

The Secrets of Herbal Weight Loss



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Introduction

I've spent a number of years looking at [herbal weight loss](#), mainly from the perspective of trying to work out what was the best way to use it. It perplexed me in a lot of ways as all the evidence was at best contradictory and at worst, well enough said! I looked at so many documents and articles that my head was spinning. None of it made sense, eventually I came up on the following articles these provided me with a starting point for my studies.

The authors of these articles come from a wide range of backgrounds. However in my opinion they are some of the foremost expert experts in the field of [herbal weight loss](#). All thought they have a weight range of opinions they all pointed to the same basic conclusion that the correct use of herbal methods can aid in the loss of weight, if used in conjunction with a program of healthy eating and exercise program.

Some of the articles look at [Hoodia weight loss](#), including an excellent article by Andrew Aitaken on identifying scams. Hope you enjoy and learn as much as I did. As with any weight loss program always consult with your physician before starting.

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Does Hoodia, the African Weight Loss Secret, Actually Work?

By [http://ezinearticles.com/?expert=Andrew_Aitaken]Andrew Aitaken

Astounding as some dieters say the new Hoodia weight loss supplement is, other dieters say it's a fake and doesn't work at all. If you're not familiar with Hoodia Gordonii, it's the new fad in dieting products. It comes from a cactus type plant in South Africa and has been eaten there for thousands of years by the aboriginal natives. The San Bushmen in the Kalahari Desert eat the Hoodia succulent plant by picking off a piece before a hunting trip or period of time they know they won't have much food to eat. By ingesting the piece of Hoodia they know that they will not be hungry for the entire day. This of course is very helpful when you are living in the desert and the availability of food is very scarce.

So what about if your living in middle America and are looking for something to help you curb your cravings and keep of the pounds, will Hoodia do the trick? It depends on who you ask, some dieters say it is the magic pill and will help you lose the weight with no side effects. Other people will say, "I tried it and it did absolutely nothing for me". How can this be the case you might ask, one person swears to it and one swears at it. It's actually no mystery at all if you know what is happening in the industry. Hoodia has gained huge popularity due to increased media exposure; so far since last November Hoodia has been on CBS 60 minutes, the BBC, CBS News, Oprah Winfrey's "O" Magazine, ABC News and most recently it was featured on the NBC Today Show with Katie Couric. Because of this news coverage the demand for Hoodia has greatly increased and along with this, the amount of companies providing fake or impure Hoodia has also greatly increased.

If I can stress only one thing in this Hoodia article, it would be to know what is in the Hoodia you are buying. When it comes to buying Hoodia, you have to be an informed buyer; you can't just buy the first Hoodia Pills you see. And unlike other supplements you buy at your nutritional store, in the case of Hoodia, you can't trust brick and mortar stores anymore than you can an online company. There is no regulation when it comes to Hoodia pills; there is no testing process or certification that a Hoodia brand has to go through. Because of this anybody can start a new Hoodia brand, put whatever they want in a pill and call it Hoodia and sell it. Many companies are doing just this, making lots of profit and leaving you the dieter with a bogus product, the dieter then tells others, "hey, this Hoodia stuff is no good".

Natural Health Report has published a study done by Truth Publishing and Alkemist Pharmaceuticals located at: naturalhealthreport.com/A-Hoodia-Gordonii-exposed.html, the study findings state that eleven out of seventeen brand-name Hoodia supplements tested failed a laboratory analysis of authenticity. Unfortunately in the study they don't say which brands failed but they do say which brands passed.

The following brands passed the independent testing:

- Desert Burn
- Hoodoba Pure
- Dr. Wheeler's Afrigetics

- King Hoodia
- Hoodia Max
- Ethno Africa

Eleven out of seventeen brand names failed to be authentic, to me that is an amazing statistic and says a lot about the industry. Looking at those statistics we can now see why some dieters are saying Hoodia is wonderful and helps you lose weight and others are calling it a scam. The truth is there is both authentic pure Hoodia and bogus fake Hoodia available and what you get will determine how you feel about it.

This information should not necessarily stop you from buying Hoodia, as there are many reports of Hoodia decreasing your appetite by up to 1,000 calories a day and many people trying to lose weight swear by its results. Like we have stated before you just need to be very cautious and be able to identify pure Hoodia from ineffective and impure Hoodia. So how can you identify which Hoodia brand is best? Here are some things the consumer should look for:

* Certification - the company should provide a visual documentation on their website that the Hoodia they are selling is authentic Hoodia Gordonii from South Africa.

* Independent Testing – some of the top companies selling Hoodia are now submitting their product for independent testing to assure the customer their Hoodia is authentic and set them apart from the competition. If the brand has been tested you will again most likely be able to see visual documentation on their website.

* You should be know if the product is a pure powder or in extract form. There is a lot of information on the internet as to which is better and you should be informed on which kind you want to buy.

* Know what all the ingredients in the pill are - many companies will increase the total milligrams of a Hoodia pill by adding other ingredients to it, so in a 750 mg. pill you might only get 50 mg. of Hoodia. Also know if those other ingredients are something you want to be taking.

* Brand Reputation – the longer Hoodia is around the more people are talking about which brand is working for them. Do some internet searches on the brand you are thinking of trying and see if you find that lots of people are having problems with that brand. You have to take general public comments with a grain of salt though because many company owners have people spreading bad publicity about their competition.

* Common Sense – overall use your common sense about your purchase. Does the company not disclose much information? Do they have easy way to contact them? Do they have any type of guarantee? Also, especially when it comes to eBay, does the label of the product

look like it was printed on a home inkjet printer? Also be wary of deep discounted Hoodia, there may be a reason it's so cheap.

