

Welcome to BestHoodiaPills.com

What is Hoodia?

When you think on losing weight and you start searching a solution you will definitely find hoodia between the possible solutions. But what is hoodia and does it really work? Hoodia is a natural appetite suppressant and it is more and more seen as a powerful solution against obesity. Hoodia supplements appeared recently on the market but they are already used by an increasing number of people.

Hoodia resemble with a cactus but it is not related to it. Hoodia is a plant called a succulent that grows in the Kalahari Desert, South Africa and that was also found in other semi-desert of Angola and Namibia. It was used by the local people for many time to fight against the hunger in the desert. hoodia was also used by them to handle with indigestion and with some small skin infections.

What is very important is that you do not have to worry with hoodia because it is entirely natural. Anyhow the pharmaceutical companies try to segregate the molecule P57 contained only in a variation of hoodia, named gordonii. This molecule is the one "responsible" for the appetite suppression and the companies goal is to create a drug using it. Hoodia does its job easily by making the brain having the sensation you have already eaten. In what concerns how much time hoodia needs to have this effect, it depends on your own organism. It may work immediately as well as after a few weeks.

What makes hoodia so fascinating is that it simply succeeds in minimizing your interest in food and it also leaves you with a feeling of well-being. In the same time, because it is not a stimulant, it seems to be very safe in general. The difference between using hoodia and trying to keep an usual diet is that this supplement will not let you with the need to eat.

There are 13 known species of hoodia and gordonii is a variety of these. It can reach up to 1m high and it looks like a spiny tubular and it reaches to its maturity in about five years. Anyhow it is believed that the plant needs 15-20 years to have its maximum productive ability. The spines are normally eaten after they are peeled, but for the supplements they are dried.

There is not a standard dosage of hoodia, it always depend on your organism. Some persons need a smaller concentration than others but specialists sustain that 1200 mg is the optimal dosage. It is recommended to use this dosage three time a day in pills of 400 mg an hour before meals. You have to be cautious and to drink enough water because hoodia also represses thirst. Hoodia gordonii, like many of the other hoodia species, is protected. The only way for harvesting it is by the individuals or by the few companies that have the right to do that. And it is important to be careful when you want to buy a hoodia appetite suppressant because it will only have the effects you want if it contains hoodia gordonii.