

You On A Diet Pill

How to Lose Weight with an Appetite Suppressant

By: Ian Mason

www.PhenForum.com

Table of Contents

Introduction

Myths and Misconceptions: The Truth about Appetite Suppressants

Which Appetite Suppressant is Right for You?

Using an Appetite Suppressant as a Tool Instead of a Crutch

Ready to Start Losing Weight?

Caution! Appetite Suppressants You DON'T Want to Get Caught Up In

Recommended Weight Loss Programs

Closing Comments

Introduction

Hello everyone!

I'd like to introduce myself, and perhaps give you an idea of why you're reading this free report today. My name is Ian Mason, and I am living proof that a dedicated mind and the right tools can yield amazing results. All of that, however, is beside the point.

I decided to release this free report because I'm starting to notice an alarming trend appearing online today: misinformation. This misinformation is causing people to make poorly informed decisions, and honestly, I don't understand how people can continue to do this without realizing the error of their ways. I've decided to put a bit of my own research and personal experience out there in hopes that perhaps someone may benefit from it.

After all, if I can convince just one person to let go of what they believed to be correct and approach the subject of weight loss (a touchy one, defiantly) with an open mind, then I believe that my time and effort to be well worth it.

Throughout the course of this document I'm going to be making a lot of statements and comments that you may not believe or agree with- that's a good thing. I want you to disagree with me, and perhaps do your own research or testing. I know that I've done my fair share of it, and I have the empirical research and personal results that stand behind my point of view.

But, most of all, what I want is for you to challenge what you see. Weight loss is not a miracle, Holy Grail, or lucky break. Weight loss comes down to effort, dedication, and science. Nothing more, and nothing less.

So, without further ado, allow me to get to the information you're looking for! I hope you like it.

Sincerely,

A handwritten signature in black ink, appearing to read 'Ian Mason', with a long horizontal stroke extending to the left.

Ian Mason

Myths and Misconceptions *The Truth about Appetite Suppressants*

1 – What is an Appetite Suppressant?

In the past there were a series of products that were designed to help you control your appetite. Many of these products entered the market without a sufficient development or testing period, and hence the results were often less than ideal. In some (rare) cases these weight loss supplements actually caused extremely adverse side effects, and their reputation greatly suffered as a result.

There are *many* different variations of appetite suppressants, from supplements that simply fool your brain into no longer thinking it's hungry to pharmaceutical supplements which release a series of hormones that suppress hunger, as well as many of the associated symptoms.

For the purposes of this report we're going to simply refer to an appetite suppressant as a supplement that is taken to suppress your appetite.

1.1 – Why an Appetite Suppressant Can Help You

A person gains weight *only* when the amount of calories that they have consumed exceeds the number of calories that they have burned off. The most obvious benefit of an appetite suppressant is the decreased intake of calories, leaving fewer calories that need to be burned off.

This can help you for many reasons, and a product like this is ideal for anyone that does not have the willpower to consciously decide to eat less.

An appetite suppressant can help you physically control the type and amount of calories that are entering your body.

1.2 – How They Can't Help You

Make no mistake: though an appetite suppressant can be a fantastic tool that can drastically improve your weight loss results, they are not magic pills and will not guarantee your success.

Think of an appetite suppressant as a fabric softener. You will still need to dedicate yourself to doing laundry (losing weight), and you certainly don't need to use a fabric softener (appetite suppressant), but the result is much nicer when you do. You certainly do not *need* an appetite suppressant to lose weight, but using one does make it much easier to accomplish.

Appetite suppressants are not "miracle pills", and using one will not cause you to lose weight without effort. Appetite suppressants are tools that you can use to make it easier to achieve the results you want.

2 – How to Properly Incorporate an Appetite Suppressant into your Routine

Before you can effectively use an appetite suppressant and achieve the results that you want with them, you need to come to a realization about what an appetite suppressant can and cannot do.

An appetite suppressant **can**:

- Help you control your calorie intake.
- Make it easier for you to reduce your eating.
- Help you eliminate harmful eating habits.
- Help your body get used to receiving fewer calories.

An appetite suppressant **can not**:

- Make you magically lose weight.
- Keep your body from absorbing excess calories.
- Burn fat for you.

Once you know how they work (and you should by now) you can probably see how you can use them.

Each appetite suppressant will be different on dosage and when to take them, so make sure that you read the directions to avoid taking them at incorrect times. Once you have your dosage down, plan your meals around it.

