**GARCINIA CAMBOGIA FOR WEIGHT LOSS**

With the growing concerns over health problems resulting from obesity, it is now a struggle to loose weight daily. Obesity has been known to cause a lot of illnesses some of which include heat disease, diabetes, high cholesterol level. Garcinia cambogia has proven to be a wonder weight loss solution and diet supplement.

Obesity is described as the presence of extra fats in the muscles in the body which is triggered by factors like emotion, health, lifestyle, diet. A normal body weight should range from 18.5 – 24.9kg/ms.

Garcinia Cambogia [tamarind or brindle berry] is a citrus fruit which grows on evergreen trees that are natives to some regions of the world like India, Indonesia, Southeast Asia and Africa. The fruit of this tree is a yellow oval shaped fruit that has been a food filler for years to the people who reside in these areas as well as a spice too. It is quite sour and acidic to be eaten from off of the tree. The fruit of this tree contains a health supplement extract called hydroxycitric [HCA] acid or citrin Garcinia Cambogia which is found in the rind of the fruit and constitute about 30% of the weight.

Garcinia Cambogia works to reduce weight in two ways. First of all, it is an appetite suppressant and then, it burns fats. It can be taken in capsules. Teas, snack bars, chewing gums and weight loss drinks.

Garcinia Cambogia is a natural appetite suppressant. It works by not allowing the body to store up extra fat and naturally leading to increase in glycogen in the liver and boosting metabolism. When food is eaten, HCA controls the cravings for carbohydrates like sweets. IT stops the conversion of sugar and starch to fats in the body thereby reducing cholesterol and triglycerides in the body. HCA suppresses the appetite by quickly sending a signal to the brain which interprets this as the stomach being full and one then ends up being satisfied without eating much resulting in weight loss. Also, it increases the serotonin level in the brain. The serotonin is called the “feel good” neurotransmitter of the brain. This helps those that are emotional eaters to have good eating habits, improve their sleep patterns and reduce stress that leads to emotional eating by managing the stress hormone called cortisol.

Hydroxycitric acid [HCA] decreases the production of ATP citrate lyase in the body. This is the enzyme that converts unused carbohydrates into fats. What HCA does is impede the work of this enzyme in the body so that the extra carbohydrates are oxidized and not converted into fats but burned off. This process is typical in situations like workout exercise. HCA also blocks the formation of fat cells in the body and burns those unwanted belly fat.

It is recommended that the daily dosage of Garcinia Cambogia supplementis 1500mg for weight loss. According to a study, weight loss was achieved over a 90-day period of time due to HCA.