



Do you know what Hoodia is, what it does, and if you can really lose weight with Hoodia or if it's a scam?

My Hoodia Weight Loss Diet Review ebook will reveal all you need to know about Hoodia, the myths, the scams and the truth.

For more information about Hoodia Gordonii products and scams click [here](#)

To buy the best Hoodia Gordonii weight loss products that contain pure Hoodia click [here](#)

Feel free to give away this ebook to your family and friends.



Hoodia Cactus Plant - A Complete Guide To The Hoodia Cactus Plant And Diet

The **Hoodia cactus plant** extract has been widely publicized on the Today Show, 60 Minutes and the BBC. This article will discuss the history of the Hoodia Cactus plant, how the **Hoodia cactus diet** works and where to find the most potent *Hoodia cactus plant* products that really work.

The History of the Hoodia Cactus Plant

The potent properties of the Hoodia cactus plant have been known by the bushmen of the Kalahari desert for centuries. In the mid 1990s the Council For Scientific And Industrial Research conducted a detailed research study on the many native plants and bush foods eaten regularly by the "Sans Bushmen". What the CSIR soon found out was that the Hoodia Gordonii cactus plant is not only non-toxic but it also contains some incredibly powerful properties to suppress the appetite and speed up weight loss. This study was found as a result of watching how animals reacted when eating the Hoodia cactus plant.

The Increasing Popularity of Hoodia Weight Loss Products

As a result of the substantial claims of weight loss numerous Hoodia Gordonii products have ascended the marketplace to become one of the most popular and fasting growing weight loss products in an industry where billions of dollars are spent annual on weight loss products.

Before going about the task of choosing a Hoodia product to aid with your weight loss it is important to understand more about the Hoodia cactus plant. Once the CSIR had managed to isolate the active ingredients in the Hoodia cactus plant that was responsible for appetite suppressing and increase fat burning capabilities they called it p57. The CSIR then sold the rights to P57 to an English pharmaceutical organisation known as Phytopharm.

**How Can So Many Hoodia Products Be On The Market When
Only Phytopharm Holds The Rights**

It is somewhat surprising that there are such a range of Hoodia products on the market when Phytopharm holds the rights to P57. While Phytopharm actually holds the patent rights to P57 there are other patent laws that come into play. Only the Phytopharm pharmaceutical company has the legal ability to extract the potent P57 molecule found in Hoodia Gordonii and use it in any and all of their Hoodia cactus plant product lines. However, that being said, the whole Hoodia Gordonii plant can never be patented. That being so, other companies can now legally produce their own Hoodia weight loss supplements and products legally without holding the rights to P57.

With such a range of products now available from the Hoodia cactus plant it is absolutely imperative that consumers don't fall for cheap, ineffective imitations and that they ensure that they only purchase PURE South African cactus Hoodia Gordonii products for maximum weight loss results.



BBC Hoodia Gordonii News - The Amazing BBC Report About The Potent Hoodia Gordonii Plant

Tom Mangold, BBC Two's Correspondent, did an explosive report on the Hoodia Gordonii plant. This article will reveal his findings about the Hoodia Gordonii plant. Fact or fiction? Read on to find out.

When Tom traveled to the Kalahari Desert, the homeland of the Hoodia cactus plant, he met with San bushmen and their families. The alarming thing is that the displaced tribe is not even aware of the financial goldmine that they are, in fact, sitting on. However, all is not lost as the San Bushmen have negotiated large royalties with the help of their South African lawyer, Roger Chennells.

Unfortunately the Bushmen's plight is not all good. They are vast consumers of marijuana, and alcohol and have no real value for money.

The Marketing Potential Of Hoodia Gordonia

Phytopharm's Dr Richard Dixey explained how P.57 actually works:

"There is a part of your brain, the hypothalamus. Within that mid-brain there are nerve cells that sense glucose sugar. "When you eat, blood sugar goes up because of the food, these cells start firing and now you are full."

What Hoodia Gordonii has is a molecule that has been shown to be as much as 10,000 times as active as glucose.

The Clinical Trials Of Hoodia On Rats

The first animal trials for Hoodia revealed alarming results. Rats is known to be an animal that will virtually eat anything, however they stopped eating completely after eating Hoodia.

A clinical trial on humans revealed similar results. After 15 days the group that had Hoodia as opposed to a placebo had reduced their daily calorie intake by an incredible 1000 calories.

