

Hoodia Weight Loss- The Miracle Pill

Hoodia plant is an African plant which is becoming increasingly popular as a weight loss product around the world. Hoodia is a type of cactus. In Africa this plant is also known as Xshoba or xhooba. Hoodia was used by the xSan Bushmen to treat indigestion, minor skin infections and as an appetite and thirst suppressant during long hunts. Hoodia plant resembles a cactus which is seen growing wild in the Kalahari Desert. Biologically the African hoodia cactus is christened 'hoodia gordonii'. Interestingly Hoodia is a kind of a succulent, so the names hoodia cactus and South African desert cactus are actually misnomers, however people use them because everyone does it. The African hoodia cactus has pale purple flowers. The flowers appear after the Hoodia plant is fully grown.

Phytopharm a leading organization of the United Kingdom has done research related to properties of the African hoodia cactus and to determine the effects and potential of hoodia weight loss. Phytopharm had established plantations in South Africa. Attempts of commercial cultivation of the African hoodia cactus for development of hoodia weight loss products have had some bottlenecks. The major problem surprisingly is temperature. The African hoodia cactus requires the desert like temperatures in order to develop a good quality Hoodia weight loss product. If that was not enough the hoodia cactus matures in four to five years in order to give out a good hoodia weight loss product.

Xshoba cactus plants have become extremely limited and hoodia weight loss products are declared as an exquisite product by many governments in African nations. A number of food supplement companies have also started marketing products which contain the plant in powdered or concentrated form. Most commonly the African hoodia cactus products are being sold to dieters as appetite suppressants.

Please note that concerns being raised about safety and cost of the plant. Rest assured. There are adequate researches supporting the claims made by Hoodia weight loss product. More and more clinical tests are underway and have not been completed and effects of long-term use are not known. Even though there are almost twenty more different varieties of hoodia but only hoodia gordonii is believed to contain the natural appetite suppressant thus being the best hoodia weight loss product.

Certain areas of Africa being the only exporters, hoodia products are expensive. You must acquire information about [hoodia weight loss](#) products from a reputable source is one of the most credible sources to get this information.

About the Author

The author Kirk Bachelder manages a business offering Goji Berries, Goji Berry Juice and Goji Seeds for sale at www.gojiberriesblog.com

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