In closing, when it comes to Hoodia the consumer will need to stay cautious for awhile, the situation may get worse before it gets better. Demand for Hoodia is growing, supply is decreasing and the wholesale cost is increasing. What does this formula equal? It equals bad news for the dieter who wants to get some authentic Hoodia; there will be a lot of fake Hoodia out there. Give Hoodia a try, just do your homework first, be an informed, educated buyer and you may find that you truly have found a product to help you shed those extra pounds with no side effects.

Article Source: [<http://EzineArticles.com/?Does-Hoodia,-the-African-Weight-Loss-Secret,-Actually-Work?&id=89104>] Does Hoodia, the African Weight Loss Secret, Actually Work?

What Extend Of Hoodia Gordonii Side Effects?

By [http://ezinearticles.com/?expert=Richard_Lim]Richard Lim

However, current research has found no known immediate or long term side effects of using Hoodia Gordonii. There are no known negative side effects by taking Hoodia Gordonii, although there are some reports of a mild aphrodisiac and mood elevation effect. There are no known side effects with Hoodia Gordonii although it is said to possess a mild aphrodisiac effect. A certain molecule known as P.57 is apparently what's responsible for a reduction in hunger when taking some fat burners that contain Hoodia Gordonii.

This brings up another issue on long term safety of Hoodia Gordonii. XhobatoI key ingredient is Hoodia Gordonii, which for centuries has controlled hunger and thirst during hunting expeditions in the Kalahari Desert. For generations Bushmen have used Hoodia Gordonii while on long hunting trips to help increase stamina and stave off hunger and thirst. Whenever they traveled on long hunting expeditions, they consumed the Hoodia Gordonii cactus to help stave off hunger on their long trips. Customers are looking for a clean, potent Hoodia Gordonii product and there are only a handful of companies that have it right now. I firmly believe that Hoodia Gordonii is a stand-alone product and is the most effective appetite suppressant currently on the world market.

Animal studies using rats have shown a significant decrease in calorie consumption in those rats given Hoodia Gordonii. Half the group was given real pure Hoodia Gordonii and the other half was given a placebo. These same studies also showed that participants taking Hoodia Gordonii had a higher level of energy from the participants given the placebo. Half the group was given Hoodia Gordonii and half was given a placebo. Recent studies have shown that Hoodia Gordonii can reduce caloric intake up to 50% and help reduce blood pressure without unwanted side effects. talks about the marketing scams surrounding Hoodia Gordonii, a cactus that drug makers claim has the power to reduce appetite. Some claim that Hoodia Gordonii can curb your appetite and make you more alert, without making you jittery. We cannot, and do not, guarantee that Hoodia Gordonii will help you to lose weight or curb obesity.

Research shows that Hoodia Gordonii safely reduces your appetite so you can limit your caloric intake up to 1,000 calories per day. Now assuming that by taking Gordonii Hoodia extract, you need 1000 fewer calories per day. Has shown that, on average, the test subjects taking Hoodia Gordonii safely reduced their calorie intake by 1,000 calories per day within 14 days. It's also been reported that not all fat burners that claim to contain Hoodia Gordonii are prepared the same. The Microscopy test the microscopy test shows the sample has no physical resemblance to Hoodia Gordonii. Key Ingredients Hoodia Gordonii curbs your appetite while boosting energy, helping you feel satisfied and full. Designed to help you feel full and satisfied, Chocó Leans contains Hoodia Gordonii and wolfberries, a unique blend of ingredients that combines for powerful results. Some do not feel the effects of Hoodia Gordonii for a few weeks of regular doses of the weight loss supplement.

Half the group was given real pure Hoodia Gordonii and the other half was given a placebo. These same studies also showed that participants taking Hoodia Gordonii had a higher level of energy from the participants given the placebo. Half the group was given Hoodia Gordonii and half was given a placebo. Pure Hoodia Gordonii diet pills balanced diet plan weight loss goals diet pills with ephedrine x 112 diet pills snorting diet pills.

It is clear that Hoodia Gordonii cannot be taken in this fresh form by many consumers. The efficacy of Hoodia Gordonii has been established with a profound weight loss and a good emergent safety profile. A lot more testing on the effectiveness and safety of Hoodia Gordonii and fat burners that contain it, are needed.

We have yet to see any long term research done on people who use Hoodia Gordonii on a regular basis. However, current research has found no known immediate or long term side effects of using Hoodia Gordonii. But unlike many other appetite suppressants and diet pills on the market, Hoodia Gordonii has no known side effects.

Hoodia Gordonii Complex is a new innovative product to help those who may be following a weight management program. The Hoodia Gordonii has become lately in the spot light of a public interest as a supplement for diet by suppressing hunger and thirst.

Properties of Hoodia Gordonii. It is a most effective way to control appetite, and is used when wishing to lose weight. There are 20 types of Hoodia available, but only the Hoodia Gordonii variety contains the appetite suppressant that allows you to lose weight. However, the longest any of them had taken Hoodia Gordonii was 3 weeks. How to use the plant Hoodia Gordonii should be taken 1 hour before a meal with a glass of water. See the information from the Hoodia 60 minutes team in Africa, or see Hoodia Gordonii for general overall historical information. If you haven't heard about the supplement Hoodia Gordonii, there's no doubt you will very soon. If you haven't heard about the supplement Hoodia Gordonii.

To date, neither company has yet to market any weight loss products associated with Hoodia Gordonii. Related article Hoodia Gordonii holds promise as natural appetite suppressant (Concept: Hoodia) whatever company the consumer chooses, this guy wins. Demand a lab assay any company selling Hoodia Gordonii should be willing to provide a lab assay with each order.

All studies performed to date show no ill effects among subjects supplementing their diet with Hoodia Gordonii. To date, Unilever has yet to develop any products associated with the Hoodia Gordonii extract. Persons considering Hoodia Gordonii supplementation should consult with their physician before making any changes to their health care plans.

Article Source: [<http://EzineArticles.com/?What-Extend-Of-Hoodia-Gordonii-Side-Effects?&id=148474>] What Extend Of Hoodia Gordonii Side Effects?

