
Hcg Diet Hcg Diet For Beginners The Simple Scienc

Eventually, you will utterly discover a further experience and carrying out by spending more cash. yet when? realize you tolerate that you require to acquire those all needs taking into account having significantly cash? Why dont you attempt to acquire something basic in the beginning? Thats something that will guide you to understand even more concerning the globe, experience, some places, taking into account history, amusement, and a lot more?

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2022-07-10

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*The HCG Diet - Creative Phase 3 HCG Diet
Meal Ideas* Createspace Independent
Publishing Platform

Make gradual changes to your EATING HABITS, have a real awareness about the things you eat and drink each day & start LOSING WEIGHT right away instead of LOSING BONE and MUSCLE MASS. HCG DIET favours to choose organic meats, vegetables, and fish. Dairy, carbs, alcohol, and sugar are all off limits. The LOW CALORIE & PORTION CONTROL intake allows you to start losing weight, while the

HCG INJECTIONS or DROPS reduce your appetite and make sure you're BURNING FAT, i.e. lose anywhere from 1/2 - 2 lbs a day. This Book HCG DIET GUIDE FOR BEGINNERS can help you enjoy flavourful meal with simple ingredients, easy & few instructions to follow. Besides the varieties of meals will helps to keep you on the diet longer than expected without getting bored, even during the- very low calorie days you will feel boundless energy and no hunger pains. All HCG DIET RECIPES in this book comply exactly with the HCG PROTOCOL plus the significant INFORMATION & TIPS, FOOD LIST will make your diet accurate, easy & will offers some pretty substantial results with significant WEIGHT LOSS.

HCG Diet Guide for Beginners Lulu.com
Finally a book calls obesity exactly what it is-a disorder. HCG-DIET: WHAT DR. SIMEONS REALLY SAID is a small book with great clarity and sound advice for ending your dysfunctional relationship with weight loss once and for all! From theories on obesity to the causes to the treatment, authors Dan Hild and Susan Margret Wimmer shares the nuts and bolts before he hones in on the great news-Human Chorionic Gonadotrophin, otherwise known as the phenomenal new treatment HCG! As the authors walk you through the step-by-step procedures, one thing is clear: our bodies give us ample warning, years ahead of time, of oncoming obesity. But, isn't it good to know if we miss the

harbingers of weight gain, we have a wonderful solution and coach in Mr. Dan Hild and Susan Margret Wimmer's exceptional book, HCG-DIET: WHAT DR. SIMEONS REALLY SAID? Get your copy today and get off the hamster wheel of dieting and onto the road of lasting, healthy weight loss success!

Easy Breezy Weight Loss on the HCG Diet
eBookIt.com

80% of dieters try to lose weight on their own and sadly nearly all of them gain their weight back And here are some more sobering stats: - Americans spend \$60+ billion per year dieting - More than 2 in 3 adults are considered to be overweight or obese. Why? Because they have not found the final solution yet! Until now... this book has everything you need to know about learning about and embracing the HCG Diet and Lifestyle. You will lose weight easier, faster and with less side affects than every before. Tired of struggling? Tired of envying other peoples slim bodies. Tired of not looking and feeling your best? Well it is time to do something about it. Read on for more information on the HCG Diet Book which includes all 4 phases of the diet and lifestyle. You may have just

stumbled on the solution to getting and remain slim for life.

Hcg-diet - What Dr. Simeons Really Said
Dhimant N Parekh

Excess weight is at an all-time high, in fact, it has reached such high proportions that it can truly be considered a health crisis. In the United States alone statistics claim that over two thirds of the population are overweight, that number jumps to 2.1 billion when one looks at the world as a whole. It truly has become a worldwide epidemic with people from every walk of life striving to lose weight, either with the latest diet fad, craze or exercise. Fortunately, science is offering tools and solutions in this ongoing battle - of which is the HCG Diet. HCG, also known as Human Chorionic gonadotropin, is a hormone produced by an embryo after implantation - it is also the hormone that is detected in many home pregnancy tests signaling a new addition to the family is on the way. This hormone, which is so vital to the start of life, is proving beneficial to sustaining a healthy life, offering extreme benefits in weight loss and inch loss. This book covers every aspect of the HCG Diet and how it can help you lose the weight

you need to and achieve the body you want by shedding inches in the areas you need to most, quickly, easily - and without starving yourself. In a world of failed diets and fad crazes, the HCG Diet is the scientifically backed and proven breakthrough you've been waiting for.

