

Published based on [Some Known And Unknown Appetite Suppressants And Their Working](#)

# **Some Known And Unknown Appetite Suppressants And Their Working**

There are many kinds of obesity solutions to help you achieve and maintain your ideal body weight. The appropriate weight loss treatment for you depends on the severity of your obesity, your overall state of health, as well as, your willingness and ability to undergo a particular obesity treatment. Some of the most popular weight loss methods include physical activity and exercise, dietary changes and behaviour modification.

If none of these treatments seem to be working for you, you can try weight loss pills as an adjunct therapy. These medications help you lose weight effectively and also help you maintain weight loss. Some weight loss medications can be bought with a doctor's prescription while some over the counter at a pharmacy near you. These medications are recommended to be taken in conjunction with a comprehensive weight loss program that includes regular exercise and a low calorie diet.

Diet pills work in three different ways - as appetite suppressants, metabolism boosters or as lipase inhibitors.

- Fat burners or metabolism boosters increase energy expenditure and stimulate the metabolism for burning calories.
- Fat inhibitors prevent the absorption of a significant amount of dietary fats for weight loss.
- Appetite suppressants work in your brain to help reduce your appetite.

### **Benefits of appetite suppressants**

Appetite suppressants address and resolve the root cause of weight gain - your appetite. Strong control over the appetite is necessary when you tend to eat more to keep emotional issues at bay. Comfort eaters greatly benefit from appetite suppressants. Many appetite suppressants consist of specific hormones that manipulate serotonin levels in the brain to promote feelings of satiety after a meal.

This way you experience a full stomach even after eating a small amount of food; and you lose a significant amount of weight. These slimming pills, however, should not be taken if you have eating disorders such as anorexia and bulimia. Appetite suppressants can be bought at a pharmacy near you or online.

### **Natural appetite suppressants**

There are a number of homeopathic, herbal and natural remedies that stimulate your metabolism and work to suppress your appetite naturally. Garcinia cambogia, for instance, has long been used as a natural metabolism booster and appetite suppressant. Other naturally available appetite suppressants include paulina cupana, taraxacum officinalis and Hoodia. Some homeopathic medications including ingredients such as calcium fluoride, calcium phosphate and kalium phosphate also enhance your metabolism and control the appetite.

St. John's Wort is a herbal antidepressant that balances serotonin levels in your brain and brings about a feeling of well being and satiety. This lowers your need to binge on food and fulfill your immediate comfort needs. It is, however, essential to get natural appetite suppressants from reputable manufacturers that sell products adhering to strict drug guidelines - this ensures that the herbs are safe, fresh and potent, and are according to the proper therapeutic dosage. Natural appetite suppressants do not require a doctor's prescription.

Shally writes articles on health related issue and medication. Among her many written articles one is on [appetite suppressants](#). Know more about appetite suppressants for natural [weight loss](#) treatment.

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