

GARCINIA CAMBOGIA – A TROPICAL FRUIT TO HELP YOU LOSE WEIGHT

The weather outside is getting worse, it's a sign that winter is fast approaching, and this is the best time to prepare for the next summer, get rid of fat folds, finally fit into your favourite summer clothes and show off your slim, slim body on the beach without shame.

We know that Christmas is on the way, the traditional big binge, but if possible curb your appetite and start an effective slimming diet right now, preferably with garcinia cambogia, a plant that will certainly help you.



Garcinia Cambogia Actives

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GARCINIA CAMBOGIA ORIGIN

Garcinia cambogia, also known as Cambodian garcinia or Malabar tamarind, grows in the wild in Indonesia and is cultivated practically all over Southeast Asia. It is a tree with evergreen leaves and characteristic yellow or orange fruits, which resemble small pumpkins.

In this part of the world, it is commonly used in natural medicine, where the powdered fruit is used, especially to alleviate digestive disorders. From tropical Asia, garcinia cambogia spread all over the world, becoming one of the most popular ingredients of preparations designed to help lose weight.

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GARCINIA CAMBOGIA – SLIMMING EFFECTS

Its composition, full of vitamins, minerals and other equally valuable nutrients, is responsible for such properties. In the early days, its popularity in the Western world was influenced by the high amount of vitamin C, which led to its use as an effective remedy for scurvy, a disease that plagued sailors at the time. It was almost completely stopped, and one of the side effects of this treatment, which was observed, was a great loss of weight.



garcinia cambogia fruit

This immediately drew the attention of scientists from all over the world, and further studies showed that the greatest influence on this is the content of hydroxycitric acid (HCA) in the fruit, which is most recommended for people struggling with overweight and obesity, and its effect is mainly reduced excessive appetite.

This condition is sometimes the main obstacle in the process of weight loss, and constant snacking results in the lack of any control over constantly growing body weight. HCA acid also improves and intensifies all digestive processes and metabolism of carbohydrates, so they are not transformed into fat deposited in the body.

It also increases the production of glycogen, which in turn provides more energy necessary for losing weight, as well as affecting thermogenesis, thanks to which we burn large amounts of fat and excess calories in a short time.

Looking at the chemical composition of Cambodian garcinia, we should also appreciate the large amount of niacin, or vitamin B6. It is an extremely important

component of the processes of synthesis and breakdown of fatty acids, amino acids and carbohydrates, it is also responsible for the proper functioning of the nervous system. Other B vitamins found in these fruits are:

- thiamine – B1, which acts as an analgesic and accelerates wound healing;
- riboflavin – B2, responsible for the condition of the mucous membrane of the digestive system.

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GARCINIA CAMBOGIA – OTHER HEALTH PROMOTING PROPERTIES AND POSSIBLE SIDE EFFECTS



garcinia cambogia fruit

Slimming properties are not the only thing we appreciate this plant for. It has a number of other equally important health promoting properties, the most important of which are:

- analgesic, antipyretic, anti-inflammatory, antiviral and even anticancer properties;
- lowering blood cholesterol levels;
- beneficial effect on the heart and circulatory system, reducing the risk of atherosclerosis, myocardial infarction and cerebral stroke, lowering too high blood pressure;
- cleansing the body of dangerous free radicals thanks to the high content of antioxidants;

- prevention of diseases and other ailments of the digestive system, stomach ulcers, parasites or diarrhea;
- Use in the treatment of urinary tract diseases.

The benefits of introducing *garcinia cambogia* into the daily diet are therefore obvious, but also in this case we must reckon with some side effects of its consumption. This only happens if you exceed the daily allowable dose, which should be between 500 and a maximum of 1000 mg of this fruit extract, given three times a day.

If we take more, we have to reckon with mild side effects, nausea, headaches or dizziness. Fortunately, these occur very rarely, so we can safely say that the use of *garcinia cambogia* is safe, as long as we follow one hundred percent the recommendations of the manufacturer of the preparation.

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GARCINIA CAMBOGIA – OPINIONS AND DIRECTIONS FOR USE

The opinions that this plant enjoys among people who are losing weight fully confirm the properties mentioned above. Consumers pay particular attention to the mentioned effective suppression of snacking, resulting in significant, visible weight loss in a short period of time, even up to 2 kg per week, resulting in a monthly weight loss of 8 kg.

Of course, as with any substance supporting this process, we need to combine it with a healthy, balanced slimming diet and an appropriate workout programme, and without that we can count on a weight loss of only 0.5 kg a week.

Cambodian *garcinia* is available in organic food stores in dried or powdered form, which can be added to many other dishes or drinks, but a better and more practical solution are dietary supplements that have it in their composition.

They also contain many other substances with proven health and slimming properties, in ideally matched doses and are usually in the form of easy to swallow tablets, taken 1 -2 times a day.

One of them, especially recommended by specialists, is Garcinia Cambogia Actives, in which we can also find guarana, extracts from black pepper and cayenne, green tea and green coffee.

They support the action of garcinia, and together they give you weight loss results you never even dreamed of. More information about the supplement can be found on the manufacturer's website, which also allows you to place an order.

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