The Super Simple HCG Diet Youcanprint
Step-by-Step Guide to hCG Diet Success
Far too many people struggle to lose weight naturally using healthy diet tips. Yet, the hCG diet has been a proven way to lose weight quickly and effectively for more than 50 years. The key is to understand exactly how to put this diet plan to good use for your own benefit. hCG Diet Secrets shows you exactly how to get the best possible results for your weight loss goals, including creating your own tasty hCG-friendly desserts that won't ruin your diet. Written for the busy woman that wants the facts in clear actionable steps without having to read through a 100 page book. If you want to improve every aspect of your weight management plan and finally get to a healthier and slimmer you, buy this book now and be sure to send us your success story. We'd love to feature you in our upcoming releases.

Hcg Diet Createspace Independent Publishing Platform

ARE YOU READY TO LOSE WEIGHT FAST?

Today only, get this Bestseller Book for only \$6.99! Regularly priced at \$9.99. You're about to discover what HCG Diet is, its benefits, process, and much more! Losing weight is a main trend within the society of today. Unhealthy food is inexpensive and accessible to buy and our ways of life are gradually more inactive with the passing of time. If you discover yourself wishing to shake off some weight, at hand is a better technique, which is through the use of injections of real HCG hormone to correctly drop body mass quickly and easily. The HCG regime does not need Exercise in order to drop weight. If you lack time or are already exhausted after work, then HCG can rescue you. You achieve losing weight through every day HCG hormone injections and a 500-calorie diet. HCG issues stores of lipid in the blood flow to be used by way of energy all through the day. Because the lipid is issued via the injections, there is no necessity to devote hours inside the fitness center sweating away your valuable free hours. Once you are finished

with the diet, you may just discover that you have acquired the information necessary to continue having a fit, balanced, regime to correctly maintain losing weight. Moreover, people following the HCG program stay continually awestruck by the unbelievable weight loss Here Is A Preview Of What You'll Learn! A Bit of History HCG Diet FAQs HCG Diet Benefits The Hidden Face of HCG Diet Tips on Starting the HCG Diet HCG Protocol MUCH MUCH MORE! Hurry! For a limited time you can Order "The Beginner's Guide to Mastering HCG Diet" for a special Offer for just \$6.99 Grab Your Copy Right Now Before It's Too Late and the price goes up! [HCG 750+ Diet](#) Createspace Independent Publishing Platform

Do you have enough weight loss books to start your own health section in the library? Has it been months since you've looked down and been able to see your feet? Have you researched so many different weight loss methods that you feel like your brain has gained weight? If you've struggled with your weight, you've likely tried every diet that's come along only to be disappointed with the results. If other diets have left you lost in the Weight

Loss Woods, this Guidebook is your North Star. Developed by Dr. A.T.W. Simeons in the 1950s, the HCG Diet has stood the test of time, delivering to hundreds of thousands of people amazing results that stick. Whatever method of HCG you choose (e.g., pharmaceutical hCG injections, sublingual drops, homeotherapeutic HCG, etc.), this book is the only resource you'll ever need to achieve your weight loss goal. With step-by-step instructions, helpful charts, trouble-shooting tips, recipes, and testimonials from some of the thousands of people Daniel Mi

New Pounds and Inches Lulu.com You may have recently heard about the "HCG Diet Protocol" or "Homeopathic HCG" and you're wondering what it's all about. Before you jump onto the popular "HCG diet bandwagon" and try to slim yourself (or kill yourself), it's imperative that you clue yourself up and be informed about the true facts of the HCG hormone and low calorie diet plan. Any substance that you put into your body which has the power to change your body's chemistry could be potentially dangerous or even life threatening."The HCG Diet Revolution: Dr.

Simeons Miracle Diet Exposed!" reveals the hard-hitting new facts about the controversial HCG diet plan that has taken America by storm. In this book, you will discover everything you need to know about Dr. Simeons original HCG Diet for weight loss, learn the facts, the myths, the risks, and the hidden truths!

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Hcg Diet for Beginners AuthorHouse
HCG Diet Plan: The Ultimate HCG Diet

