

Dr Oz States That Garcinia Cambogia Is A Great Weight Loss Product

Leonard Friedman June 18, 2013



Dr. Oz states that that Garcinia Cambogia is a powerful weight loss diet supplement. It is one of the best effective weight loss diet supplement products available says Dr.Oz.

(Newswire.net -- June 18, 2013) New York, NY – This news story comes from a report by Dr. Oz. where he states that Garcinia Cambogia supplement hastens your weight loss. The highly effective component of Garcinia Cambogia is called hydroxycitric acid (HCA). Researchers show that HCA can rapidly double or triple your weight loss.

How Does Garcinia Cambogia Work? Dr. Oz Says that the HCA extract in Garcinia Cambogia helps you quickly lose weight in as soon as a week. It accomplishes that by doing two things. It suppresses your appetite and It helps block fat from building up in the fat cells in your body. HCA blocks fat by preventing Citrate lyase which is a strategic enzyme that your body needs to make fat from carbohydrates.

Usually carbohydrates or sugars that are not immediately used or stored are transformed into fats. When HCA obstructs citrate lyase, the process of making fat is stopped and the making of LDL (the bad cholesterol) and triglycerides also declines. Garcinia Cambogia helps your body maintain healthy lipid levels.

HCA also quashes your appetite by increasing your levels of serotonin. Serotonin is a chemical in your brain that makes you feel good. When you have low levels of serotonin it can lower your mood level or make you feel depressed; which drives many people into emotional or reactive eating.

By increasing serotonin levels in your brain, HCA improves your mood and inhibits the tendency for you to react to poor mood or stressful situations by excessive eating of comforting food. Your eating of comforting food in excess of your actual nutritional needs is what makes you fat in the first place.

The result is that as your mood increases and your level of stress decreases you feel better and eat less. Your body senses the reduction of your intake of food and it releases fat stored in your fat cells slimming you down. The result is a speedy, but healthy, weight loss.

[The rest of this exciting story is right here](#)