Some appetite suppressants are so effective that you may forget to eat. It is critical that you plan 4-6 small meals every day in order to achieve maximum results. There are many reasons for this; both for your weight loss goals as well as your health, but the one that you probably will care about is that doing so will maintain your metabolic rate.

2.1.1 – Healthy Eating Habits

Now, you already know that you need to eat healthy in order to lose weight in the long term, but this is also very important when you are on an appetite suppressant. Your appetite suppressant will help you cut your calories, but your body will still need to burn them.

Make sure that your diet is rich in high quality proteins, such as fish, chicken, and lean steak, as well as heavy on the whole grains and unprocessed foods. Try and avoid processed grains and cheeses, as they are not as nutritious as their unprocessed (and arguably better tasting) counterparts. I assume that I don't need to remind you to run as far away from saturated and trans fat as possible, right?

Plan between 4 and 6 meals every day, and make sure that each one contains more than one food group. This will keep your metabolic rate up, which means that your body will burn more calories while at rest. In terms of weight loss, that is the Holy Grail of what you are trying to accomplish.

3 – Chapter One Overview

There was quite a bit of information in this chapter. But, the parts that you NEED to remember are:

- [An appetite suppressant helps you control your caloric intake.](#)

- An appetite suppressant **is not** a miracle pill.
- You need to eat healthily and put your time and effort into reaching your weight loss goals.

Making the Choice

Which Appetite Suppressant is Right for You

1 – The Different Types of Appetite Suppressants

The main type of appetite suppressant on the market today is one that is based off of the Hoodia Gordonii cactus, found mainly in Africa. It has been used for hundreds of years by natives in the area to ward off hunger on hunting trips or long excursions. There are few (if any) side effects that can be associated with Hoodia Gordonii, and it is quickly being accepted as the new de facto standard for appetite suppression.

The main types are:

- **Hoodia Gordonii Related** – These come in the form of droplets and pills from a variety of different brands.
- **Stimulatory** – These contain an active stimulatory ingredient to give you more energy.
- **Active** – These contain several active ingredients that tackle different situations at once. For example, one may contain a hormone known to relieve stress, as well as the appetite suppression quality.
- **Non-Active/Regulatory** - These appetite suppressants do not contain any stimulatory ingredients, and hence they will not affect anything other than your appetite. These are strictly for hunger regulation.
- **Hormone Regulatory** – These control various hormones in the brain to prevent the brain from thinking it is hungry. These come in the form of pills and injections. I do not recommend this type.
- **Physical Suppressants** – These are physical methods of inhibiting your appetite, such as getting your stomach stapled. These are generally highly invasive.

Each type of appetite suppressant will have its own set of advantages and disadvantages. For example, a Hoodia Gordonii type of suppressant will have few side effects, but it may not be as potent as a hormonal or physical type. For the average person, however, the Hoodia Gordonii type of suppressant is more than sufficient.

1.1 – Hoodia Gordonii

This type of appetite suppressant is readily available and can be had without any type of prescription. As well, it is very easy to find this type of appetite suppressant online from stores like <http://www.tryphentramin.com>. This type of suppressant is safe to buy online as it does not contain any type of ingredient that can be harmful.

Hoodia Gordonii is grown in various tropical countries, though it is primarily harvested in Africa. It takes about five years for the Hoodia Gordonii Cactus to develop the flower and be ready for harvesting, so you can imagine the wait that a farmer must commit to when growing it.

It has been used for hundreds of years by the natives exposed to it, though it was “discovered” in the early 1930s and began to be used in the early 1990s for weight loss purposes. It is effective, inexpensive, and easy to obtain – however, there is also a significant difference among brands and their respective quality.

Hoodia Gordonii is all-natural, and it does not harm the body. Only use high quality brands, such as [Hoodia H57](#) or [Hoodia Gordonii Plus](#).

5

1.1.1 – Stimulatory Supplements

These supplements contain an ingredient, such as caffeine, to give you more available energy. These supplements are able to provide the energy without any calories to your diet.

Some supplements use a low-quality energy source, while others use a high quality source. If you need a boost of energy, try a Phentermine prescription (only available through your doctor) or Phentramin (non-prescription).

1.1.2 – Active Supplements

These supplements almost always contain an ingredient to boost your energy, as well as containing others that will do a variety of different things. Some of these supplements, such as Phentramin, contain ingredients to help you relieve stress and relax, while giving you an energy boost *and* the appetite suppression.

It is important that you remember that many of these pills have not undergone extensive testing, so make sure you really research a supplement if it claims to be able to do a million and one different things.

