

Top 3 Weight Loss Products

1. **Hoodia** - The ultimate appetite killer - This weight-loss wonder is derived from a small, cactus-like plant that grows wild in South Africa; folks there have known about Hoodia for years, munching on it to suppress both appetite and thirst as they walk across the bush.

As reported in a CBS article, Hoodia is the "appetite killer of the future." In an interview about Hoodia, Dr. Richard Dixey from Phytopharm said, "If you take this compound every day, your wish to eat goes down, and we've seen that very dramatically."

When going hunting in the Kalahari, the ancient African tribes chewed Hoodia to prevent feeling hunger or thirst as their hunting voyages generally lasted for several days.

HOW DOES IT WORK?

Doctors from Brown University say that the active ingredient b-57 acts on the hypothalamus, the part of our brain responsible for hunger and thirst.

Studies published in the September 2004 issue of Brain Research found that injections of b-57 into the hypothalamus resulted in altered levels of ATP, an energy molecule that suppresses hunger.

You can find online stores selling weight-loss supplements and weight-loss chewing gums - all are made naturally from herbals and not from synthetic chemicals.

2. **L-CARNITINE** - Powerful fat burner that increases energy - Carnitine transfers long-chain fatty acids such as triglycerides into mitochondria, which is like a cell's energy powerhouse. There, they are oxidized to produce energy. Carnitine is used for fat-burning, increasing energy, improving resistance to muscle fatigue, and has also been shown to help build muscle. It works well with dieting as it reduces feelings of hunger and weakness.

In a study of 28 overweight subjects, the subjects were divided into two groups of 14. For 12 weeks, both groups ate a healthy diet and performed moderate exercise. One group was given 2000 mg of carnitine supplements, and the other was given a placebo. In the placebo group, the average weight loss after 12 weeks was one pound. In the carnitine group, weight loss averaged 11 pounds. That's an eleven-fold increase in weight loss simply by increasing carnitine levels. Body fat percentage levels also decreased markedly in the carnitine group.

HOW DOES IT WORK?

L-carnitine is produced in the body from the amino acids lysine and methionine. These amino acids create a process of releasing high amounts of energy from fat. Its actions appear to be particularly important in the heart. For congestive heart failure, much of the research has used a modified form of carnitine called propionyl-L-carnitine (PC). In one double-blind trial, using 500 mg of PC per day led to a 27% increase in exercise capacity after a period of six months.

L-carnitine is an all-natural nutritional supplement. However, there are few L-carnitine products that are effective and highly recommended.

3. **CLA** - Metabolism booster and fat burner - Recently, CLA has been touted as one of the most underrated supplements on the market. For that reason, CLA might be worth looking at briefly. Over 20 years of research have shown that CLA significantly helps to reduce body fat, and there is recent evidence to support that it increases muscle tissue. Primarily, athletes and people who are weight-conscious have begun supplementing with CLA, because it has been shown to significantly shift body composition in favor of fat loss and muscle gain.

Studies have shown that CLA reduces body fat in 4 ways:

1. Decreasing the amount of fat that is stored after eating
2. Increasing the rate of fat breakdown in fat cells
3. Increasing the rate of fat burning
4. Decreasing the total number of fat cells

HOW DOES IT WORK?

Leading CLA researcher, John W. Baring from the University of Wisconsin-Madison, said, "In a general sense, what [CLA is] doing is keeping little fat cells from getting big by blocking certain enzymes that let fat cells swell."

Researchers have shown that CLA's body-composition-altering effects are likely due to its ability to enhance the metabolism of fat through a complex process that has to do with our bodies' enzymes, namely lipoprotein lipase and hormone-sensitive lipase. The long and short of it is that CLA appears

to block fat uptake, increase the speed of fat burning, and increase muscle tissue generation. There are few formulas of CLA that are highly recommended and effective.

About the Author

Shannen Walters writes for HEALTHHQ.ORG that provides information on all aspects of [health and skin care supplements](#). The information provide by our Health Expert! You can find information about [vitamin supplements](#) at our website.

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