



# Endurance Secrets of the Aztec Warriors and San Hunters Harnessed to Create Energy Boosting Weight Loss Supplement

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*Two native remedies used by South American Aztecs, and South African Bushmen, have been combined to make a product that creates energy while acting as an appetite suppressant.*

*One of the ingredients is already a best seller, Hoodia Gordonii. But the second will probably be unknown to many, unless you live in the south west of Mexico, Chia.*

*Aztec warriors used Chia as a high energy source on their conquests, while Hoodia Gordonii has been used by the South African Bushmen for generations.*

PR9.NET March 24, 2005 - Two ancient native remedies used by the Aztecs of South America, and the San Bushmen of Southern Africa, have for the first time been combined to create a product that claims to create energy while acting as an appetite suppressant.

One of the ingredients has already proven to be a Worldwide best seller, Hoodia Gordonii. But the second will probably be unknown to many, unless you live in the south west of Mexico, Chia.

Chia (Salvia Hispanica) was cultivated for centuries by the Aztecs of Mexico and the Indians of the Southwest of America, these tiny seeds forming part of their staple diet. In fact they were so highly prized that for a time they were used as currency.

Aztec warriors were said to use Chia to as a high energy 'supplement' on their conquests. The Indians of the south west would eat as little as a teaspoon full when going on a 24 hour forced march.

In fact Chia is still a traditional food of the Tarahumara and Chumash peoples of Chihuahua, in the south western part of Mexico. They roast, crush, and mix the seeds with water to make a Gel, which they call their 'running food'.

Today, Chia seeds are still consumed by small groups of people. Mixed in a lemonade it is made into a refreshing beverage in the Southern USA (California and Arizona) as well as in Mexico, Guatemala and Nicaragua.

It is interesting that 500 years later, modern science has concluded that Pre-Columbian diets were superior to present diets. Forced into obscurity, Chia seeds now offer a new opportunity to improve human nutrition by providing a natural source of omega-3 fatty acids, antioxidants and dietary fiber.

For anybody concerned with obesity or over eating, Hoodia Gordonii should on the other hand be well known to them. The Hoodia Gordonii cactus like plant has been used by the South African San Bushmen for generations.

Through experience and folklore the San Bushmen discovered that Hoodia Gordonii was a natural appetite suppressant and thirst quencher, and ideal support during their long and arduous hunting trips.

The medicinal use of Hoodia is also long known by the indigenous populations, who use these plants for treating indigestions and small infections.

The first human clinical trials with Hoodia Gordonii were conducted on an obese group of people who were confined in a special closed unit. All the volunteers could do was read, watch television, and eat. Half were given the Hoodia Gordonii, half a placebo. Fifteen days later, the group taking the Hoodia Gordonii appetite suppressants had reduced their calorie intake by 1000 a day.

Despite having all the food they could want and eat, the volunteers taking Hoodia Gordonii lost weight ... without the hunger pangs and anguish you might normally feel.

Paul Pearson, CEO of Advanced Dietary Formulas who's leading brand 'Pure Herbal Extracts' has brought out this new product, said recently:

"It seemed the ideal marriage. Although Hoodia is known to create energy as well as appetite suppressing qualities, a main challenge facing dieters is a lack of energy which unfortunately contributes to low morale and diet failure."

"And combining these two herbal ingredients actually seems to boost the effectiveness of either ingredient if otherwise taken separately."

Asked about the mass of Hoodia based products currently available:

"It's a shame, or should I say 'sham'. Many of these products mislead the consumer, use low grade Hoodia or worse, Hoodia sourced from the China or elsewhere (only Hoodia Gordonii from Southern Africa has been shown to be truly effective), don't offer certification,

or trick the people by using fake 'consumer report sites."

"One of the biggest challenges we have is to educate people in how to spot the 'genuine article', and benefit from what can be quite honestly a fantastic product. "

This new product hasn't quite escaped the marketing men, and has been named 'Chia Fat Blaster Plus', and has already started bringing positive feedback from customers.

To find out more about Chia Fat Blaster Plus, and for wholesale or retail enquiries, please visit [www.pureherbalextracts.com](http://www.pureherbalextracts.com)

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#### **About Wholesale Hoodia**

Specialist company producing in demand natural herbal supplements.

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