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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!**

**Hoodia Gordonii's Essential FAQs--Serious Dieters Ought to Know**

**By George Alarcon**

There has been a great deal of information and misinformation about Hoodia Gordonii circulating, sometimes educating, sometimes baffling and creating all sorts of avoidable frustrations and false starts in someone's diet plan. In order to throw new light and chase away the countless pieces of fiction on Hoodia Gordonii that are flying around offline and online, I decided to present the essential facts of this amazing plant that has captured the world's attention.

FAQs of Hoodia Gordonii:

Q: What is Hoodia Gordonii?

A: Hoodia Gordonii is a spiny, bitter, and succulent aloe plant that resembles a cactus which grows in the Kalahari Desert of Southern Africa.

Q: Does Hoodia Gordonii really help to suppress one's appetite?

A: Yes! For centuries Hoodia Gordonii has been used to reduce hunger by the Bushmen while on extended long travels through the desert or on hunting trips. It is also quenches one's thirst and cures a case of severe abdominal cramps, indigestion, tuberculosis, diabetes, hemorrhoids, hypertension, and is a mood-enhancer and improves energy levels.

Q: Realistically, how much weight can I lose by taking Hoodia Gordonii?

A: That depends on each individual's daily diet, metabolism, the frequency of exercise, and the bio-chemistry of the person's body. Keep in mind that Hoodia Gordonii works to effectively suppress your appetite. If you indulge in late snacks and in between meals, hoodia can help you reduce those cravings, and together with regular exercise and a healthy diet, you can expect to experience significant weight loss in the long run.

Q: How does Hoodia Gordonii prevent me from wanting to eat?

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A: Hoodia Gordonii fools your brain by making it believe that you have already eaten when you haven't. In addition, you will feel full.

Q: About how fast will I experience results?

A: Hoodia Gordonii may work immediately or it may take days. As demonstrated in tests in Leicester, England, when volunteers consumed 400mg of a pure brand of Hoodia 3–4 times a day, it helped cut daily caloric consumption by 1,000 calories. Know that everyone's body is different, and thus, some people will require more time in order for their body to build up the active ingredient in Hoodia. It's a good idea to continue taking Hoodia for no less than two weeks in order to experience positive results. Also, it absolutely helps to use a trusted brand that offers the purest form of Hoodia Gordonii. Otherwise, you will not have favorable experiences using an inferior brand of Hoodia. (In the resource box I tell you how you can find a brand you can trust.)

Q: How should I take Hoodia Gordonii?

A: For absolute best results, drink an eight-ounce glass of water when taking Hoodia, one capsule, 30 minutes before meals.

Q: How much Hoodia Gordonii should I take to experience sure success?

A: Most people are finding success with Hoodia when they take 2 capsules of 400mg daily, 30 minutes prior to meals with 8 ounces of water. It's highly recommended to take either one 750mg in the morning and another one in the afternoon, or two 400mg capsules in the morning and another two 400mg capsules in the afternoon prior to the dinner meal. These dosages guarantee you a higher possibility of successful results when taking pure 100% Hoodia, eating a healthy diet, and exercising regularly.

Q: How safe is Hoodia Gordonii? What are the side effects?

A: Hoodia Gordonii is 100% natural. Both the San people (who have been using the plant for thousands of years) and scientists have confirmed that there are no side effects associated with Hoodia Gordonii. In fact, in South Africa, Hoodia is identified as a food, not as a drug.

Q: What are some of the most noticeable results when taking Hoodia Gordonii?

A: High on the list of results are: a diminished interest in food, a longer delay in the normal time frame after eating before hunger sets in once more, feeling of fullness for a longer period, and an overall feeling of optimal health.

Q: Is Hoodia Gordonii a stimulant?

A: Hoodia Gordonii is not a stimulant like caffeine.

Q: What are the different available ways that I can take the pure Hoodia Gordonii?

A: You can order pure Hoodia in vegetable capsules of 400mg or more or less, shake, concentrated liquid, powder, and tea.

Q: What about those ads boasting of selling pure Hoodia at bargain prices?

A: Today there are literally hundreds of Hoodia Gordonii resellers claiming to have the 100% pure stuff, when in reality, most of them are selling inferior or adulterated brands from 40 to 70% less than resellers who are selling the genuine Hoodia. It's little wonder how such resellers can afford to sell the "pure Hoodia" at those low prices! Why? They're usually not the pure stuff! Many resellers are selling brands that not only contain an inferior Hoodia, but other ingredients like Aloe. Beware! Choose very wisely from which vendor you buy your next or first order of Hoodia.

Q: So how can I know the dishonest supplement vendors from the reputable ones that are actually selling the authentic 100% pure Hoodia Gordonii?

A: Visit the site in the resource box and you will soon know which vendors you can fully trust to sell you the strongest, purest, and fastest-acting Hoodia Gordonii.

Attention Publishers: You may publish or reprint this article as long as you keep it intact, including the resource box.

After the "Crucial Facts..." at

<http://www.hoodia-way.com>

are listed reputable vendors offering the

purest and most potent brands of Hoodia Gordonii on the market. Play it safe, avoid getting cheated, and don't ORDER until you read the "Crucial Facts about Hoodia Gordonii" no dishonest vendor wants you to know! (At

<http://www.chronic-fatigue-aid.com>

learn about a CFS treatment. If you suffer from

acne, visit

<http://www.acne-treatment-product.org>

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## **Hoodia Gordonii – One Reason To Take It**

**By Paul Callis**

## Hoodia Gordonii's Essential FAQs--Serious Dieters Ought to Know

When Hoodia was discovered the very first animal trials to test it was with Rats. The rats that were fed with Hoodia stopped eating completely. Rats are well know as animals that will eat anything and everything. Can you believe that an animal who loves to eat anything simply switched off its desire to eat, even when foods that rats love were placed in front of them.

When the first clinical human trial was conducted with Hoodia, several morbidly obese people were placed in a unit which was a closed off area were all that they could do was to read, watch television, interact with each other, and of course eat. Half the people were given Hoodia Gordonii to take, and half were given a placebo. After fifteen days, the group that had been taking Hoodia Gordonii had reduced their calorie intake by 1000 calories a day – despite taking no exercise and not being on a diet

This is due to the active ingredient in Hoodia Gordonii, the molecule known as P57, as it imitates the effects that glucose has on your brain, signaling that you are full. Your brain has what is called a Hypothalamus. This part of your brain controls your appetite. When you eat, the glucose levels in your body rise. As these levels go up, the hypothalamus sends off a signal to your cells to stop eating. This is when you start to feel full. Hoodia Gordonii's molecule, P57, tells your brain the same exact thing, even if you haven't eaten a bite. By mimicking the effects of glucose on your brain, the hypothalamus starts to send messages to your cells which in turn, make you feel full

Hoodia is grown in the Kalahari Desert region of South Africa, Hoodia Gordonii is an all natural appetite suppressant, derived from a cactus like plant with prickly spikes. Scientists have been researching the Hoodia plant for almost a decade, and have found it to be completely free of harmful side effects.

Paul Callis is extremely knowledgeable in the field of sports and nutrition in the UK . You can visit Paul's web site, and read his recommendations and advice at Hoodia Gordonii –

<http://www.hoodiagordonii1.com>



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