

Natural Fat Burners & Appetite Suppressants - Part 1

If you want to lose weight natural fat burners are an ideal component for your weight loss program. Here we will look at the best natural fat burners and appetite suppressants that you can use to lose weight fast.

Astragalus or Milk-Vetch This is a basic herb in traditional Chinese medicine, and used for thousands of years as a "chi" protector. This herb will help you regain energy if you are fatigued, and will boost the immune system. It also is said to curb appetite.

Beta-Hydroxy-Methyl-Butyrate (Metabolized Leucine) As the metabolized product of the amino acid Leucine, Beta-Hydroxy-Methyl-Butyrate (known as HMB) has shown such great promise as a fat burner and energy booster, NASA has been testing it on astronauts suffering from muscle wastage. Weight lifters know HMB works to define muscle and burn fat.

Coffee and Caffeine Most of us know the obvious effects on our biochemistry, but more technically, the liver breaks down caffeine into three metabolites (metabolic breakdown of a substance); namely paraxanthine, theobromine and theophylline. Paraxanthine is connected with fat oxidation, as well as releasing fatty acids and glycerol into the bloodstream. Theobromine is a known vasodilator, and thus increases oxygen flow to the brain and muscles. Theophylline increases heart rate (a very known effect of drinking coffee in the morning).

Conjugated Linoleic Acid A well-known omega-6 unsaturated fatty acid, CLA is now known to suppress appetite. Additionally, CLA also has been proved to increase fat mobilization (from fatty tissue) and helps in building muscle mass. Additionally, and of great interest, it seems that CLA can increase our production of prostaglandins, which in turn, are linked to increased Human Growth Hormone production.

Dimethylglycine Dimethylglycine, or DMG commercially, is a basic amino acid found in plant and animal cells. However, our diets may not contain the correct elements to ingest enough of this protein. In the liver, it is partially metabolized to sulfur-adenosylmethionine or SAME. SAME is used by the body in the production of DNA and neurotransmitters. Users of DMG believe that it aids in keeping the mind keen, generally aids in full oxygenation of the cells with good metabolism of lipids (fats). Bodybuilders love this additive.

Fenugreek Fenugreek is a Mediterranean herb, also found in Asian cuisine. The seeds are used as spice, and they contain mucilage (a soluble fiber). Mucilage is very well known, when in the intestines, to form a gelatinous mass. This aids in bulk formation, and thus good evacuation. The contents of the fenugreek seed, by binding to fatty acids, will reduce fat absorption. Also, as it creates a biomass in the stomach and intestines, it acts to give you a feeling of fullness, and thus a good appetite suppressant. This obviously promotes weight loss. See part 2 of this article for more information on natural fat burners and appetite suppressants.

About the Author

The Truth About Building Muscle. If you want to learn how to build the greatest. Building muscle is a byproduct of building strength, and training.

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