

All Natural Weight Loss Supplement Hoodia Gordonii

In my time I have been an international competitive swimmer, ranked number 1 in the UK, in the top 20 worldwide, represented England, and won medals at World level. Having been in the environment of top class athletes, and everyday healthy people, I have become very knowledgeable in the area of nutrition and fitness. Still maintaining regular fitness and excellent nutritional levels, I regularly converse with many people of all types of fitness levels. The majority, at fitness centers, are obese and vastly over weight, constantly looking for ways to lose weight.

Spending years training in public, and seeing bodily changes on a day to day basis, I have become very familiar with Hoodia Gordonii, and have seen rapid improvements, that have in turn had life changing effects on people, and all for the better.

You may be wondering what Hoodia Gordonii is, and may have heard from the newspapers and television.

It is grown in the Kalahari Desert region of South Africa, Hoodia Gordonii is an all-natural appetite suppressant, derived from a cactus-like plant with prickly spikes. Scientists have been researching the Hoodia plant for almost a decade, and have found it to be completely free of harmful side effects.

The active ingredient in Hoodia Gordonii, the molecule known as P57, imitates the effects that glucose has on your brain, signaling that you are full. Your brain has what is called a Hypothalamus. This part of your brain controls your appetite. When you eat, the glucose levels in your body rise. As these levels go up, the hypothalamus sends off a signal to your cells to stop eating. This is when you start to feel full. Hoodia Gordonii's molecule, P57, tells your brain the same exact thing, even if you haven't eaten a bite. By mimicking the effects of glucose on your brain, the hypothalamus starts to send messages to your cells which in turn, make you feel full.

Paul Callis is extremely knowledgeable in the field of sports and nutrition in the UK . Paul's passion for swimming in his earlier years, helped him achieve world medals and gain great knowledge and understanding in all aspects of looking after the human body, eating correctly to maintain a healthy lifestyle, and discovering what does and does not help with weight loss.

About the author:

You can visit Paul's web site, and read his recommendations and advice at <http://www.hoodiagordonii1.com>