hoodia Diet Pills

By Kathryn Whittaker

Hoodia gordonii is a type of succulent plant that resembles a cactus, and is known to have

suppress a person's appetite and thus help with losing weight. It's sold in capsule form, and as a liquid or in tea form.

The hoodia cactus is found in the semi-deserts of Africa and grows in clumps of green stems. It usually takes five years before it can be harvested. From the twenty types of hoodia, only the gordonii variety has the appetite suppressant.

To the world, hoodia is a new discovery - but for the San Bushmen of the Kalahari desert, hoodia has long been part of their food. There really isn't much published research on hoodia, but one study conducted at Brown University found that the hoodia's steroidal glycosides fool the brain into thinking that there's an adequate supply of energy in the form of blood sugar, and therefore doesn't signal the body to eat.

Be careful about some hoodia information in the internet After the buzz on hoodia, drug manufacturers claiming to sell genuine hoodia has congested the Internet. In fact, fake hoodia diet pills have been found found to contain sawdust, combined with roots of some unknown plants. So be very careful. Also, beware of companies who try to sell hoodia by claiming that other hoodia products are inferior to their own - there have been no published reports indicating that one hoodia diet pill product is more effective than the rest.

Hoodia diet pills are effective, but expensive

Hoodia diet pills are expensive for the reasons mentioned above - it usually takes five years before a hoodia plant can be harvested, and it's only found in Africa. It's also quite difficult to grow; in addition to the required four to five years waiting time, it also requires very high temperatures to grow. This explains why it's so costly.

The proper dose of hoodia

Most companies put a standard recommended dose on the bottle, but there are also cases where people may need more (or less) than the recommended amount to achieve the desired effect. In fact, some people who are already using hoodia say that they need at least 1,200 milligrams per day to get the result that they want. It would be wise to consult your doctor regarding the correct dosage of hoodia, since factors like weight, diet, lifestyle and metabolism may have an effect on the size dosage that a person needs to take.

Kathryn Whittaker has an interest in Health & Beauty related topics. To access more information on

<http://www.doadvice.com/category/reference/>

or on

<http://www.doadvice.com/2006/05/25/hoodia2/>

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please click on the links.

Hoodia Said To Benefit Appetite Suppression, But Experts Not Certain

By Angel Estrella

Hoodia is characterized as a genus originating from a plant that, even though it is not in the same family, very much resembles that of a cactus. Hoodia plants produce flowers with vibrant colors and a pronounced scent. But that's not all. In recent years, much debate has surrounded Hoodia and its ability, or lack thereof, for suppressing the appetite and thereby contributing to weight loss. So, what's the real deal?

In Southern Africa, Hoodia is used to treat indigestion and minor infections. Over the years, there has been much research conducted to investigate its possible use as an appetite suppressant. In 2004, Hoodia became the major ingredient in certain diet bars and shakes. However, some experts still debate its validity.

Hoodia is still considered a mystery to much of the modern world. A large reason for this is the lack of scientific study, which could either confirm or deny the benefits or risks of using Hoodia as an appetite suppressant. As with any dietary supplement or ingredient, individuals should become fully aware of Hoodia prior to using it for any reason and this includes weight loss. Many products claim to suppress an appetite but, with little evidence to back up that claim, individuals cannot possibly know whether or not a product is even effective or safe.

While little remains known about the complete effects of Hoodia, including potential treatments for indigestion or infection or even its ability to suppress the appetite, individuals who are searching for a way to lose weight will continue to await further testing. With obesity on the rise, many individuals find

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themselves more susceptible to the medical problems associated with being overweight. With so many diet products on the market, it is often difficult to distinguish from those that really work from those that do not. But one thing is for certain. As long as there are problems with weight gain and obesity, products will be sought that promise to curb appetites and help to knock off those unwanted pounds. However, what we have to be careful of is which of those products we use and why we believe them to be safe.

This article is intended to be used for informational purposes only. It is not to be used in place of, or in conjunction with, professional medical advice or a doctor's recommendation regarding the use of Hoodia. Prior to beginning any treatment program, including that which involves Hoodia, individuals must consult a physician or a nutritionist for proper diagnosis and/or treatment.

For more information about hoodia, click the link to visit our website at

<http://www.hoodiaguide.info>

We have some great free articles and resources about hoodia.



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