

## **Hoodia Gordonii – A Brief History**

**The history of Hoodia Gordonii is a fascinating one, the San Bushmen of Kalahari have been eating Hoodia plants for thousands of years to aid long hunting trips.**

Hoodia Gordonii is a plant that has been eaten for many years by Kalahari bushmen in Africa. This mysterious plant has been the object of many an investigation into the heart of Africa to find out more about why the tribesman eat it. Hoodia Gordonii peaked interest in the West as a result of the claims that the plant could stave off hunger.

Researchers found that Hoodia Gordonii contained a molecule since named P.57. It's thought that the Hoodia Gordonii plant works by firing up cells in the brain that tells us we are full up by impacting on the part of the brain that senses glucose sugar. The P57 molecule in Hoodia Gordonii is thought to be 10,000 times as active as glucose, telling the brain you are full-up even if you haven't eaten.

### **Hoodia Gordonii: The Tribesmen of Kalahari**

For the tribesman Hoodia Gordonii is an important plant, it could be a financial lifeline for the tribes, although it takes years to mature. The plant, like other plants found in the African continent, could be a valuable herbal product for Western consumers. Hoodia Gordonii is particular to the region as it thrives only in very hot climates. Plants have always played an important function in tribes across the world – especially for their medicinal qualities. In fact, nature has provided the raw ingredients for everything from the foundation for resins and glues to medicinal functions, such as the antiseptic qualities of tee tree oil.

### **Hoodia Gordonii: International Demand**

This leafy spiny plant has cactus-like qualities, but Hoodia Gordonii is said to have been used by indigenous Africans to treat indigestion and infections, as well as to stave off hunger on long hunting trips. Obtaining Hoodia Gordonii is not easy as it is a protected plant that cannot be harvested artificially without a license or synthetically reproduced. Hoodia Gordonii is said to be under threat of extinction because it's in such demand internationally and it is now listed under the Convention on International Trade in Endangered Species of Wild Fauna and Flora.

### **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.