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# Permanent Weight Loss Solutions

A person who is interested in losing weight should not only concentrate on eating less and exercising regularly, but also in ensuring that stored fat in the body is converted to energy and metabolism is increased. However, due to busy lifestyle, stress or sedentary living, many people suffer from slow metabolic rate and poor energy synthesis.

Good thing there are many diet supplements available in the market that promise to help bolster metabolism and promote thermogenesis, or the process by which the body utilizes stored body fat and converts it to energy. One product that claims to be effective in both aspects is Phenocal. Created by Pharmaxa Labs, this all-natural supplement is a proprietary blend of herbs and plants that have been carefully chosen to help curb appetite, increase energy, improve metabolism and burn fat faster.

This may seem a tall order for one supplement. But most of the active ingredients listed on the product label have been clinically proven to aid in speedy and healthy weight loss; among them are Green Tea, Chromium, and Evodiamine.

Only after scientists have discovered that Green Tea is rich in antioxidants and can help with weight loss did this herb attained prominence in the West. However, green tea has long been a popular drink in ancient Japan. The elements in this plant that make it a great diet supplement are catechin polyphenols, these are compounds that help enhance oxidation of fat and boost thermogenesis.

A study conducted by Japanese scientists found that drinking at least five cups of Green Tea a day can raise metabolic rate and burn fat quickly. It seems that aside from catechin polyphenols, the caffeine and epigallocatechin gallate (EGCG) contents of Green Tea also promote conversion of stored fat into energy.

Not all products that claim to have Green Tea extract also contain the beneficial essences. More often than not, important substances are lost during processing. However, Phenocal is one of the few diet supplements that contain both catechins (80) compounds found in Green Tea.

Chromium is another component in Phenocal. It is an essential mineral already found in the body. This trace mineral is vital in the utilization of fats and carbohydrates; it also influences the ability of cells to use insulin properly. In recent years, Chromium gained popularity as an important ingredient in weight loss pills because of its ability to effectively make blood sugar accessible to cells for use as a basic form of energy or fuel. Thus, Chromium does not only help people shed pounds, but also help prevent diabetes and certain heart ailments.

Furthermore, experts also found out that Chromium can decrease levels of bad cholesterol and even build muscles. Results of a double-blind study showed that overweight participants who took 400 mcg of Chromium a day for three months posted an average loss of 6.2 pounds of body fat. Also the study confirmed that the body lean mass was kept intact; this means Chromium can make a person lose fat and without damaging muscles.

Another element in Phenocal that is known for its thermogenic property is Evodiamine, also known as Wu-Chu-Yu in China. This alkaloid comes from the plant Evodiae Fructus. Clinical studies on animals show that Evodiamine is effective in raising the temperature of the body, which can influence the metabolic rate. Raising body heat production increases the resting core temperature of the body, which in turn raises the amount of fat and calories burned for fuel and energy. Subject animals that were given Evodiamine-rich diet actually lost substantial weight.

Green Tea, Chromium, and Evodiamine are just three of the weight-reducing components included in Phenocal. Independent studies have confirmed the advantages of these substances in trimming down excess weight. With these ingredients, Phenocal can make weight loss a much easier endeavor.

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