A Close Dissection Of The Hoodia Cactus Plant

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Hoodia Weight Loss Diet Review - The Shocking Truth About The Hoodia Gordonii Diet Pill Frenzy

The BBC Team drive four hours out of Capetown to the Kalahari desert in search of the Hoodia cactus plant. It resembled a long cucumber in appearance and had about 10 tentacles sprouted off it. The spikes protruding from each cactus need to be very carefully peeled.

Not only does the Hoodia cactus have extreme appetite suppressing and fat burning capabilities but is also a mood enhancer as the BBC team experienced. What was perhaps even more noticeable was that the team also did not even think about food in the four hour trip back to Capetown. At that stage they did not eat, nor did they feel like eating breakfast.

The Bushmen's lawyer believes that trust funds will be created as a result of Hoodia royalties and that the children of the San Bushmen will join the elevated classes of South Africa. He further claims, "I envisage Hoodia cafes in London and New York, salads will be served and the Hoodia cut like cucumber on to the salad. It will need flavoring to counter its unpleasant taste, but if it has no side effects and no cumulative side-effects."

**60 Minutes Hoodia Gordonii - Read The 60 Minutes Report
About The Hoodia Diet Pill**

Hoodia is said to be vastly different from its now banned counterparts Phenfen and Ephedra which were widely banned as a result of their extremely harmful side effects. Scientists claim that what Hoodia does is actually fool the brain into believing that you are extremely full throughout the day.

In fact, 60 Minutes Correspondent Lesley Stahl reported, "Hoodia, a plant that tricks the brain by making the stomach feel full, has been in the diet of South Africa's Bushmen for thousands of years."

The good news for the men of the Kalahari desert is that their home is the only place on the planet where the Hoodia cactus grows world.

The bad news for the men of the Kalahari desert is now the rest of the world knows about it!

The Bushmen of the Kalahari desert were featured in the funny movie called "The Gods Must Be Crazy". Toppies Kruiper was hired as an experienced tracker for the 60 Minute feature. Kruiper informed Stahl that "I really like to eat them when the new rains have come, then they're really quite delicious."

Does Hoodia Really Work?

When Kruiper found a plate for the 60 Minutes program he cut off a spiky stalk that resembled a pickled and then removed the sharp spikes. Lesley Stahl tried it and described it as tasting very similar to a cucumber.

Stahl claimed that she experienced no after effects, side effects, or a funny aftertaste in her mouth. Nor did she experience a wildly racing heart, nausea or a queasy stomach. She claimed "it did work" as a result of having no hunger pangs throughout the day.

The Kalahari Occupants Have Been Eating And Enjoying The Benefits Of Hoodia For More Than An Incredible 100,000 Years

The Hoodia cactus plant came to the attention of scientists when they were conducting a study of bush foods.

"What they found was when they fed it to animals, the animals ate it and lost weight," says Dr. Richard Dixey. Dr Dixey is in charge of Phytopharm that develops many Hoodia weight loss products available on the market today.

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decades later. In fact, it took the lab an incredible 30 years to correctly identify and isolate the appetite-suppressing ingredients found in the Hoodia cactus plant.

As a result of this find Phytopharm has spent as much as \$25 million on further research which includes overweight volunteers participating in clinical trials. These Hoodia clinical trials have yielded very promising weight loss results.

Weight Loss Results With Hoodia

During this case study men and women that took Hoodia ate around 1000 calories less than other people in the weight loss group. Dr Dixey explains how this is possible. "If you take this compound every day, your wish to eat goes down. And we've seen that very, very dramatically," says Dixey.

In fact, Phytopharm holds the patent for using part of the Hoodia Gordonii plant and, in fact, no one else can actually use Hoodia for weight loss without infringing their patent.

However, that has not stopped certain weight loss companies using the findings of Phytopharm's clinical tests to market their own Hoodia products.

60 Minutes visited one of many Phytopharm's hoodia plantations located in South Africa to find out how they're keeping up with demand. Starting the plantation has proven to be a real challenge and it is anticipated that a billion portions of Hoodia cactus plants will be created to keep up with supply and demand in the next few years.

Additionally, Phytopharm is likely to release marketing information about its propoted meal replacement hoodia weight loss products to be available for consumers on supermarket shelves.

If you are considering buying a Hoodia weight loss product, be sure to buy one that contains pure Hoodia in the highest quantities.

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Pure Hoodia Liquid Extract - A Simple Guide To The Infamous Pure Hoodia Liquid Extract

The natural Hoodia Extract and its source has been widely publicized all over the world including The Today Show, CBS, Sixty Minutes and the BBC. As a result of this publicity a number of Hoodia Gordonii products have come on the market claiming to give its users substantial weight loss results.