Herbal Weight Loss with Green Tea Extract

By [http://ezinearticles.com/?expert=Pete_Sharpe]Pete Sharpe

These days, there is a great need for overweight Americans to lose those excess pounds. Being healthy would not only lead them to have a healthier lifestyle but it will also literally lighten their load, and improve their overall well-being.

There is a long list of dieting options available. There are exercise programs, exercise machines, dietary supplements, dietary food and drinks, diet pills - there are even soaps which claim to help you lose pounds while you bathe.

One other available option to shed off those unwanted pounds is to go herbal. A very effective herbal weight loss remedy is green tea extract.

Herbal weight loss products have been in great demand for people who want to lose weight the natural way. However, when you take herbal supplements for weight loss, you would have to wait for a longer time for the results because of the more subtle effects of medicines which came from plants and natural herbs.

Here are some herbal weight loss options that you might want to consider:

1. Herbal weight loss products

There are a lot of herbal weight loss products available in the market now. You can check out the Internet and you will find a lot of herbal weight loss pills and products.

Be careful, however, as there are some products which claim to be safe and natural because they are herbal, but some actually have side effects because of non-extensive research on the effects of these products.

Here are some ingredients and chemicals which make up some herbal weight loss products that you should watch out for, as they might have harmful effects to your health:

- Senna. This is an herbal laxative. Senna is a main ingredient in weight loss teas, and it works by stimulation the colon. The downside effect of this herb is dehydration. It can also lead to colon problems and can become addictive. Some people, when addicted, are unable to perform bowel movements without it, so watch out.
- Chromium picolinate. This is a synthetic compound found in herbal weight loss products. Chromium is a nutrient which helps regulate blood-sugar level. However, this ingredient, when taken in high doses, may cause damage in the chromosomes. It can also lead to dehydration.

- St. John's wort. This supplement increases the production of a chemical in the brain. If not used properly, it may cause eye and skin sensitivity, mild gastrointestinal distress, fatigue and itching.

Although a lot of herbal products claim to be safe and natural, it is better to scrutinize the ingredients and research about the effects of the product itself before going for these herbal dietary pills.

2. Green Tea.

Herbal Remedies - Green Tea Extract

Green tea has always been known to have several health benefits, but who knew that it could contribute to weight loss as well?

A recent study published in the American Journal of Clinical Nutrition show that green tea extract can increase metabolism and fat oxidation of the body. In theory, scientists believe that the weight loss benefits of green tea extracts are due to their caffeine content but the results of the study show otherwise as they discovered that green tea extracts have weight loss benefits beyond that of caffeine.

In their study, the researchers administered alone the same amount of caffeine as that in green tea extracts but found that it did not make any significant changes in the body's overall energy expenditure. This led them to conclude that green tea extracts have ingredients in them that actively interact with each other, promoting increased metabolism and fat oxidation that lead to weight loss.

Further findings indicated that a certain compound found in green tea extracts might be the ingredient that causes weight loss. These green tea extract compounds called Flavonoids may alter the way the body uses norepinephrine, a hormone that monitors how calories are burned. When Flavonoids interact with other green tea extract ingredients, more calories are burned thus contributing to weight loss.

Another ingredient that actively contributes to the weight loss benefits of green tea extracts is the compound catechin polyphenols. These compounds also interact with other green tea extract ingredients in order to promote weight loss by fat burning and thermogenesis (a process of losing energy by daytime heat).

The great thing about the weight loss benefit of green tea extracts is that it does not have any adverse side-effects. Unlike other herbal products like ephedra and prescription drugs for obesity, green tea extract does not increase the speed of heart rates or raise blood pressure. In this regard, green tea extract is an effective and safer alternative to other weight loss products which may cause harm to the user.

The study conducted by the University of Geneva on the weight loss benefit of green tea extract implicated that green tea extract can also help thyroid patients. According to dietitian Lynn Moss, M.S., R.D., green tea extract is a healthier choice for people with

thyroid who may be too sensitive to stimulants. Green tea extract can promote weight loss by increasing metabolism without over stimulating the adrenal glands.

A common beverage all throughout Asia, green tea has recently gained popularity in the West. Further researches were conducted to identify other health benefits of green tea extracts aside from weight loss. It was found that certain green tea extract compounds can significantly reduce the risk of heart disease, cancer, and even ulcers.

Studies show that intake of green tea, or green tea extracts burns extra calories. Also, green tea with caffeine can increase fat burning by up to 40% thereby reducing fat.

This is one good option for those who want to lose weight. In a study done, people who took green tea were found to lose 2 to 3 times more weight than those who did not drink green tea.

These results show that green tea is a natural product for the treatment of obesity. Thus, it also makes for a healthier dietary option, not to mention the good effects that it has on the body as compared to caffeine. A cup of tea gives an immediate energy lift without the side effects of caffeine.

3. Organic food.

In Wichita, Kansas, organic food has found its way to more homes and restaurants. Organic food devotees believe that consuming organic goodies help their bodies as well as the environment.

A person who buys organically raised eggs and vegetables claim to be healthier, and they are not spending money on doctors and prescriptions as these keep them healthier and away from the hospital. This could also be an option for weight watchers, as organic food is known to be kinder to your weight than chemically-processed food products.

4. Caffeine.

Coffee provides an energy boost to increase fat burning. Caffeine also provides a likelihood to be active, which in turn increases your rate of calorie burn.