Cookbook with 50 + HCG Diet Recipes and Videos. You will be shown step by step how to cook delicious HCG Diet Recipes! So you have decided to take on the HCG diet and transform your life forever? Here are the benefits you will reap from following this HCG Diet Plan: You will: Achieve an extremely fast weight loss. Following the HCG Diet Plan you will lose 5 lbs/week in average. Not only lose pounds, but the HCG Diet will get rid of those inches that make you feel tight in your clothes. Go through a very low calorie diet having minor or no hunger at all, thanks to the HCG Diet. Not need to exercise. Just follow the HCG Diet Plan to the Letter and take your HCG Diet Pills or Injections. You will be able to tackle stubborn fat deposits. They will be gone forever! Look great: Slimmer, healthier and more confident than ever. Thanks to the HCG Diet Plan. Feel your energy levels will rocket up, and you will be able to be much more physical in y our daily life. Discover and maintain healthier and better habits after finishing the HCG Diet Plan. Save money on gym fees, expensive dieting food and homeopathy-based visits. Just with the HCG Diet Plan! The HCG Diet concept has

been around since 1950, when Dr. A.T.W.Simeon found out that some pf his patients under one of his therapies were consistently and rapidly losing weight. Later it was discovered that it was due to HCG (Human Chorionic Gonadotropin). This resulted in the creation of the ultimate weight loss plan: The HCG Diet Plan, which will: Eliminate hunger and cravings for Sweets and unhealthy foods. Improve your sex life. Harmonize the fat distribution all around your body, creating that sexy figure that you always wanted. Why is this book the best HCG Diet book you will find in the market? How is it better than other HCG Diet Books? Includes 50+ HCG Diet Recipes Videos. Includes 50+ HCG Diet Recipes Cookbook. Gives you a detailed 3-Week Eating Schedule for your Phase 2 or Very Low Calorie Diet Phase. Gives you a detailed 2-Week Eating Schedule for your Phase 3 or Maintenance Phase Diet. Tags: hcg diet, hcg diet cookbook, hcg diet recipes, hcg diet plan, hcg diet for beginners, hcg diet books, hcg diet pills, HCG Diet, HCG Diet recipes, hcg diet, hcg diet cookbook, hcg diet recipes, hcg diet plan, hcg diet for beginners, hcg diet books, hcg diet pills, HCG Diet, HCG

Diet recipes hcg diet, hcg diet cookbook, hcg diet recipes, hcg diet plan, hcg diet for beginners, hcg diet books, hcg diet pills, HCG Diet, HCG Diet recipes hcg diet, hcg diet cookbook, hcg diet recipes, hcg diet plan, hcg diet for beginners, hcg diet books, hcg diet pills, HCG Diet, HCG Diet recipes hcg diet, hcg diet cookbook, hcg diet recipes, hcg diet plan, hcg diet for beginners, hcg diet books, hcg diet pills, HCG Diet, HCG Diet recipes hcg diet, hcg diet cookbook, hcg diet recipes, hcg diet plan, hcg diet for beginners, hcg diet books, hcg diet pills, HCG Diet, HCG Diet recipes hcg diet, hcg diet cookbook, hcg diet recipes, hcg diet plan, hcg diet for beginners, hcg diet books, hcg diet pills, HCG Diet, HCG Diet recipes hcg diet, hcg diet cookbook, hcg diet recipes, hcg diet plan, hcg diet for beginners, hcg diet books, hcg diet pills, HCG Diet, HCG Diet recipes

The HCG Diet for Beginners Two Harbors Press

The Super Simple HCG Diet is the simplest and most successful way to shed excess weight--3 to 5 pounds a week—without the complexities of the original HCG Diet. • Have you considered the HCG Diet? • Are

you worried that you won't be able to stick to the 500-calorie restriction? • Or worried you won't have enough energy? • Or worried you'll just become numbingly bored with the limited food choices? • Afraid to inject yourself? This book debunks the myths of the 500-calorie Simeons HCG Diet and the outdated protocols that are difficult to understand and practically impossible to follow. Easing the calorie restriction to allow 700 calories a day, The Super Simple HCG Diet offers you a simpler program that still ensures success—allowing easier compliance without sacrificing rapid weight reduction. It also eliminates the complex phase system and, for those who need to stay on the program for several months, allows small breaks without abandoning the diet and weight control program altogether. The Super Simple HCG Diet is based on the author's personal experience. With her unique sense of humor and compassion, Kathleen Barnes helps you navigate the pitfalls, simplify the process, and stay the course for major and permanent weight control.

