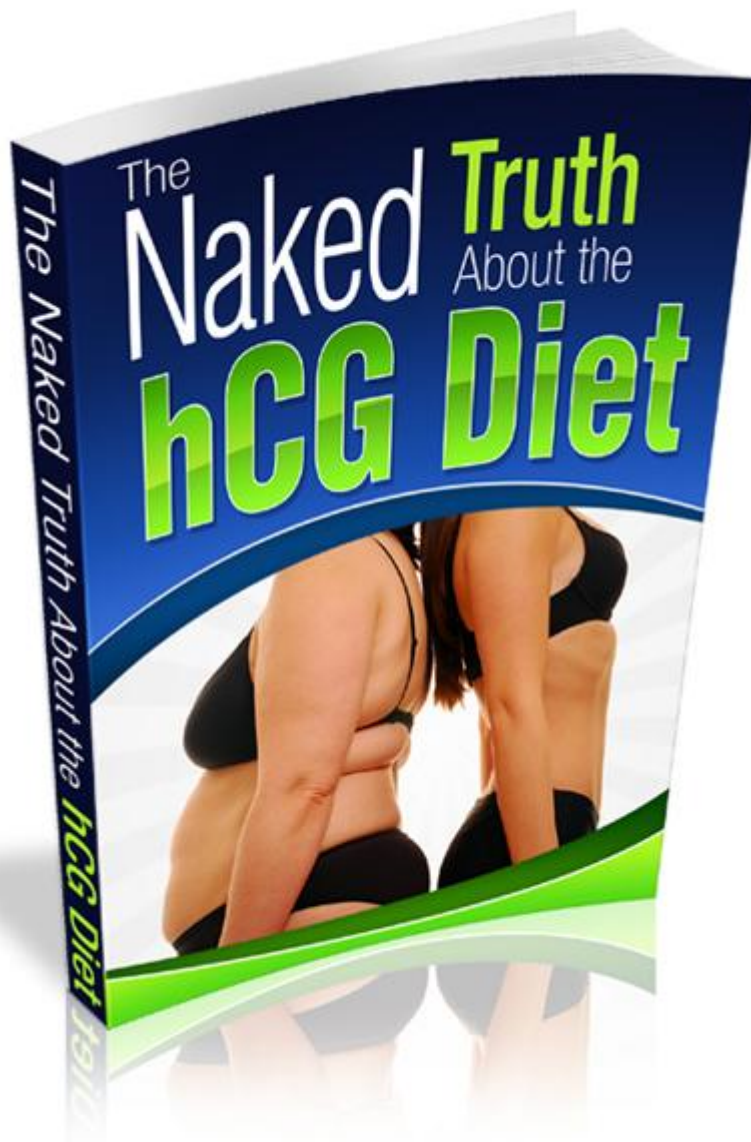


# The **hCG Diet Plan** Your Questions Answered The Naked Truth About The hCG Diet

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## **Introduction**

Losing weight has always been an important issue as people realize that by shedding those extra pounds that they have can allow them to get a chance at having a healthier body and having a healthier lifestyle.

Moreover, they can decrease their chances of suffering from obesity, heart disease, liver complications and other medical problems that are associated with having excess weight.

Hence, if you want to experience a healthier you, you should start taking action to losing weight and that can include exercising, undergoing weight control or going through a diet program. It may seem daunting to embark all at a time in order to achieve weight loss.

But fret not, as now, there is a weight loss program that has received widespread positive response and seen on television, magazines, and the internet. And that is the HCG Diet.

In this report, you will discover more about the HCG Diet and how it can help you to lose weight.

## **The hCG Program**

The HCG Program is a new weight loss program that promises fast and effective results. And more than just being effective, the program is also safe and did not pose serious health problems.

Because of its growing popularity, it is now commonly on diet magazines, health websites, and other promotional channels. In fact, you may have already chanced by a news article saying that certain Hollywood celebrities are into the fad as well.

The HCG program is an elaborate weight loss plan which utilizes a hormone called Human Chorionic Gonadotropin (HCG). Through controlled and well-planned intake of this naturally occurring hormone, the fat burning rate of the body is increased phenomenally. Other positive effects related to the hormone are also geared towards fat loss.

In order to complement the effects of the hormone intake, the HCG program also includes an elaborate diet plan. It especially makes restrictions on the food intake and lowers it down to 500 calories per day. And unlike other weight loss programs which include an equally elaborate exercise plan, the HCG program excludes it. In fact, it is discouraged.

Also, you can choose to take HCG hormone via syringe shots or to take the orally administered version.

## **What is HCG and More About It**

So what is the *Human Chorionic Gonadotropin* hormone?

Even though it is named complicatedly, it is actually safe and it occurs naturally in the body.

In nature, high levels of HCG can be found in the body of pregnant women. It is produced by the placenta and its production is at the highest rate during the earliest stages of pregnancy. The levels of HCG depletes as the pregnancy progresses into later stages until giving birth.

And although HCG is mostly associated with pregnancy, it is actually found in the body of all humans. It is not only present on gestating women or women in general but HCG can also be found in the body of men.

So men who wish to lose body fat using the HCG program should have no fear.

## **Why Should You Try The HCG Diet Program**

The HCG diet program allows you to experience big changes by starting big changes in your lifestyle, diet, and body chemistry, which are beneficial to losing weight and keeping it off.

The HCG program gets right into the core of the problem. It targets excess body fats and burns it down without making the body lose lean muscle mass. As a result, you will only lose what you need to lose and it will be easier to maintain because your fat-burning muscles are still there.

The problem of starvation is also solved easily. Yes, you may recall that the HCG program involves a low calorie intake but before you run away thinking that it will starve you, it is actually not the case. The HCG hormone you will be taking either orally or through injections will make you feel full and you will not feel starved at all.

Additionally, the HCG program will not impose upon you any laborious and time-consuming exercise program. Although regular exercise is always healthy, in the HCG program you should limit yourself to light exercises such as walking.

## **How Many Pounds Will You Lose With the HCG Diet Program?**

The HCG diet program will help you lose weight faster than any other method. However, you cannot keep shedding off pounds continuously.

Truth be told, many weightwatchers do not know when to stop. They become so obsessed with weight loss that they fail to realize they have already reached their desired weight. As a result, they face another set of problems – malnutrition and being underweight.

Another potential problem is that people might impose upon themselves too high a goal. When the goal is too high, there is a high possibility that it will not be achieved, or at least, that it will not be achieved soon enough.

Hence, you should set the “right goal”. You have to know just how much weight is okay for you to lose. Additionally, you also need to be realistic about the length of time frame that you can achieve this goal. You should also be ready for potential extensions should you not achieve it in time.

Basically though, there is really no telling exactly how much weight your body can lose with the HCG Diet program. However, you can be sure that you can get started losing weight in a safe manner without having to put your body through strenuous exercises.



## **Is the hCG Weight Loss Plan Right for You?**

If you've been on a diet roller coaster for years, or perhaps all your life, only to gain the weight back – and more -- almost immediately after you begin eating normally again, it's possible that the hCG weight loss plan could be the one you've been looking for. It's a diet plan that's sweeping the nation, and the results are near miraculous.

Followers of the hCG weight loss plan report that the fat literally melted from their bodies and that after the diet was over they didn't regain the weight they'd lost. And, that's not all! Even after losing 1 to 2 pounds per day, these dieters reported that their skin was taut and they hadn't lost muscle mass!

Further reports from hCG weight loss supporters said that the normal hunger and cravings they'd had on other diet plans hadn't bothered them even while on this VLCD (very low calorie diet). It may seem too good to be true, but the concept behind the hCG weight loss plan will convince you that it really works!

## **What's involved In the hCG Weight Loss Plan?**

The hCG (human Chorionic Gonadotropin) hormone is found in everyone – males and females – but it's only active in pregnant women, providing nutrients to the fetus and the mother to ensure a healthy pregnancy.

During his research in the 1950s, Dr. A.T.W. Simeons found that this hormone could actually stimulate the hypothalamus gland in non-pregnant men and women, which in turn resets the metabolism to burn fat more effectively.

Simeons' wrote a medical manuscript chronicling his findings called "Pounds and Inches: A New Approach to Obesity." Time passed, and Simeons' research results were known only in the medical community. It wasn't until consumer activist, Kevin Trudeau, brought the weight loss theory to light that people began clamoring for more information.

Even then, the only method of getting the synthetic form of the hCG hormone was through daily injections given by a physician. That method was costly and inefficient in our modern times of busy schedules.

Now, the hCG hormone is produced by homeopathic methods that make it safe and easy for those wanting to follow the weight loss plan. You can purchase it online or through a homeopathic pharmacy.

The hCG hormone is now produced in three different forms – injections, oral drops or pills. The injections can still be given by a professional in some weight loss clinics or your doctor's office, but most people prefer the sublingual oral drops or the pills.

The actual hCG weight loss plan as outlined by Dr. Simeons involves taking a dose of the hormone every day for a period of 21 to 42 days (depending on how much weight you want to lose) along with a VLCD of 500 calories per day.

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