5. Immortality Herb

This herb, whose scientific name is *Gymnostemna Pentaphyllum*, is known to have the following benefits:

- increases healthy blood flow
- reduces artery blocks
- aids healthy blood pressure

- increases the rate of fat burning

6. Apple Cider Vinegar

There are pills and food supplements whose main ingredient is apple cider vinegar. Here are the benefits of taking this herbal remedies option:

- weight loss
- improved cholesterol level
- improved high blood pressure
- helps prevent rheumatoid arthritis

Pete Sharpe Administrator

Herbal Remedies Solutions [<http://www.avatrim.com/?aid=865115>] Avatrim Green Tea for Weight Loss [<http://www.herbal-remedies-solutions.com>] Herbal Remedies Solutions [<http://www.herbal-remedies-solutions.com/blog/>] Herbal Remedies Solutions Blog

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<http://EzineArticles.com/?Herbal-Weight-Loss-with-Green-Tea-Extract&id=738295>

What to Watch Out For When Taking Natural Herbal Weight Loss Products

By [http://ezinearticles.com/?expert=Penny_Theron]Penny Theron

Our lifestyles in the cities are getting more hectic. Everything has to be done fast. We no longer have the time to eat properly. Is it any wonder then that we are consuming more and more junk food like fast food? As a result, more people are getting obese and they scrambled to buy weight loss products to help them lose the excess weight. There are many people who think that by taking natural herbal weight loss products, they are losing weight healthily. But not all natural herbal weight loss products are made equal!

In fact, most herbal weight loss products historically are not tested extensively nor have any long term studies. So before you get started on any weight loss products, make sure you consult your doctor for medical advice. Even if you are planning to use "safe and natural" herbal weight loss products! You only have one body this life and you certainly want to be careful.

Here are some common ingredients that are used in herbal weight loss products and what you should watch out for:

1. Herbal Laxative Ingredients Senna, buckthorn, aloe, rhubarb root, diet tea and cascara are examples. Be wary if you see any of these ingredients in the herbal weight loss products. Such products work by causing stimulation to the colon. Some common side effects include dehydration, cramping and diarrhea. They may also cause addiction and if used long term, they may cause the colon to malfunction without it.

2. Thermogenic Ingredients This includes the infamous Ephedra and fen-phen. Ephedra or "ma-huang" if taken in high doses can cause dangerous conditions like heart palpitations, seizures, stroke, chest pain, and heart attack. It has been known to cause several deaths.

You should avoid them like plague. Instead go for safer alternatives like green tea, nettle, and dandelion which are much safer.

3. Diuretics

Buchu and uva-ursi are examples of such ingredients. They work by getting rid of excess water in your body. They may work for short term but once you stop taking them, your weight will return fast.

4. Other Ingredients

Chromium picolinate. Now this is an interesting one. It is not even natural and yet this synthetic compound can be found in herbal weight loss products. What chromium does is

that it helps regulate blood-sugar level. The side effect is that when it is taken in high doses, it may cause damage in the chromosomes and lead to dehydration.

St. John's wort. This supplement increases the production of a chemical in the brain. If not used properly, the side effects include eye and skin sensitivity, mild gastrointestinal distress, fatigue and itching.

The FDA (Food and Drug Commission) has linked serious side effects and even death to some of these herbal weight loss products and hence you should not take these supplements lightly. Be responsible to yourself and your family by taking of your body and health. Losing weight need not be difficult if you know how to and if you are determined and focused enough.

The Truth about Flat Abs: Penny Theron & Jonas Wright are avid fitness practitioners that believe in total health and fitness. They have successfully lost and maintained their weight since 12 years ago without any drugs or weight loss supplements. Get FREE book on how to [<http://www.realtruthaboutabs.com>]burn belly fats and get the real facts and the low downs on weight loss and diets.

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Natural Herbal Weight Loss

By [http://ezinearticles.com/?expert=Kathryn_Soloff]Kathryn Soloff

Natural herbal products are one of the best tools in your arsenal to lose weight quickly and effectively. Some of the best products available are 100% natural, safe and effective.

Everywhere one looks there are advertisements that promise us a solution to losing weight quickly. The old proverb that consumers beware is all too true here. However, it is true that there are some quality products available that can aid us to lose weight at a healthy pace.

Natural herbal weight loss products are a healthy alternative to using pharmaceutical methods. Herbal weight loss products, in their true form, are based on remedies that are hundreds or thousands of years old. It is now possible to lose weight and not to experience the side effects that come from their chemical counterparts. One of the secrets to losing weight is to be consistent, and these products will assist you in accomplishing just that.

Natural herbal products are gaining in reputation for their success in achieving a safe and effective means to lose weight. One can ease their weight loss program if they take the time and trouble to invest in the right kind of herbal products. Choosing the right product can be difficult. Nonetheless, if someone is serious about their weight loss program, then taking the time to research these various products will pay off in the long run.

The ancient Chinese system of medicine seeks to determine what types of herbs and foods have an effect on the human body. This ancient system can be applied to achieving healthy weight loss. For centuries herbs have been found to be a tried and true method of weight loss. Herbs and roots have been successfully used by the Chinese in treating a myriad of health problems, including weight loss.

The most important aspect of using Chinese herbs to lose weight is that there are no serious side effects. Modern chemical diet pills present a host of side effects including frequent urination, increased blood pressure and a rapid heartbeat.

The side effects from Chinese herbs, when they occur, are mild. They include sweating, constipation and sleeplessness. This is easily corrected by cutting your dosage in half. There is however, a group of people who should not take diet pills, and this includes all natural diet pills. Women who are pregnant or breastfeeding should not use diet pills under any circumstances.

Chinese medicine has been around for a very long time. It has proven itself to be a successful, holistic method to improve our health and our conditions. If you have a weight problem you should seriously consider this approach to help achieve your goals.

The research done by the Chinese has led to the formulation of all natural, healthy, herbal supplements. The combination of these herbs boosts the body's ability to lose weight

naturally. These herbs are combined to reduce fat by either burning them or eliminating them from the body.

Natural herbal weight loss products are a helpful addition to your weight loss regimen. These products can significantly help you with your weight loss problem.

