

How to Choose The Best Appetite Controlling Diet Pill?

Best Pills For Appetite Control Controlling food cravings and thereby food intake is a proved method of losing weight. When the calorie intake is less than the calories needed for the day-to-day functioning of our body, it starts using the fat accumulated (stored calories) resulting in fat as well as weight loss. Combined with regular exercise, it can kick start the weight loss journey. But controlling hunger is not easy. People who have struggled with this ultimately seek the help of appetite suppressing pills to lose those ugly extra pounds. Appetite controlling pills send a false signal of being full to our brain and thereby control hunger. With the 100's of such pills on the market people get jumbled up and finally fall in for some useless or fake pills offering miracle(?) results. This makes people who desperately want to lose weight to switch from one brand to another and finally give up getting frustrated. To give them some idea on this, we are trying to highlight the pros and cons of popular brands of appetite controlling diet pills. This article does not contain any information on metabolic rate enhancer diet pills and fat binder/blocker diet pills. There are broadly two types of Appetite controlling diet pills on the market. Prescription pills Non-prescription pills Prescription appetite controlling pills: The famous brands of appetite suppressing prescription diet pills are Meridia, Reductil, Phentermine, Adipex, Fastin and Ephedra. Meridia and Reductil diet pills Both of these are made of Sibutramine hydrochloride monohydrate. These are prescription appetite suppressants. These block the re-uptake of the brain chemicals (serotonin and norepinephrine) which help regulate the sense of fullness and thus control food intake. But the side effects of the Meridia and Reductil pills are frightening. The common side effects are dry mouth, paradoxically increased appetite, nausea, strange taste in the mouth, upset stomach, constipation, trouble sleeping, dizziness, drowsiness, menstrual cramps/pain, headache, flushing, or joint/muscle pain. The main ingredient Sibutramine can substantially increase blood pressure and pulse in some patients. The following side effects are infrequent but serious and require immediate medical attention: Cardiac arrhythmias, paresthesia, mental/mood changes (e.g., excitement, restlessness, confusion, depression, rare thoughts of suicide), seizures, problems urinating, abnormal bruising or bleeding, melena, hematemesis, jaundice, fever and rigors, chest pain, hemiplegia, abnormal vision, dyspnea and edema. Phentermine, Adipex, Fastin Diet pills: Phentermine is a contraction for phenyl-tertiary-butylamine. Adipex and Fastin are famous brands of phentermine pills. These also work by suppressing appetite. These are approved as an appetite suppressant prescription pills to help reduce weight in obese patients when used short-term.

But these also said to have dangerous side effects like Insomnia, Increased blood pressure, Irritability, Nervousness, Sense of well-being, Dry mouth, Unpleasant taste, Blurred vision, Heartburn/Acid reflux, Change in sexual desire, Clumsiness, Confusion, Diarrhea, Dizziness, Headache, Irregular heartbeat, Nausea or vomiting, Psychosis, Skin rash or itching, Stomach pain, Tiredness, Convulsions (seizures), Dizziness, Fever, Hallucinations, Hostility with urge to attack, Irregular blood pressure, Lightheadedness or fainting, Mental depression, following a period of excitement, Tremors, trembling or shaking, Overactive reflexes, Panic, Restlessness, Severe nausea, vomiting or diarrhea, Stomach cramps, Tiredness or weakness. Ephedra Diet pills: Ephedra diet pills are made from the plant Ephedra sinica. These are mainly metabolism booster diet pills though they said to control food intake. Nowadays these are combined with some appetite suppressing ingredients to accelerate weight loss. The safety of ephedra-containing dietary supplements has been questioned by the United States [Food and Drug Administration](#) (FDA), the National Center for Complementary and Alternative Medicine, and the medical community as a result of a high rate of serious side effects and ephedra-related deaths. Side effects of ephedra may include severe skin reactions, irritability, nervousness, dizziness, trembling, headache, insomnia, profuse perspiration, dehydration, itchy scalp and skin, vomiting, hyperthermia, irregular heartbeat, seizures, heart attack, stroke, or death. Non- Prescription appetite controlling pills: Popular diet pills among these are Green Tea, Oolong tea (Wu-yi) and Hoodia pills. Green tea and Wu-yi tea pills are mainly metabolism boosters. They also suppress appetite to some extent. The main weight loss ingredient in these pills is caffeine and can be addictive. People having kidney problems, certain heart problems, stomach ulcers, psychological disorders - especially anxiety or panic disorders, and pregnant and lactating women should use caution with these pills. Hoodia Pills:

Real Hoodia pills made of South African plant Hoodia Gordonii are powerful appetite suppressants. Research conducted by Council of Scientific and Industrial Research (CSIR) has proved the appetite controlling quality of Hoodia Gordonii. It is considered as the only herbal appetite suppressant with no side effects. These are not addictive. Popularity of hoodia resulted in mushroom growth in Hoodia diet pills brands. Unfortunately most of the hoodia pills on the market are fake. Very few brands of Hoodia pills are made of Hoodia Gordonii. Among them the pills made of whole fresh hoodia like "Unique Hoodia" are more effective than those made of hoodia extracts in suppressing appetite and thus aiding weight loss. Conclusion: As mentioned above famous brands of appetite controlling prescription diet pills can cause dangerous side effects. Never go for these without consulting your doctor. Among the non-prescription appetite suppressants genuine Hoodia pills look promising without any side effects. But finding genuine hoodia pills is a big problem. To find out whether a hoodia pill is genuine or fake read Hoodia Facts

About the Author

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