

## Hoodia 3 Minutes Report

Special Hoodia Report WARNING! Hardcore Hoodia Gordonii Facts Below&hellip; So you have read the Hoodia 60 minute report and seen all those buzz? Now would you please do me a favor by reading this short 3 minute Hoodia report? What is Hoodia? &ldquo;Hoodia&rdquo; is a common name of a family of flowering succulent plants which look like cactus. These are grown in South Africa, Namibia and Botswana. Hoodia family has 13 different hoodia species. Hoodia Gordonii is the only species having appetite suppressing property among those 13 hoodia species. Caution: Hoodia pills made from Hoodia species other than Hoodia Gordonii do not suppress appetite. Unfortunately 80% of hoodia pills on the market today belong to this category. What is Hoodia Gordonii? Hoodia Gordonii is the only hoodia species which has been proven by the CSIR to be a natural appetite suppressant. It sends a false signal to our brain and makes us feel full even when we are not. Appetite controlling ability of Hoodia Gordonii made it a promising weight loss aid. This led 100&rsquo;s of companies to bring Hoodia diet pills on the market. Which Part of Hoodia Gordonii Plant suppresses food cravings? Hoodia Gordonii is a flowering plant that looks like a cactus. It has leaves, stem, flowers and root. Which part among these has hunger controlling ability? According to the researches conducted by scientists from CSIR, Hoodia Gordonii has &ldquo;P57&rdquo; - a miracle molecule that imitates the effect glucose has on nerve cells in the brain, and essentially tricks it into believing your body is full when it&rsquo;s not. Which part of Hoodia Gordonii Plant has the miracle molecule &ldquo;P57&rdquo;? P57 molecule exists neither in leaves or flowers nor in the root of Hoodia Gordonii plant. This wonderful molecule is in the actual core of the Hoodia Gordonii plant in the aerial stem of the plant. Yet P57 is not the only active molecule to be found within the core of hoodia Gordonii plant. There are in fact many others. But P57 is the only molecule having the unique appetite suppressing property. Caution: Hoodia pills made from Hoodia Gordonii plants&rsquo; leaves, flowers, root can not suppress appetite. Most of the hoodia Gordonii pills belong to this category. (Meaning spending on them is waste of your hard earned money!) Is P57 molecule separated from the core while manufacturing real appetite controlling Hoodia Gordonii pills? P57 molecule cannot be separated from the core of the plant. That is why the actual core of the Hoodia Gordonii Plant is powdered and then encapsulated in the case of a genuine hoodia pill. It actually takes 20 kilos of fresh Hoodia Gordonii core to make up to 1 kilo of powdered Hoodia. What is the percentage of P57 molecules in the actual core of Hoodia Gordonii Plant? It generally ranges between 0.1%- 0.45%. Remember there are many more hidden molecules within - which have nothing to do with appetite suppression - and which cannot be isolated. How many of Hoodia Gordonii capsules to be taken daily for effective weight loss? According to recent studies, consumers need to take anywhere between 2,250-3,000mg of Hoodia Gordonii&rsquo;s actual core per day to effectively suppress their appetite. You should take 3-4 capsules that contain at least 400mg of genuine Hoodia Gordonii&rsquo;s actual core every day. The more genuine Hoodia Gordonii there is per capsule, the more promising the results. As long your capsules contain 100% Hoodia Gordonii from the core of the plant, you will be able to experience the benefits of a 2,000 daily calorie reduction

## About the Author

John Farmer is a published success and health author and SEO Director for one of the world&rsquo;s largest internet marketing companies. For more information about weight loss diet: [weight loss diet](#)

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