Sign up for our free course: [http://www.natural-remedy-dot-com.com/ecourse_signup.html]10 Steps To Lose Weight without Dieting

Kathryn Soloff is the mother of 8 children and a natural foods cook for over 30 years. She is co-publisher of http://www.natural-remedy-dot-com.com/fatburnerreviews/herbal_fat_burners.html where she provides additional advice, tips and hard to find information on [http://www.natural-remedy-dot-com.com/losing_weight/]Weight Loss.

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Herbal Weight Loss Programs - Making the Right Choices

By [http://ezinearticles.com/?expert=Alan_Jensen]Alan Jensen

Are you like the millions of people who have a problem with weight? Have you looked long and hard to try and find a safe and effective weight loss program? Have you always dreamed of a slim, trim and healthy body? If so, you have come to the right place. Herbal weight loss programs are available throughout the entire world and thanks to the internet; products that were not easily available in your country are now readily available. It is important to know what to look for in herbal weight loss products. Some have the goal of helping you lose weight, while others have the goal of increasing general health and some can be downright harmful.

To get an idea of some of the herbal weight loss products available, let's examine two of the most popular ingredients used in these weight loss products.

Hoodia Gordonii has been used in Africa for years to suppress appetite and increase energy. Hoodia accomplishes this by making the body feel full sooner. This results in eating fewer calories and burning more fat at the same time. Another positive is that authentic Hoodia Gordonii is well tolerated by most people and there are very few reported side effects. With all of these positive points there are a few negative ones as well. First, authentic Hoodia is extremely hard to get and some manufacturers will use the bare minimum just to get around the FDA's labeling requirement. Second, the only Hoodia that has documented proof of helping with weight loss comes from South Africa. There is a brand that does come from China. However, no studies have been done on its effectiveness.

Ephedra has gained its popularity as a weight loss wonder drug. However it is not considered safe by many health care professionals and medical researchers. This is because the dosage necessary for weight loss is far beyond the safety limit that has been established. It is also believed that the higher dosage causes many amphetamine-like side effects, including racing heartbeats, dry mouth and even heart failure. Also, problems have been reported including anxiety, insomnia, high blood pressure and restlessness. One thing that most people don't realize is that ephedra is addictive. When an individual stops using ephedra they may experience withdrawal like symptoms. These include cold sweats, irregular heartbeats and mood swings. If this isn't bad enough, a common response to quitting the use of ephedra is binge eating. So all of the weight lost will be immediately gained back.

One of the most important things a person has is their good health. However, choosing the wrong product can actually do more harm than good. Losing weight is usually a healthy choice; just make sure you choose the right herbal products.

Alan Jensen is recognized as a leading expert on herbal weight loss products for fast and safe weight loss. He is a frequent contributor to <http://www.TopDietSecrets.com> and

<http://pure-hoodia-gordonii-complete.com> He enjoys spending free time with his family and 3 year old German Shepherd.

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Herbal Weight Loss System and How to Execute it Properly

By [http://ezinearticles.com/?expert=Kathy_Sanchez]Kathy Sanchez

The hope is that while striving for a healthier body we will help ourselves more by using the aid of herbal remedies rather than the traditional methods you can buy over the counter.

Americans are now seeking a healthier lifestyle. They are seeking weight loss help at the health foods stores instead of the drug stores or weight loss clinics. We are seeking help from exercise machines and spa's and weight trainers.

We are now turning to the herbal way to lose those unwanted pounds! Herbal products are available to those who seek to lose weight the natural way. When using this method be prepared to take it slowly. As the natural herbs get absorbed in your body it will take time for your body to react. If you are looking to lose your weight quicker then this is not the method for you.

Some things you will want to consider:

You will need to research which herbal product you will use. But before you make this decision you need to research the effectiveness of each product. Ask your doctor or nutritionist for guidance in choosing the right product for you. There are many products on the market that are not safe so please be careful.

There are a lot of herbal weight loss products available in the market now. You can check out the Internet and you will find a lot of herbal weight loss pills and products.

Be careful, however, as there are some products which claim to be safe and natural because they are herbal, but some actually have side effects because of non-extensive research on the effects of these products.

Here are some ingredients and chemicals which make up some herbal weight loss products that you should watch out for, as they might have harmful effects to your health:

- Senna - This product is used as a natural laxative and be very harmful. It does have good intentions but can become addictive and can cause many colon problems if it is abused. If taken too often, this product can also lead to dehydration.
- Chromium picolinate. This herbal product is a synthetic compound. It's a nutrient that helps regulate blood-sugar levels. If taken in higher doses this product can cause damage to your chromosomes and it too can lead to dehydration.
- St. John's wort. This herbal product suppose to make you think clearer, it increases the activity in your brain. Be careful with this product, as it can cause sensitivity to your eyes and skin, and has been known to cause fatigue and skin itching.

As you can see, even though a product may be "all natural" it isn't necessarily safe to take unless you do your research and understand completely what it is and what it is doing inside your body.

Organic Foods

Organic foods have known made a name for themselves in the supermarkets and in the restaurants. Seems like everywhere you go now, you can choose to order organic. The drawback is that these foods are generally more expensive. It is said that organic foods are much healthier for you and I am sure they are but there really aren't any studies that proves this statement. People do claim that since they began eating organic foods that they feel better, are healthier and don't see a doctor nearly as often as they did before.

- Apple Cider Vinegar comes in the form of a pill or as a food supplement. Apple cider has been known to be helpful for many different things, weight loss, lowering your cholesterol levels, managing high blood pressure and even helps prevent rheumatoid arthritis.
- Green Tea is the dieter's tea. It is widely used by those dieting as the tea extracts and burns those extra calories naturally. If you drink the green tea with caffeine it is believed that it will burn fat much quicker.

I've read studies that claim that dieter's who drank Green Tea during dieting lost as much as 5 pounds more than those who didn't in a two week span.

It's also know to be an energy booster - so drink one in the afternoon when you tend to get tired and it will boost you up for the remainder of the day.

- Drinking caffeinated coffee as an energy booster is why most dieters drink too much of it, but at the same time will increase your fat burning activity. However, coffee should be consumed moderately as it too has side effects.