The History of the Pure Hoodia Gordonii Liquid Extract

The appetite suppressing properties of the Hoodia plant have been understood and utilized by the bushmen of the Kalahari desert for centuries. In the 90s the Council For Scientific & Industrial Research (The CSIR) undertook a comprehensive study of many native plants which were regularly eaten by the "Sans Bushmen". One of these native plants in the study was the Hoodia Gordonii plant and its potent extract. What the CSIR concluded in its study was not only was the Hoodia Gordonii plant and its extract completely non-toxic but it also aided substantially in weight loss by suppressing appetite and increasing fat burning capabilities.

The Patent Of The Hoodia Cactus Extract

As a result of its comprehensive study the CSIR was able to isolate the active ingredient found in the Hoodia Gordonii plant known as "P57" and then sold the rights to "P57" to an English pharmaceutical firm - Phytopharm. Phytopharm is the only legal entity able to extract the active molecule found in the Hoodia plant known as "P57" and use it in any Hoodia product that it releases. However, the Hoodia Gordonii plant itself can never be patented and as a result of this other manufacturers are able to also produce Hoodia weight loss products and supplements from the Hoodia Gordonii cactus plant and legally sell them.

With such a range of Hoodia weight loss products on the market including potent pure Hoodia liquid extracts, it is absolutely critical that consumers don't fall for cheap, ineffective Hoodia imitations and that they ensure that they only purchase PURE South African cactus Hoodia Gordonii products for maximum weight loss results.

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Hoodia Dietary Supplement - Discover If The Hoodia Dietary Supplement Really Works

The correspondents of a number of television programs went to the homeland of the Hoodia dietary supplement in the Kalahari Desert in South Africa.

There Are Certain Things You Must Know About The Hoodia Dietary Supplement:

1. How the Hoodia weight loss supplement actually works is that it makes the brain think that it is full and doesn't need any food. What Hoodia Gordonii supplements contain is a powerful molecule which has been named P57 which is responsible for suppressing the appetite. As your glucose levels rise Hoodia sends a message to your brain that you are full and you don't need to eat.

2. The Hoodia Gordonii supplement is used as a method to stop overeating which leads to excessive weight gain as a result of eating many unwanted calories. Not only does the Hoodia Gordonii weight loss supplement suppress your appetite but it also slows down your body's desire for more food. This proves an ideal option for people who are prone to emotional overeating and helping people break their emotional attachment to food.

3. As a result of your desire for less food the Hoodia dietary supplement gives you the ability to make healthier food choices at meal times. In this way it can assist with helping you learn how to make healthier food choices. The Hoodia weight loss supplement has been shown to provide people a great transitional opportunity to teach people to eat healthier foods, and smaller portions of them.

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Hoodia Gordonii Side Effects - The Truth About The Harmful Side Effects of Hoodia Gordonii

Extensive research and development was undertaken by Phytopharm prior to it launching the Hoodia Gordonii weight loss products. Studies have revealed that Hoodia Gordonii is a very effective method for safely suppressing your appetite and losing weight fast.

The research and studies undertaken to date prove that there are actually no harmful side effects being experienced by people using Hoodia Gordonii products. There is also no documentation that proves that there are any side effects when taking Hoodia Gordonii.

In fact not only is Hoodia Gordonii a powerful appetite suppressant but it is also known to be a mood enhancer and a mild aphrodisiac so on my research all side effects of Hoodia are good.

The Sans Bushmen of the Kalahari Desert have used the Hoodia cactus plant for centuries to restrict their urge to eat and drink during long hunting trips. While taking them they have also experienced an increase in their strength and an improvement in their wellbeing. Whenever they travelled on these extensive hunting expeditions they continually enjoyed Hoodia roots to curb any hunger pangs.

As occurs with many products that are well received in the marketplace, there are Hoodia imitations available online so be sure that the Hoodia products that you are buying are pure Hoodia and not fake Hoodia imitation products.

It is also interesting to note that there are actually a number of Hoodia cactus plants, however it is ONLY the Hoodia Gordonii plant that actually contains the P57 molecule that assists with appetite suppressing and weight loss.

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Interesting Hoodia Fact - How Hoodia Works And More Interesting Facts About Hoodia Gordonii

Hoodia is much more than a weight loss solution. This article will reveal some interesting facts about the Hoodia Gordonii plant that I bet you don't know.