Try a supplement like Phentramin for a good appetite suppressant that also gives you a nice boost of energy. You can order Phentramin online at <http://www.tryphentramin.com>.

1.2 – Hormonal Appetite Suppressants

Hormonal suppressants are much more complicated than their Hoodia-based counterparts, and though some claim that they are more effective, there has been little to suggest that they are more powerful. These types of suppressants are generally only available by a prescription, and hence it's unlikely that you would ever get your hands on one.

Because of this I'm not going to discuss them in this specific report.

1.2 – Physical Appetite Suppression Methods

As with hormonal suppressants, you will not be able to actually get a physical form of an appetite suppressant without a doctor's recommendation and then surgery. Because of this I'm not going to talk about them in this report.

2 – What do you need from Your Suppressant?

Before you come to any conclusions about whether an appetite suppressant is right for you or not, you need to decide that if you were to use one, what do you want from it?

In all honesty, an appetite suppressant is great choice for someone who eats too much, eats compulsively, snacks all the time, or eats when they get emotional. It's also great for someone who is really trying to monitor their calorie intake and needs a forceful solution to honestly do so.

Remember that an appetite suppressant will only work when you take them- if at any time you decide it's not for you it's as simple as ending your dosage!

So, ask yourself, ***what do I need from my appetite suppressant?***

If you need...

- An appetite suppressant only, consider a product like [Hoodia H57](#).
- An appetite suppressant and an energy booster, try [Phentramin](#).

6

3 – Chapter Two Overview

- Appetite Suppressants are a great choice for someone who:
 - Emotionally eats
 - Binges uncontrollably
 - Has difficulty controlling their cravings
 - Needs a forceful solution to prevent them from overeating
 - Needs motivation or direction.
- There are several types of appetite suppressants, though the most common are Hoodia Gordonii based.

No Limping Around

Using an Appetite Suppressant as a Tool Instead of a Crutch

1 – An Appetite Suppressant is a Tool

I've said it before and I'll say it again: appetite suppressants will not do all of the work for you. Expect to put just as much effort into your weight loss as your appetite suppressant does. The reality is that there is no miracle pill, but there are pills that can give you the edge that you need.

There are many, many benefits that are associated with being in complete control of your appetite, and the most obvious is the ability to decide exactly how many calories you will consume.

Before you go on an appetite suppressant you need to realize a few things:

- You will need to make plans to accommodate the necessary dietary changes.
- You should develop an exercise routine.
- A lifestyle change is the key to permanent weight loss.
- An appetite suppressant is not the permanent solution, only the catalyst.

Sure you'll be able to lose (a lot) of weight while you are on an appetite suppressant, but if you have made no changes to your lifestyle you will gain that weight right back as soon as you go off of it. Commit to making those changes so that, when you do decide to get off of your appetite suppressant, the weight that you lost will stay gone.

1.1 – Lifestyle Changes

You aren't going to have to reinvent your entire life, but you will have to make changes. These may be as simple as getting a bit more exercise, or perhaps you may choose to make bigger changes. Either way, the commitment to making the changes is the first big step towards long term weight loss.

You will benefit from introducing an exercise program. You don't have to make the gym your second home, but take some time a few days a week to getting some light-moderate cardio (such as going for a power walk or bike ride) and perhaps even some weight training. Keeping your exercise routine varied forces your body to be constantly developing and changing, as opposed to getting used to a routine.

1.2 – Dietary Changes

This is going to be the biggest (and most difficult) change that you will have to make. However, I can not stress enough how important this is. No matter what appetite suppressant you're on, if you are constantly eating fast food you **will never** lose weight permanently.

What changes should you make to get the best results?

- **Drink water, not pop or juice.** Shoot for *at least* 64oz. of water every day. This keeps you well hydrated, and ensures that all parts of your body are functioning at their best, including speeding up your metabolism to help burn fat. This also helps your body flush out any toxins and garbage that may be hanging around.

- **Cut highly refined foods out of your diet.** Things like white sugar, white bread, crackers, etc. all have little to no nutrition and are just empty calories.

8

- **Eat 4-6 times a day.** Eating several smaller, healthier meals keeps your metabolic rate higher than eating two or three really big meals. This means that your body will be more efficient at handling and burning the incoming calories, and less will be stored as fat.
- **Stop drinking.** You don't have to stop outright, but try and drink less than once per week. Alcoholic beverages typically are calorie loaded, yet they offer absolutely no nutrition. Hence, most of the calories get stored as fat.

