

Hoodia Gordonii and the San Bushmen of Kalahari

Hoodia Gordonii may be in demand in the West, but its origins lie with the mysterious San Bushmen of the Kalahari region of Southern Africa.

Hoodia Gordonii has been popular with herbalists in the West for some time, and yet the plant originates in one of the most historically fascinating places in the world – the Kalahari region of Southern Africa. Hoodia Gordonii is a plant that is found in the specific climate of the region, and its association with the Bushmen spans centuries.

Hoodia Gordonii: Grown for Centuries

The San Bushmen are one of the indigenous tribes of southern Africa. The tribe used Hoodia Gordonii plants on hunts as a way to stave off hunger during the long hours tracking their prey. The tribes have traditionally been hunter-gatherers, although switched to farming from the 1950s onward.

Hoodia Gordonii and the Origins of Man

The wisdom of the San Bushmen and their use of natural plants and herbs such as Hoodia Gordonii has long fascinated the West. The Bushmen of Southern Africa have long been considered the oldest peoples in the world. Their relationship and use of nature to eat, find medicines and survive is one that is studied by naturalists all over the world. Hoodia Gordonii and other plants are much sought after in the West, and the fact the tribesmen have been dubbed the world's “genetic Adam” makes their ways of life even more intriguing to the modern day West. Geneticists believe that all humans can ultimately trace their genetic heritage back to the peoples of Southern Africa.

The Secrets of Our Roots

The San have inhabited Southern Africa for an estimated 20,000 years. And so the secrets of their lifestyles and eating habits are a source of on-going fascination offering clues about human life at its most basic. Hoodia Gordonii is just one of the plants only found in that part of the world. The cacti-like Hoodia Gordonii plant has been used for its supposed medicinal qualities by the tribe for centuries, specifically to aid long hungry hunting trips into the Kalahari Desert.

Hoodia Gordonii: Knowledge of Flora and Fauna

Like many indigenous people in the world, the San Bushmen and their lives have been subjected to the difficulties of modernity and colonialism. The demand for plants like Hoodia Gordonii in the West and the interest Hoodia Gordonii inspires has led to massive media intrusion. As well as battling with poverty, discrimination and the challenges of maintaining their cultural identity, anthropologists and the media have raked their lives for clues into survival and hunting skills and to find out more about their knowledge of flora and fauna, including the Hoodia Gordonii plant, and their cultural traditions.

Buy Hoodia Gordonii from Healthlab

Healthlab is an online Hoodia Gordonii and vitamin health store. Healthlab offer a pill and capsule form of Hoodia Gordonii, both are 100% authentic pure extract and sourced from the Kalahari Region of Africa. The quality ingredients of Healthlab's natural range of vitamins and supplements are designed to help you cope with life's hectic pace and improve well being. For more information, or if you wish to order, please use the online shop or telephone 0845 130 21 33.

