

Dr Oz States That Scientists Have Found A Best Weight Loss Supplement

Leonard Friedman June 16, 2013



Miracle Weight Loss Supplement

Because of Garcinia Cambogia's appetite blocking abilities. Capsules of an extract of the rind of the fruit offers one of the best effective losing weight fast herbal weight loss supplements available states Dr. Oz.

(Newswire.net -- June 16, 2013) New York, NY -- Garcinia Cambogia is a small, pumpkin shaped miracle fruit native to Indonesia sometimes called tamarind. It

has long been used in traditional South Asian dishes.

Adding Garcinia Cambogia to meals is considered to be a highly effective weight loss method in making meals more "filling." Some villages in Malaysia, use Garcinia Cambogia to make a special soup that is eaten before meals for losing weight fast.

The supplement that hastens your weight-loss in the extract of the natural rind is called hydroxycitric acid (HCA). Researchers show that HCA can double or triple your weight loss.

How Does Garcinia Cambogia Work? The HCA extract from Garcinia Cambogia aids to help you quickly lose weight in a week by doing two things: It helps to block fat, And it suppresses your appetite.

HCA blocks fat by inhibiting a key enzyme that your body needs to make fat from carbohydrates: Citrate lyase. Usually carbohydrates or sugars that are not used immediately or stored in other forms are converted into fats. When HCA inhibits citrate lyase, the fat-making process is halted and the production of LDL (bad cholesterol) and triglycerides decrease.

HCA also suppresses appetite by increasing your serotonin levels. Serotonin is a neurotransmitter in your brain that makes you feel good. It is a target of many antidepressant medications.

Having low levels of serotonin may make you feel depressed or anxious; it drives many people into emotional or reactive eating. By increasing serotonin levels, HCA improves mood and suppresses the drive to react to stressful situations with food. The resulting effect is that as you eat less, your body senses this and it releases stored fat in your fat cells.

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