Making these small changes to your diet will have just as much of an impact on your weight loss results as the appetite suppressant will. They sound quite extreme at first, but once you've gotten used to them it becomes second nature. Try giving yourself a two week evaluation period and see what your results are.

Don't be surprised if you've lost more than you thought.

2 – Chapter Three Overview

- Get ready to make some changes to your diet and exercise routines.
- Drink LOTS of water.
- Eat 4-6 times per day.
- Lots of alcohol = no weight loss.
- Get rid of the junk from your diet. Doritos, though delicious, are not good for you.

Time to Get Motivated

Ready to start losing weight?

So you've decided to give an appetite suppressant a shot? Great, I'm glad that you're going to add another tool to your shed. With all of the advantages that they offer, you are sure to find yourself very enthusiastic when you begin to see the results!

But, before you can get started, you need to actually know which appetite suppressant to find. Throughout the course of this report I've been as truthful as possible, outlying both the positive and negative aspects of using an appetite suppressant. However, you may find these statements askew if you use a poor quality product.

Though there are many different products available, I only really recommend four: Phentramin, Phentermine, Acomplix, and Hoodia Gordonii Plus.

1 – Phentramin

Phentramin is a Hoodia Gordonii based product, and it has achieved [great reviews](#) from all over the globe. Phentramin is taken twice daily (once in the early morning and once in the early afternoon) and is easily incorporated into any routine.

Phentramin contains several active ingredients, and hence is classified as an active appetite suppressant. It includes an energy booster, as well as ingredients which help relieve stress. Though the effectiveness of the latter has yet to be empirically tested, it is hard to doubt the effectiveness of its appetite suppression and energy boosting qualities.

Phentramin is currently very competitively priced, and if you purchase a 3 month supply of Phentramin from PhenForum you will also receive free access to their online weight loss program (which I discuss a little bit later on).

Some users report a brief period of dry mouth and hyperactivity when they first start taking Phentramin, but most have said that it goes away after a few days. The majority of users experience no side effects.

1.1 – Where to Get Phentramin

You can get Phentramin from the following online sources:

- [PhenForum](#) – Most popular order is 3 months for \$147, and includes a free year subscription to their online weight loss program when you purchase a 3 month supply.
- [TryPhentramin](#) – Just a simple site that goes over the basics of Phentramin, and allows you to order it, including whatever the latest special offer is.

2 – Phentermine

Phentermine is only available by a prescription, and so it is only really intended for individuals that need medical assistance to lose weight. Phentermine is an active weight loss supplement which also contains appetite suppression qualities. Phentermine has been used since 1959 as an appetite suppressant and weight loss aid.

It is important to note that Phentermine is some pretty strong stuff. The mechanism behind Phentermine is actually quite complex, so I will dumb it down and say that Phentermine acts as a centrally-acting stimulant, as well as tricking the brain into believing that it isn't hungry.

10

Phentermine has an excellent success rate, and it can be purchased as a generic supplement (which saves a bit on the cost). Some users experience mild side effects, such as an increased heart rate or increased alertness, but it is temporary and generally not significant. Phentermine is not suitable for individuals with a history of drug abuse.

2.1 – Where to Get Phentermine

If you already have your doctor's permission for Phentermine and would like to fill it online, you can easily get it at:

- [MyRxBilling](#) – Currently priced at \$224 for 90 37.5mg tablets. Please note that they need your physician's authorization to fill your prescription.

3 – Acomplix

Acomplix is also based on Hoodia Gordonii, but unlike other suppressants (such as Phentramin, for example), Acomplix does not contain any other active ingredients. Acomplix does not have any stimulatory or other effects besides appetite suppression.

Acomplix has received mixed reviews, but many of the negative ones are simply because people expect it to have stimulatory effects and it doesn't. This is the perfect suppressant for someone who doesn't *need* or *want* any more energy.

Acomplix is priced very well and does its job very efficiently. There are not a lot of products on the market that can compete with Acomplix in both ability as well as value.

Some users have experienced very mild side effects, such as dry mouth, when they first started taking Acomplix. In almost all situations the side effect went away after a few days.

3.1 – Where to Get Acomplix

You can find Acomplix online at:

- [PhenForum](#) – Same prices as Lazarus labs.
- [Lazarus Labs](#) – 1 bottle priced at \$49.95.
- [Lazarus Labs](#) – 3 bottles priced at \$139.95.

4 – Hoodia Gordonii Plus

Hoodia Gordonii Plus is an appetite suppressant that operates on the same grounds as Acomplix – there are no stimulatory ingredients in Hoodia Gordonii Plus (HGP). You should use HGP if you do not wish to receive additional effects outside of appetite suppression.