Visit my blog at [<http://dontlitter.net/weightloss>] for more information!
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The Surprising Truth About Herbal Weight Loss

By [http://ezinearticles.com/?expert=Jed_Baguio]Jed Baguio

Herbal weight loss? These days making people lose weight has become much of an industry. Hoards of firms and companies offer packages that promise to have your waist line shrink into a thread and your tummy turned into washboard. They would stop at nothing to achieve their goals and boast of their value-for-money business approach.

You too would find yourself standing before the mirror admiring your shape with narcissistic self-involvement but it will not take too long for you to realize that all rosy pictures have a darker side. Short-term results with their quick fix outlook are brought by short cut methods. The best way to shed extra weight without side effects is through herbal weight loss. Even though if it is relatively slower in bringing results.

Several herbal weight loss products can help you lose weight safely and effectively without the potentially dangerous medical prescriptions. Use them together with a healthy diet and a balance workout program and that can provide that much needed extra boost to get to your desired weight loss goals. Hereunder are some of the effective herbal weight loss products:

1. Green tea extract - one of the important herbal weight loss plant and has been found that they boost energy loss.
2. Cascara sagrada - a strong stimulant laxative used for weight loss but one should not keep on with it for more than a week.
3. Dandelion - a moderate laxative that aids digestion. You may take it as fresh dandelion salad.
4. Ephedra – its useful but had been banned for a while sometime because researchers found that it increase the risk of heart attacks if taken in excess.
5. Garcinia cambogia - has the properties of an excellent metabolic stimulant and is quite effective in suppressing the appetite makes it suitable as a weight loss herb.

A note of caution, it is true that herbal weight loss products do not have any serious side effects but many of them may not be suitable for everyone. Better to consult your physicians first before going for herbal weight reduction... rel=nofollow CONTINUE

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All About Herbal Weight Loss Supplements

By [http://ezinearticles.com/?expert=George_Knows]George Knows

People who are overweight often look to the help from dietary supplements to achieve their weight loss goals. But are these weight loss pills worth the effort? What exactly is in these herbal dietary pills that can help us lose weight?

The problem of obesity

First of all, let's talk about obesity. Obesity is a dangerous cycle that starts with unhealthy eating. Gaining extra weight makes people less active, and this in turn causes a person to gain even more weight.

The problem with the extra pounds goes far beyond the physical appearance however, in that obesity can dangerously affect our health causing other problems and diseases we can surely do without.

For one thing, the joints between bones become overworked from the stress of the pounds weighing them down. Being overweight can cause other problems too like sleep apnea, where a person can literally stop breathing in their sleep.

Developing good habits

Surely though, it is possible for anyone to lose weight. Becoming thinner starts with small steps like replacing junk foods and soda with fruits and vegetables, working towards 30 minutes a day of moderate exercise, as well taking advantage of the better herbal dietary supplements on the market to create a well balanced diet and active lifestyle.

Herbal weight loss supplements have the effect of curbing your appetite, making you feel full most of the time. They have the same effect that comes when you start to feel full after eating; only you don't have to take in those extra calories.

Whatever weight loss options you choose though, looking and feeling thinner makes a person more confident and this helps to increase the activity in their day.

Most of the herbal weight loss supplements on the market contain an herbal blend of special ingredients. Common herbs include Hoodia gordonii, Chitosan, Green tea leaf, Beet root, White kidney bean, White Willow, and others. These traditional herbs can be very effective at reducing your appetite, giving you more control of your food intake.

Some dietary supplements like ProShapeRx come with an online exercise program to help you work out a plan of action which can help you lose weight faster. It is highly

recommended that you use a workout plan to lose weight. Doing so will help you stay focused and motivated as you move toward your goals.

George Knows is a popular weight loss researcher. Compare all natural [http://www.betterweightloss.info/weight-loss-pills.php]weight loss pills at his free weight loss website, BetterWeightLoss.info

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Easy to Use Herbal Weight Loss Methods

By [http://ezinearticles.com/?expert=Janet_Sommers]Janet Sommers

Time is money, time is valuable and time is a commodity that is quickly running out. This is how most people view what time is. This is why everything else needs to be fast. From work, to information transfer and communication and even food, everything and anything is demanded in a swift pace. Because of this, some people have forgotten the need to take care of their body and they have become fat and even obese. This is a problem which plagues a lot of people today because of rushing everything, even the food they eat. Instead of cooking and eating healthy grub, some people just eat preservatives and "junk" food. And in line with the fast world, they have become fat fast. This is a serious health threat and people are looking for a solution. This is why quick and effortless methods of dieting and diet products are also in high demand. One of them is easy to use herbal weight loss methods.

Easy to use herbal weight loss methods are a popular choice for a lot of people because it is a natural way to lose weight. Being quick, effortless, painless and more importantly, natural, easy to use herbal weight loss methods consist of a variety of products. They boost the method of our body to reduce weight. One common product of herbal weight loss is the herbal weight loss patch. This herbal patch uses a variety of herbal supplements which helps the body shed some unwanted weight. These patches increase the body's metabolism; hence the body will burn up more calories.

Another product that is part of easy to use herbal weight loss methods are herbal injections. They contain the same herbal ingredients that help the body burn up more calories and more fat but rather than using a patch, it is injected directly into the bloodstream. There are also herbal weight loss pills. There are two types of these pills, either prescription pills or non prescription pills. Prescription herbal weight loss pills are guaranteed safer because they are FDA approved and they require a doctor's prescription before anyone can buy them. Non prescription pills are available over the counter.

Last is the herbal weight loss tea. Tea has been around for thousands of years and ever since, has been considered as a good weight loss drink so it is no surprise that it is part of easy to use herbal weight loss methods. Studies support the claim that tea can in fact help in losing weight and maintaining the body in a healthy condition.