Weight-Loss Apocalypse Hyperink Inc
There are a lot of diet plans out on the

market, but when you need to lose weight to improve your health right away, then you need to go on the HCG diet. This diet plan has been around for some time and promises that you will lose up to a pound (sometimes more) each day that you are on the diet plan. This guidebook will help you to learn everything that you need to get started on the HCG diet. It can be a complicated diet, but it will give you the results that you want in no time. Some of the topics that we will explore the HCG diet includes: The history of the HCG diet What the HCG diet is How this diet plan works The benefits of using the HCG diet What you can expect with the HCG diet Whether you should go with the injections or drops What to do when hunger strikes FAQ's about the HCG diet The foods that you can have on the HCG diet The recipes you should try out A diet calendar to make the HCG diet easier. When you are ready to lose a pound or more a day, safely and effectively, make sure to check out this guidebook to learn everything you need to get started with the HCG diet. Click the buy now button to change the way you feel, eat and be happier than ever!
Starting the Hcg Diet Independently

Published

Dieters are often uncertain on how to effectively follow the 21 day Phase 3 Stabilization and many fear they will gain the weight back. Sonia E Russell, LPN, licensed nurse, professional hCG diet coach, and author of the HCG Diet 800 Calorie Protocol has teamed up with certified personal fitness trainer and hCG diet coach, Candice Ekberg, B.S. ESS, NSCA-CPT, EMT-I .They have combined their years of hCG diet coaching, knowledge in nutrition, fitness training, and medical background to develop a structured and comprehensive Phase 3 plan that will help ensure stabilization, prevent the frustration of chronic correction days, avoid unnecessary additional rounds and the possibility of gaining any weight back. Their Phase 3 plan will reduce stress to the hypothalamus by prohibiting the dieter to over-indulge on sugars, starches, grains, breads, nuts, beans and limiting most dairy. The expanded Phase 3 plan includes a comprehensive 3 week food tracking guide, Phase 3 overview, the science behind stabilizing, Phase 3 food items, how to read food labels, Phase 3 calorie

conversion chart, the interval between rounds, understanding basal and resting metabolic rates, Phase 3 exercise, how to begin Phase 4, and a large assortment of delicious Phase 3 recipes. The recipes include; beverages, condiments, breakfast foods, appetizers & snacks, soups & salads, chicken, beef, fish and seafood dishes. By following the structured Phase 3 plan, the dieter will have the tools to enable a successful stabilization.

Hcg Diet No Fluff Publishing

Lose Weight Fast and Keep It Off! Read More to Meet Your Weight Loss Goals - TODAY! What is the HCG Diet? Inside HCG Diet for Beginners: The Simple Science of Losing Weight, you'll find out how the Human Chorionic Gonadotrophin (HGC) Diet has helped so many people lose weight - and even fight infertility. This revolutionary lifestyle revolves around the HGC hormone (produced by pregnant women), which tells your body to use up all of its fat stores. With HGC, you can burn over 4,000 calories daily - which equals a weight loss of 1-2 pounds per day! Inside this fascinating book, you'll learn the science of HGC and how you can easily access this hormone. It describes

the history, research, and biology of this fascinating weight loss option. Even better, you no longer need to deal with injections to use HGC - this hormone is now available in creams, lozenges, sprays, pills, and homeopathic remedies. HCG Diet for Beginners helps you find the best-quality HGC on the market today. This book helps you through every stage of your HGC journey. You'll learn about weighing your food (and yourself), controlling portions, and understanding the changes taking place in your body: Phase One: How Loading Days Help You "Loosen" Fat Phase Two: Secrets of Sticking to a Strict Diet for Low Calorie Intake Phase Three: Stabilizing Your Diet and Maintaining Your Weight Loss You'll even find comprehensive food lists and expert recommendations! With HCG Diet for Beginners, you can enjoy a huge variety of easy and delicious HCG Diet recipes: Cole Slaw, Asparagus, Cucumber Strawberry, and Spicy Crab Salads Favorites like Shrimp Cocktail, Chili, and Beef Stew Cream of Chicken, French Onion, and Tomato Basil Soups Heathy BBQ Chicken Wraps, Pepper Steak, and Pot Roast and even HGC Hamburgers!

You'll even discover HCG Diet drinks like Strawberry Lemon Soda, Green Tea Apple Juice, and Mint Chocolate Coffee! Don't wait - Change your life today with HCG Diet for Beginners: The Simple Science of Losing Weight! It's easy - just scroll up and click the "ADD TO CART" button on the right side of your screen

The Definitive Hcg Diet Guidebook

Createspace Independent Publishing Platform

There are a lot of diet plans out on the market, but when you need to lose weight to improve your health right away, then you need to go on the HCG diet. This diet plan has been around for some time and promises that you will lose up to a pound (sometimes more) each day that you are on the diet plan. This guidebook will help you to learn everything that you need to get started on the HCG diet. It can be a complicated diet, but it will give you the results that you want in no time. Some of the topics that we will explore concerning the HCG diet includes: ♦ The history of the HCG diet ♦ What the HCG diet is ♦ How this diet plan works ♦ The benefits of using the HCG diet ♦ What you can expect with the HCG diet ♦ Whether you should go

with the injections or drops ♦ What to do when hunger strikes ