

How Hoodia Diet Pills Work

African hunters were the first to use the hoodia plant to reduce hunger and thirst. Hoodia diet pills contain concentrates or the powdered form of the plant and have been shown to produce the same effects noted by the African hunters. Because many appetite suppressants cause adverse reactions and some are actually dangerous, most people are curious about how hoodia diet pills work and what side effects they may cause. First, it is important to mention that hoodia diet pills are not stimulants. Stimulants like caffeine, which is present in most appetite suppressants, causes an increase in feelings of wakefulness and alertness, but have no particular effect on feelings of fullness. Stimulants also cause an increase in heart rate and can lead to insomnia, nervousness and other health problems. Hoodia diet pills should not contain caffeine or other stimulants and most do not, but it is always important to check the label or the manufacturer's website for ingredients. Now that we know what hoodia diet pills are not, let's look at what they are and how they work. According to scientific research, p57 (the active molecule in hoodia diet pills) increases the amount of ATP (adenosine triphosphate) in the bloodstream. Scientists believe that this is the key to the appetite suppressing effects of hoodia diet pills. ATP is normally produced by the body and used by the cells as an energy source. This supports manufacturer's claims that hoodia diet pills increase a person's energy levels. It normally takes glucose to produce ATP, and it normally takes food to produce glucose. Since the brain senses the increase in ATP, it believes that food has been consumed. This leads to feelings of fullness and satisfaction, reducing feelings of hunger. This supports manufacturer's claims that hoodia diet pills suppress appetite. The more ATP that is available to the cells of the body, the more processes the cells can perform. Metabolism or conversion of food to energy is a process performed by the cells for which ATP is a fuel. It is believed that the increase in ATP in the bloodstream will cause an increase in metabolism. This belief supports the manufacturer's claim that hoodia diet pills increase metabolism. Stimulants, on the other hand, are not suspected to have any effect on metabolism. Anyone who attempts to lose weight by reducing calorie consumption experiences feelings of hunger and fatigue. Hoodia diet pills attempt to reduce those feelings, making it easier to stick to a low calorie diet and therefore lose weight. As with any weight loss plan, only people who are in good health should use hoodia diet pills and they should be used in conjunction with appropriate diet and exercise. Because thirst is suppressed as well as appetite, it is important to remember to drink plenty of water. Most experts recommend eight 8 ounce glasses per day to maintain proper hydration. Other than thirst suppression, there are no known side effects associated with hoodia diet pills and they are probably a much better choice than diet pills containing stimulants.

About the Author

Yoga lays a great emphasis on a balanced wholefoods diet. It does not dissect the food into vitamins, minerals etc. Read more on this whole foods concept.

Source: <http://productsherbal.com>