Fact 1: Although people say the Hoodia Gordonii plant is a cactus it is, in fact, a succulent.

Fact 2: Some people believe that Hoodia Gordonii is actually a drug but it is purely a herb.

Fact 3: Only products from the Hoodia Gordonii plant have appetite suppressant capabilities.

Fact 4: Hoodia works to make your brain tell you that you feel full even if you haven't eaten.

Fact 5: Hoodia will work quickly with some people but slower weight loss results with other individuals.

Fact 6: Hoodia is completely safe with no side effects.

Fact 7: The Sans Bushmen of the Kalahari Desert have been using the Hoodia plant for thousands of years to fight thirst and hunger when hunting.

Fact 8: Some people the appetite suppressant capabilities of Hoodia with 20 minutes of taking it.

Fact 9: Hoodia is also a great mood enhancer.

The Sans Bushmen of the Kalahari Desert have used the Hoodia cactus plant for centuries to restrict their urge to eat and drink during long hunting trips. While taking them they have also experienced an increase in their strength and an improvement in their wellbeing. Whenever they travelled on these extensive hunting expeditions they continually enjoyed Hoodia roots to curb any hunger pangs.

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Perfect Daily Hoodia Dosage - The Ideal Daily Dosage Of Pure Hoodia Explained

Hoodia products come in a variety of forms. Some diet pill companies simply mix Hoodia into other pills that are filled with harsh chemicals and a lot of junk. Other pill manufacturers and companies offer the consumer a pure Hoodia product in varying amounts ranging from 400mg to 750mg and even higher.

What Is The Perfect Ideal Hoodia Daily Dosage For Desired Weight Loss Results

The best place to start is to be sure that the Hoodia product you are purchasing has actually got the amount of Hoodia extract contained in each pill. With the increasing demand for dietary supplements there are unfortunately numerous dishonest organizations that are actually using Hoodia imitation powders or, alternatively, not putting the correct amount of Hoodia on the labels. So it is advisable to purchase Hoodia products from a credible company that can verify its amount and also any certifications or lab tests that they have run.

It is highly regarded that the perfect daily dosage of Hoodia Gordonii is just 500 mg in order to suppress your appetite. However, depending on your body size, weight, health and other factors you may only need a bit less or a bit more.

As a guide start with a lower daily dosage of Hoodia and monitor how you feel. As a rough guide you could start, for example, with just 400 mgs of Hoodia before every meal. However, if you don't get the weight loss results that you are after you may then try a higher dosage of Hoodia, say 750mgs a day. Of course, be sure to wait 2-3 days to monitor your results.

Why Is 500mgs Of Hoodia The Best Daily Dosage?

Research has shown that in general this is the daily dosage that people are getting the best weight loss results from. Of course, for maximum health and weight loss results supplement your daily dosage of Hoodia with healthy eating and an easy exercise program to start with.

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Why Hoodia Miracle Diet Pills Give Fast And Easy Weight Loss

For many years the diet pill industry has contained all natural and chemical free vitamin supplements. However, as a result of the increasing popularity of the diet pill industry other competitors came on the scene which were not chemical free and had extremely detrimental side effects for people using their products for weight loss.

Some well-known diet pills have now been banned as a result of their harmful side effects. However, the Hoodia diet pill is not one of these contentious diet pills that have come to the attention of authorities and consumers for the wrong reasons.

Hoodia cactus diet pills came onto the US market in 2004 and has been increasing in popularity ever since. The Hoodia cactus diet pill contains potent, all natural appetite reducing properties that can help many people start to shift their unwanted weight quickly.

Hoodia became even more popular after worldwide coverage on both the ABC News, BBC News and also America's 60 Minutes Program where correspondents trekked to the homeland of the Hoodia cactus diet pill - the South African Kalahari Desert.

The company that actually holds the licence to the Hoodia extraction process, Phytopharm states that people who have taken the Hoodia roots have been able to reduce their calorie intake by as high as 2000 calories daily.

However, such easy weight loss begs the question...Is Hoodia safe from side effects?

Actually Hoodia weight loss products seem to have the endorsement of both BBC and ABC news. Nonetheless, there are fake Hoodia weight loss products on the market that actually do not contain ANY Hoodia Gordonii in them and therefore are not really appetite suppressants at all. Some of these fake Hoodia products actually contain harmful chemicals.

It's also interesting to note that any legal Hoodia weight loss product will generally only state the name of the product on the package as it is illegal to associate the name of Hoodia and weight loss or appetite suppressant on the package without working in conjunction with Phytopharm who holds the worldwide licence.