Easy to use herbal weight loss methods are indeed a good choice in assisting anyone to lose weight. Weight loss is more than just shedding pounds and becoming slim, it is a change in lifestyle to become healthier and live longer. Doing proper and regular exercise coupled with herbal weight loss methods would be a good way to attain the body you have always dreamed of and become a better you.

Ready to drop 5 pounds in 3 days? Janet Sommers will show you how today! She gives every visitor to her website a free e-course compiled of her top herbal weight loss tips. Visit <http://www.FatLossForIdiotsRevealed.com> to learn weight loss tips that is Guaranteed to help you drop 5 pounds in 3 days!

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Herbal Weight Loss Products - 3 Ingredients to Look For Before Buying Herbal Weight Loss Products

By [http://ezinearticles.com/?expert=Hanson_Habnor]Hanson Habnor

These days, there is a great need for overweight people to shed off those excess pounds. Almost every individual knows that being healthy will lead them to a healthier lifestyle and also improve their overall well-being.

Herbal weight loss products have been in great demand for people who want to lose weight and stay healthy via the natural route. However, when you take herbal weight loss products such as herbal supplements to lose weight, the results are slightly longer because of the subtle effects of medicines that come from plants and natural herbs.

There are a lot of herbal weight loss products available in the market now. You can search in the Internet to find various herbal weight loss products, pills and supplements that can help you to lose those excess fats.

Beware however, as there are some herbal weight loss products which claim to be safe and natural because they are herbal, but some actually have side effects because there has been no comprehensive research done on the effects of these so called herbal weight loss products.

Here are 3 ingredients which are contained in certain herbal weight loss products that you should watch out for, as they might have detrimental effects to your health:

1. Senna

This is an herbal laxative. Senna is a main ingredient in weight loss teas, and it works by stimulation the colon. The downside effect of this herb is dehydration. It can also lead to colon problems and can become addictive. Some people are unable to perform bowel movements without it when they are addicted to it.

2. Chromium Picolinate

This is a synthetic compound found in herbal weight loss products. Chromium is a nutrient which helps regulate blood-sugar level. However, this ingredient, when taken in high doses, may cause damage in the chromosomes. It can also lead to dehydration.

3. St. John's Wort.

This supplement increases the production of a chemical in the brain. If not used properly, it may cause eye and skin sensitivity, mild gastrointestinal distress, fatigue and itching.

Although a lot of herbal weight loss products claim to be safe and natural, it is better to examine the ingredients and research about the side effects of the product itself before consuming any of these herbal weight loss products.

Learn how tens of thousands of men and women in more than 130 countries are now enjoying the lean, muscular and healthy bodies they never believed they could have, WITHOUT drugs, supplements or starvation diets, and without messing up their metabolisms...only here at Natural Weight Loss Products [http://rocksolidbody.info/blog/burn-flabby-fat].

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How Herbal Weight Loss Can Give You Benefits

By [http://ezinearticles.com/?expert=Dr_John_Anne]Dr John Anne

The market is awash with a whole slew of weight loss options, but herbal weight loss can be considered as the best of the rest. It is mainly due to the increasing awareness in terms of benefits without any apparent side-effects associated with the usage of herbal products that make people to get more inclined day by day for using herbal weight loss remedy. Herbal products ensure losing the extra weight by following a time consuming but effective procedure.

Overview of herbal remedy

In the fast paced world, we hardly get the time for ourselves during which we take a great care of us. Different daily hassles, hard competition and life style affect our diet very profoundly, which results our dependency over fast foods, snack and junk foods. The ultimate outcome leads to experiencing obesity, increasing blood cholesterol level, cardiac problems and other difficulties.

Apart from the health issue, obesity is directly linked up with social stigma. It affects everyone, especially women. Its effect is so profuse in one's life, that an individual suffering from obesity may take any drastic step to reduce her weight. It may range from having hotchpotch diet to non-verifiable artificial weight loss supplements as well. This may, in turn, result to severe side-effects by disputing metabolic system, while apparently resulting in temporary weight loss.

Herbal weight loss supplements in association with herbal weight loss programs are considered to be the most effective solution for acquiring a perfect health. It is particularly beneficial for those who want to be aligned with Mother Nature. However, there are great varieties in herbal weight loss products, and there is no specific guarantee of its effectiveness. The efficiency also largely depends on the type of the product chosen and on its specific requirement for its user. The consumers must be gather sufficient knowledge regarding possible side-effects regarding the product both in short term and long term.

Weight loss mechanism

Essentially, the herbal weight loss supplements work best following three mechanisms. The product increases the amount of the discharge of urine and stool, thus, helps cleansing the body by protecting against the accumulation of bodily wastages. It also enhances and rejuvenates central nervous system and helps promoting homeostasis through holistic approach. It also increases the serotonin level in the body, which eventually makes an individual more vigorous and serene in mind and health.

Variety of herbs used

Most commonly a great variety of herbs are used in the weight loss programs. However, there are few that actually got the crown to receive the honor. Let us verify few of them here.

Ma-huang: This is also known as ephedra. This is one of the most common ingredients used in the various weight loss supplements, however, the health research units and medical practitioners highly discourage its prolonged usages by putting a special emphasis of its harmful side effects on health.

Cascara: It holds a significant place in most of the herbal weight loss supplements. It is generally used as an internal cleanser. However, it has side-effect as well. It is supposed to create disturbances in electrolytic balance.

Aloe Vera: Aloe Vera is well-respected among the mass for its versatile qualities. It is commonly found as an important ingredient of weight loss supplement. It also helps cleansing body. However, there is no clinical evidence found yet to ascertain long term benefits of weight loss from Aloe Vera.

Glocomannan: This helps absorbing glucose from intestine, hence creating a feeling of fullness in an individual. Quite obviously, it results in less intake of food. It is effective in reducing weight effectively; however, the impact of this herb is not free from side-effects. It may create gastrointestinal complications in long run.

