

How Hoodia Gordonii Works ?

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You might be wondering whether Hoodia Gordonii actually works or it's all hype. The Bushmen of South Africa have been consuming Hoodia Gordonii for many years to get rid of hunger when they are in their long hunting trips. The Bushmen aren't aware of the logic behind Hoodia Gordonii. For them it just means that if they are going on a long journey, then they have to eat Hoodia to prevent hunger. For the Bushmen eating Hoodia to suppress hunger is just like drinking water to quench their thirst.

The Hoodia gordonii plant is said to have a feel-good aphrodisiac quality. It makes you totally forget about food and hunger. Your brain will send you a signal that you are full.

According to the Phytopharm clinical study, healthy volunteers were asked to use P57 which is an extract from Hoodia Gordonii. The volunteers were split into two groups one of which got P57 and the others got placebo. Each of the groups was asked to follow their regular diet and exercise. Later when both the groups were compared they found that the P57 group had a statistically significant decrease in the body fat. It also had much decrease in the calorie intake. The P57 group did not have any side effects either. The P57 group consumed around 1000 calories a day that was much less than the placebo group.

There was not any side effect reported from consuming Hoodia or by taking P57. So the question to be answered now is how P57 can actually suppress appetite to such a level. P57 imitates the effect that glucose has on the brain's nerve cells. On the whole, Hoodia tricks the brain into believing that it is full even when it is not. Thus, the brain sends a message that it's full and this suppresses your appetite. Hood is much more powerful compared to glucose in telling your brain that it is full.

A part of your brain is known as the hypothalamus. Within that mid-brain there are nerve cells which sense glucose sugar. When you eat, the blood sugar raises because of the food and these cells begin firing and you feel full. Hoodia includes a molecule that is around 10000 times as active as glucose. It goes to the mid-brain and sends signals through your nerve cells that you are full. In case of Hoodia it sends this signal even if you've not eaten. This does not really mean that you will never be hungry if you consume Hoodia supplement.

Everyone needs food to survive. We feel hungry if there is no sufficient energy present in your body due to lack of food. You cannot totally make yourself starve even if you consume Hoodia. At a point of time your brain will figure out that you require food. You feel hungry because the insulin levels are bouncing all over the place and this is called hormonal hunger. When the blood sugar level decreases, we crave for carbohydrates or sweets.

The purpose of Hoodia Gordonii is to make you stop snacking in between due to hormonal hunger. The objective is to continue eating regular meals when you are actually hungry and stop the unwanted snacking in between.