

The Hoodia plant may be the best gift to avoid holiday weight gain

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By Andrew Aitaken

Is Hoodia the gift you should ask Santa for? It is the holiday season and a fun time for celebrating

with friends and family. It is also a season that tends to wreak havoc on our waistline. The sugar plum fairies are not so kind when it comes to helping us with our weight loss goals. This time of year brings in front us all the temptations of pumpkin pie, cookies, mashed potatoes, stuffing and other assorted goodies. Grandma's intentions are good with making sure we have every possible food enticement under the sun; but she is not the one who will have to live with that extra ten pounds next year.

The gift that could give you the most joy this time of year could come to you direct from South Africa. It's a gift from the Bushmen in the Kalahari Desert to the people in the rest of the world that are trying to lose weight. It is called the Hoodia Gordonii Succulent and if you haven't heard of it, this may be what helps you stay away from those holiday temptations. Hoodia grows in the South African desert and may look like an average cactus but this cactus look alike has amazing effects that no other cactus has; the Hoodia plant will stop you from being hungry.

What would it be like this Christmas to look a platter of sugar coated munchies and not be effected by them? How about being able to eat just what you wanted and not be tempted to eat things you know are going pack on the pounds. Wouldn't this be the best kind of treat, the joy of staying the same weight after the holidays that you were before them? Hoodia has been shown in studies to reduce caloric intake by 1,000 calories a day for people using it. A one thousand calorie reduction in ones holiday diet regime is a major advantage for everyone not wanting to gain those extra pounds. Best of all Hoodia is a natural plant and Hoodia has no side effects like other diet pills on the market. You definitely don't want to be adding the extra nervousness that most regular diet pills give you at Christmas time, this time of year can be stressful enough to begin with.

If you are trying Hoodia for the first time over the holidays there are a couple things to keep in mind. First, Hoodia sometimes takes a few weeks to build up in your system before you get the appetite suppressing benefits from it. So if looking for help Christmas time temptations it would be best to start taking Hoodia around the first of December or sooner. The second important factor is that you should know that not all Hoodia is the same. There are some brands that are not as effective as others due to irregularities in the exportation process form South Africa. You want to make sure the brand you

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choose has been tested and certified authentic Hoodia Gordonii.

A recent report that is giving some dieters assurance in which Hoodia brands they can trust to be effective was done by Truth Publishing and Alkemist Pharmaceuticals located at: naturalhealthreport.com/A-Hoodia-Gordonii-exposed.html. This study indicated that 11 out of 17 Hoodia diet pills they tested failed a laboratory analysis of authenticity. The six Hoodia Brands that passed their testing process are: Desert Burn ZA 750, Hoodoba Brand, Dr. Wheeler's Afrigetics, King Hoodia, Ethno Africa and the Hoodia Max Brand. Hoodia is going to allow many people keep the weight off over the holidays and help with those new years weight loss resolutions. Make sure you are buying real hoodia and you could be one the lucky dieters that is able to say no to a second glass of eggnog and stay with their weight loss program this holiday season. For more information about Hoodia visit

<http://hoodiagordonii.totalink.com>

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Totalink Internet Directory

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about

Hoodia Gordonii Weight Loss

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Hoodia Gordonii Weight Loss Section

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

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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.

Learn about honest Hoodia vendors and

Hoodia Gordonii Burn Desert

or

Acuzine / Actimine reviews

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