Dandelion: It works as an effective natural diuretic as it helps releasing water from body. But one needs to be very careful about drinking a plentiful amount of water while taking this herb. If the amount of water intake is insufficient, the individual is on high risk of having dehydration and allergic reactions.

Dr John Anne is an herbal specialist with years of experience and extensive research on herbs and alternative health. If you are looking for more information, read about [\[http://www.ayurvedicure.com/weight-loss/natural-weight-loss.html\]](http://www.ayurvedicure.com/weight-loss/natural-weight-loss.html) Natural Weight Loss at [\[http://www.ayurvedicure.com/weight-loss/herbal-weight-loss.html\]](http://www.ayurvedicure.com/weight-loss/herbal-weight-loss.html) <http://www.ayurvedicure.com/weight-loss/herbal-weight-loss.html>.

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Herbal Weight Loss is the Natural and Safest Way to Lose Weight

By [http://ezinearticles.com/?expert=Daryl_Plaza]Daryl Plaza

Herbal weight loss has received a lot of attention in recent years. This is largely due to the fact that weight loss products that contain chemicals have been held responsible for many different health problems that have occurred with the individuals that indulge in them. Taking herbs is considered to be a safe and even an effective means for dropping those unwanted pounds. Obesity is a common occurrence in the world.

This is especially true when it comes to people who reside in the United States. Nearly three quarters of the total population in the United States is considered to be over their ideal weight. Here, you will learn about herbal weight loss, and how to be successful using this method.

Many health complications and deaths occur on an annual basis as a result of individuals carrying too much body weight. The person that is overweight may experience problems like excessive numbers in blood pressure, the development of diabetes, disturbing rest due to sleep apnea, diseases of the heart, gallbladder, and other organs.

In addition to this, several individuals may develop severe complications that can result in death including stroke, the onset of various types of cancers, and even heart attack. If you are overweight, it is time to take your weight seriously. Sound methods of weight loss should be considered.

When it comes to taking control in the issue of weight loss, there are multiple factors that play a vital role in ensuring success. Herbal weight loss remedies can be used safely in conjunction with these factors. The following specifies these:

1. It is essential to ensure that an individual engages in training that focuses on developing strength in the muscles.
2. Metabolism must be increased through the means of training that focuses on cardiovascular elements in the body.
3. The appropriate nutrients for the overall health of the body must be ensured.
4. An individual must have the strength that is necessary mentally to ensure that they are able to stick to a weight loss regime.

There are several different herbs that can be taken in order to shed those unwanted pounds. The most popular of all of the choices that one has are Ephedra, St. John's Wort, and even Green Tea. However, there are other herbs such as Guggul, Blue-Green Algae,

Cayenne, and Guarana that can prove to be highly effective when it comes to a weight loss regime that is focusing on herbal weight loss supplements.

Daryl Plaza is a regular contributor to [\[http://www.healthfitnessweightloss.com/weightlosssupplement.html\]](http://www.healthfitnessweightloss.com/weightlosssupplement.html) HealthFitnessWeight loss.com a website with information and resources to help you [\[http://www.healthfitnessweightloss.com/\]](http://www.healthfitnessweightloss.com/)lose weight the safe way

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Herbal Weight Loss - Lose That Extra Pounds

By [http://ezinearticles.com/?expert=Bryan_Len]Bryan Len

The weight loss is simply losing those extra pounds of fats those have accumulated in various parts of the body such as buttocks, thighs, biceps, neck, belly and chest. There are many ways to lose the body weight such as surgeries and modern medications. However, obese or overweight people prefer to go for herbal weight loss looking at its benefits and most importantly because herbal weight loss does not produce any side, unwanted or harmful effects that most of the modern medications do.

Herbal weight loss come in two types; herbal weight loss as used in external therapies and herbal weight loss as used in internal therapies. Let us look at both of them-

Herbal weight loss as used in External therapies: This is possible when some external specially designed therapies are performed in a particular fashion. In ancient science like Ayurveda, external therapies play significant role in treating various health ailments including obesity. In such therapies, the herbal powder or leaves are taken (or in some cases even paste made out of potential herbs) and are applied onto the body. The herbs used in such therapies possess natural properties to shed off extra pounds. They help in melting down (while rubbing body with herbal powder, it produces heat that melts down the adipose tissues accumulated in various body parts) and drain them through lymphatic system. Regular therapies may help in losing weight.

Herbal weight loss as used in Internal therapies: This is possible when some internal specially designed therapies are performed in a particular way. The nature has gifted us with plenty of herbs that help in losing the weight. Herbs such as garcinia, guggulu, lahsuna, amalaki (Indian gooseberry), shunthi (ginger), pippali (pepper) are said to have beneficial effects on the body and they also help in losing the body weight. There are plenty of herbal weight loss formulas available on the market that you can go for. However, checkout with your health care provider before undergoing any weight loss therapy. The supplements are available in various forms such as capsules, pills, powders and extracts. One can go for a single herb supplement or can go for some formula that contains the blend of above mentioned herbs.

Many health care providers prefer that an individual suffering from obesity should also go for other options along with herbal weight loss to have good and satisfying results. This is because only herbal weight loss may not work in every case. Lifestyle modification and a perfect dietary plan are equally important if a person wants to lose weight. One should give up sedentary lifestyle and should not consume junk, canned, packed foods and foods with preservatives. They all increase the body weight by making fats to get accumulated.

Dark, green and leafy vegetables and fresh fruits can be included. Yoga and Pranayama are two of the holistic exercises found to be very beneficial in losing weight naturally. They all

are good and can also be adopted to remain healthy throughout the life. Unlike modern medications and surgeries, they do not have any side, unwanted or harmful effects.

For more useful information visit [<http://www.herbal-supplements-for-you.com/weight-loss-supplement.html>]Herbal Weight Loss at <http://www.herbal-supplements-for-you.com/>

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