If you are looking for genuine Hoodia weight loss products then be sure to only purchase real Hoodia weight loss products from people and organisations that you can trust. If it sounds like a scam it more than likely is. Check out the website below for more information about Hoodia weight

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The weight loss industry was changed for the better when history was made in the year 2004 when America and the western world discovered the weight loss benefits of the Hoodia Gordonii plant.

21 November 2004 was the date that the 60 Minutes current affair program broadcast an expose on the Hoodia Gordonii cactus and many tribal cultures who have been enjoying the benefits of Hoodia Gordonii for hundreds if not thousands of years.

With the high publicity surrounding the Hoodia Gordonii plant and the astonishing weight loss results its users have been experiencing, all Hoodia Gordonii weight loss diet pills are in very high demand which unfortunately has led to numerous unscrupulous manufacturers creating cheap, useless fake imitations and also severely diluted Hoodia weight loss supplements which unsuspecting consumers are buying with a passion.

As a result we have put the leading Hoodia weight loss supplements and brands to the test and have carefully chosen three Hoodia weight loss products that we strongly believe give consumers and dieters worldwide the safest and most effective weight loss with Hoodia that are available with products not only manufactured under strict conditions but also with **no harmful side effects** and are certified **to contain 100 percent** all natural, **pure** Hoodia Gordonii for maximum weight loss results.

Rank #1

Product [Hoodia Gordonii Plus](#)

Money Back Guarantee

[Hoodia Gordonii Plus](#) is quite possibly the most advanced, breakthrough Hoodia weight loss diet pill which not only burns fat but suppresses the appetite, increases your metabolic rate and also is an overall great mood enhancer. [Hoodia Gordonii Plus](#) is the **ultimate** Hoodia weight loss diet pill that gives you all the benefits of an all natural appetite suppressant plus much, much more.

I have arranged for you to be able to receive 2 free bottles of Hoodia Gordonii Plus when ordering the maximum results package. This is a genuine saving of \$80 and is available for a limited time.

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**[Click here to learn more about Hoodia Gordonii
Plus And How To Get 2 Free Bottles](#)**

Rank #2

Product [Hoodia Balance](#)

Money Back Guarantee

[Hoodia Balance](#) contains an incredible 750MG of genuine, pure [Hoodia Gordonii](#) from the Kalahari Desert, as clearly certified in the CITES certificate. [Hoodia Balance](#) will not only control your calorie consumption but [Hoodia Balance](#) will also give you an abundance of energy and an overwhelming feeling of wellbeing and optimal health.

I have also arranged for you to be able to receive 2 free bottles of Hoodia Balance when ordering the maximum results package. This is a genuine saving of \$80 and is available for a limited time.

**[Click here to learn more about Hoodia Balance and
save \\$80.00](#)**

Rank #3

Product [Hoodia Chaser](#)

Money Back Guarantee

[Hoodia Chaser](#) is absorbed by the body almost instantly as it is Hoodia Gordonii in possibly its purest and most effective form as it is ingested in its liquid extract form for full and immediate effect. [Hoodia Chaser](#) allows dieters everywhere to enjoy pure Hoodia Gordonii in its purest and most potent extract form for maximum weight loss results. Just a few drops of [Hoodia Chaser](#) on a daily basis will have you reaching your weight loss goals fast.

I have also arranged for you to be able to receive 2 free bottles of Hoodia Chaser when ordering the maximum results package. This is a genuine saving of \$100 and is available for a limited time.

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Hoodia Weight Loss Diet Review - The Shocking Truth About The Hoodia Gordonii Diet Pill Frenzy

Conclusion

The Hoodia Gordonii plant has enabled people worldwide to lose weight easily with its all natural ability to control a person's appetite and reduce their calorie consumption.

It allows men and women worldwide to make healthy food choices and to change not only their eating patterns but their overall body, and also promotes a general feeling of wellbeing.

If you or someone you know has been struggling with their weight and a lifetime yo-yo dieter then Hoodia Gordonii may be of assistance to you.

For the most up to date information about Hoodia Gordonii and any questions relating to it I highly recommend that you visit www.Hoodia-Weight-Loss-Review.com where all your questions will be answered.

A word of caution - be sure you only pure quality Hoodia products as only then can you be sure that you will receive maximum results and no harmful side effects. Cheap imitations often contain Hoodia from a part of the plant that doesn't control the appetite, and unfortunately some are also said to contain chemicals.

I hope you have found this Hoodia Diet Review Guide useful.

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