

Phenocal - The Secret To Overcoming Weight Loss Failure

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Are you fed-up of being overweight? Depressed from your obesity and the way others look at you? Then the only alternative according to you is to join the gymnasium.

Evaluations from the "University of Colorado, Wardenburg Health Center & Community Health Education Department" reveals that two out of five women and one out of five men, without hesitation wastes their three to five years of life in struggling to loose weight. The most shocking fact is that the young generation girls are so afraid of being fat, but not afraid of nuclear war, cancer or losing their parents!

The traditional way to lose weight is through diet and exercise. But let's face it dieting is difficult and counting calories takes a lot of discipline not to mention the fact that it's difficult to stay away from your favorite foods. And not all people enjoy sweating it out at the gym that can be time-consuming. So what else is there to do?

One alternative is Phenocal, a popular weight loss supplement that's making the rounds of dieters today. Phenocal's claim as the most advanced scientific breakthrough in weight loss management is well-founded due to its powerful blend of thermogenic or fat-burning ingredients that include the following:

Hoodia gordonii this is the plant that 60 Minutes correspondent Leslie Stahl raved about when she visited the Kalahari Desert in Africa. The desert is the home of the San Bushmen who have been using this miracle herb for over 20,000 years. To satiate their hunger and give them energy for their long trips in the desert, members of this nomadic tribe chew hoodia meat regularly. Research dating back to the 1960s has proven this. In 1977, the South African Council for Scientific and Industrial Research isolated hoodia's active ingredients called P57. This compound convinces the brain that the stomach is full even if it's not, according to Dr. David MacLean, adjunct associate professor at Rhode Island's Brown University. Since then, hoodia's popularity as an appetite-suppressant has skyrocketed. In one double-blind, placebo-controlled study of 18 overweight people in the United Kingdom who either took hoodia or a placebo for 15 days, the hoodia group consumed 1,000 fewer calories than the placebo group. The study was conducted by drug manufacturer Phytopharm in cooperation with Unilever. Dr. Richard M. Goldfarb, medical director of Bucks County Clinical Research in Morrisville, Pennsylvania, said you can lose an average of 10 pounds in 28 days with hoodia.

Coleus forskohlii is a member of the mint family that grows on the mountain slopes of Thailand, India, and Nepal. In 1974, Hoechst Pharmaceuticals working with the Indian Central Drug Institute isolated a substance called forskolin from the root of the plant that was later found to have a fat-burning effect. Bestselling author Dr. Ray Sahelian said that in one study, rats who received *Coleus forskohlii* extract had reduced body weight, food intake, and fat accumulation. Similarly, results of a 12-week randomized, double-blind, placebo-controlled study of 23 overweight women by researchers at Baylor University showed that *Coleus forskohlii* supplementation decreased body mass and hunger.

Chromium this important mineral aids insulin in regulating the amount of sugar in the blood, thereby turning fats, carbohydrates, and proteins into energy. By helping insulin provide blood sugar to cells, chromium helps burn carbohydrates and fat. In rats, daily chromium intake resulted in enhanced muscle cells. The University of Pittsburgh Medical Center added that in another study of 219 people, those who took chromium supplements lost four pounds over a period of 72 days.

Glucomannan comes from the root of the *Amorphophallus konjac* plant that is commonly used as a flour in China and Japan. It promotes weight loss by delaying the absorption of sugar from the intestines. Once exposed to liquids in the intestine, glucomannan swells, creating a feeling of fullness. This helps dieters consume less at mealtimes and increases the length of time between eating. The Physician's Desk Reference said obese subjects who took one gram of glucomannan daily in an eight-week, double-blind study lost over five pounds. The treatment group also had improved cholesterol levels.

This is just a small sample of the ingredients you'll find in Phenocal. Losing weight is not an easy matter. But with Phenocal at your side, it becomes easier. This product will help you win the battle against obesity.

For more detail go to phenocal.net