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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 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

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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.

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; meaning 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

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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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