HGP is the direct competitor of Acomplix, and though I can not definitively say that one is better than the other, HGP is a great product. I would personally choose whichever

product (HGP or Acomplix) based simply on how long it would take to be shipped to me.

Some users have experienced very mild side effects, such as dry mouth, when they first started taking Hoodia Gordonii Plus. In almost all situations the side effects went away after a few days.

4.1 – Where to Get Hoodia Gordonii Plus

You can find HGP online at:

11

- [Hoodia Gordonii Plus](#) – The official website.

5 – Chapter Four Overview

- Which appetite suppressant are you looking for?
- Where to find the most effective suppressants.
- Phentermine – what is it, and is it for you?

Don't Get Caught Up *Appetite Suppressants to Avoid*

There are other types of appetite suppressants besides the few that I have listed, and though a few may actually be viable tools that you can use, most are garbage that you should avoid.

These are easy to spot, as the same general rules that apply to all products apply to them as well. A general guideline for spotting a garbage product:

- **Avoid products that sound too good to be true.** An appetite suppressant shouldn't (and won't) be able to solve all of your problems.
- **Avoid products which guarantee results.** Weight loss cannot be guaranteed, and not even a reputable product can do so.
- **Avoid products that do not have any clinical basis.** The Hoodia Patch is a great example of a product that has no scientific basis. Hoodia is not a substance that can be absorbed through skin (like Nicotine, for example). So, how does a Hoodia Patch work? Oh, right, it doesn't.

A good product will know what its capabilities are and will advertise them, nothing more. This type of product seeks to establish and maintain a good reputation, as opposed to making a quick buck.

If you're having trouble deciding whether the product you wish to use is worthwhile or not, perhaps you should use one of the four I recommended in the prior chapter. Those products cover a variety of different uses, and all of them have been proven to work.

A Bit of Help

Online Weight Loss Programs

The concept sounds a bit fruity, but online weight loss programs can be an excellent addition to your support system. These programs feature information, support, and results monitoring to help you achieve your results. One of the biggest reasons that people drop off of their weight loss routines is because of lack of motivation- these online programs seek to rectify that.

I have seen quite a few of these programs, and I only really recommend two:

1 – PhenForum Weight Loss Program

PhenForum is a relatively new weight loss program that combines customized workouts and exercise programs with results tracking and a vibrant and active community. PhenForum members have access to the community forum, and they know that they are not alone in trying to do what they're doing.

PhenForum currently has over 9,000 members and it's growing every day. There are many members who have exceptional success stories to share, and everyone is grateful for the way the site has brought them all together.

Members of PhenForum have access to a meal planner, recipes, weight tracking, forums and workout routines that will amplify their results. The best part of PhenForum, however, is its price: access to PhenForum is FREE when you purchase a three month supply of [Phentramin](#).

Click [here](#) to visit PhenForum.com.

2– eDiets.com

eDiets.com is quite similar to PhenForum, though the focus is more on diet and recipes as opposed to a more well rounded approach that also includes fitness and exercise routines. eDiets.com also has a community where its members can share what works and what doesn't.

Membership to all parts of eDiets.com costs \$12 a month, though many people believe the price to be quite reasonable for all of the information and support that you receive in return. Their main advertisement is "lose 10 pounds in 5 weeks", and though I have not personally tried to do just that following their program, I am quite confident that their advise is sound.

Visit [eDiets.com](#).

Closing Comments

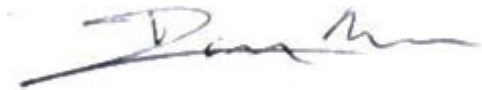
Whew! There was a lot of information in the last 14 or so pages, but I know that you probably learned something reading it, and that's what matters. There is a lot of junk on the internet and none of it is there to benefit you, so keep your mind open.

When I first started my weight loss efforts I was so frustrated at my inability to find any information that was of value to me. I found lots of sales and promotional stuff, but nothing that offered plain, unbiased information. I hoped to at least offer something that you could read without feeling as if I was trying to sell you something the whole time.

I also hope that I have cleared some of the misconceptions about appetite suppressants, and perhaps even helped a few people make an informed decision about whether or not they are going to utilize them to help them lose weight.

So, I suppose that just about sums everything up. Good luck with your weight loss!

Here's to your success,

A handwritten signature in black ink, appearing to read "Ian Mason", with a long horizontal stroke underneath.

Ian Mason