
Fitness Tips

by Cari Draft Elliott, BS, CPT - ACE-Certified Personal Trainer

***Question:** Do you think the “hoodia” appetite suppressant we keep hearing about everywhere is safe? If not, what CAN I do to stop being so hungry all the time?*

Reports have been circulating since 2004 about this cactus-like succulent from Southern Africa, and not many studies have been done on it. I just read in a medical journal that about half the supplements recently examined in ongoing independent lab tests contained NO identifiable hoodia! When something isn't regulated, it's hard to tell what you're really getting.

Until we see some proof, I would advise going about suppressing your appetite the natural way. Try these proven techniques:

1. **EAT FIBER:** Fruits, vegetables, whole grains and other high-fiber foods help keep blood sugar in check and prevent cravings.
2. **LIMIT SUGAR, STARCH & SALT:** These all tend to stimulate appetite.
3. **GET RESTFUL SLEEP:** When your body is tired, it seeks other sources of energy -- including food -- which can lead to overindulging!

And... you may be tired hearing this over and over, but... drinking water is one of the best things you can do for your health, not just curbing your appetite! Try it!

Cari Draft Elliott is an ACE-Certified Personal Trainer who makes “house calls”! Please check out her website at www.oneononefitgirl.com and email your questions to cari@oneononefitgirl.com.
