

Published based on [Hoodia: A Natural Appetite Suppressant](#)

Hoodia: A Natural Appetite Suppressant

If you don't like taking chemicals think about taking a natural appetite suppressant. [hoodia appetite suppressant](#), is a natural [weight loss](#) aid to help stop your food cravings. Hoodia gordonii, is a plant that grows in the Kalahari desert.

A Dutch Anthropologist in 1937 observed the native Bushmen were chewing pieces of a shrub to control their appetite while they worked long hours. A South African laboratory studied the plant and in 1995 patented a substance now known as P57.

It is not known exactly how Hoodia works to suppress the appetite. In studies using rats the Hoodia extract was injected directly into the brain, it was found that the treated rats rarely ate. This proves that Hoodia acts as a [strong appetite suppressant](#), but it did not clearly define how Hoodia works.

Studies have been performed with healthy volunteers. These volunteers were separated into two groups. One group was given pure hoodia extract, the other took a placebo.

Results showed that the group taking Hoodia extract reduced their calorie intake by up to 1500 calories. This clearly demonstrating Hoodia's appetite suppressing capabilities. So far, no undesired side effects from Hoodia have been reported.

Hoodia is most effective when taken as an extract. Hoodia is marketed as a pill and an extract, studies have shown the extract form to be more effective. The Bioavailability of Hoodia extract is 90-95%.

Studies haven't been performed on pregnant or lactating women or diabetic patients. If you fit into these categories always check with a physician before starting any new medications.

If you need to lose [weight](#) in a safe natural way try Hoodia Gordonii.

Always read the labels carefully and check with your doctor when starting a new supplement.

Check out this blog to learn more about [weight loss](#)!

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