

## GARCINIA CAMBOGIA: Aids Natural Weight Loss



**Garcinia Cambogia Tree laden with Fruits**

- Contains HCA (Hydroxycitric acid)
- Supports normal appetite levels
- Inhibits the body's ability to store fat
- Enables fat from foods to pass through the body without being stored

Unlike chemical stimulants commonly used in weight loss products, the effectiveness of Garcinia cambogia will not diminish with time and as it does not act upon the central nervous system it will not cause insomnia, nervousness, changes in blood pressure or heart rate

Garcinia cambogia works by filling the glycogen stores in the liver and other tissues, thereby reducing appetite whilst increasing energy levels. It also lowers the production of triglycerides and cholesterol and is thought to increase thermogenesis, the burning of calories.

### **What is Garcinia?**

Garcinia cambogia (botanical name: Malabar tamarind) is a moderately-sized, evergreen tree with dark green, shiny leaves. It bears sweet-sour fruits.

**Forever Garcinia Plus** contains the extract from the fruit, HCA (Hydroxycitric acid) It is the key component in our capsules of Garcinia Plus which have been shown to suppress appetite and enhance fat-burning. It also reduces Cortisol levels which means stress levels fall and weight loss is enhanced. Click here: [Forever Living Weight Management](#)

In several professionally controlled scientific research studies, Garcinia cambogia was found to reduce food intake by suppressing appetite, leading to a truly significant decrease in body fat.

Some recent double-blind studies using Garcinia cambogia compared to a placebo showed that the HCA group doubled or tripled weight loss over a 12-week period when compared with the control group taking the placebo.

Research suggests that this natural extract may also inhibit the conversion of excess calories to body fat.

*Garcinia cambogia reduced abdominal fat accumulation in subjects, regardless of sex, who had the 'visceral fat accumulation' type of obesity. No rebound effect was observed. It is therefore expected that G cambogia may be useful for the prevention and reduction of accumulation of visceral fat. (Curr Ther Res Clin Exp. 2003;64:551-567)*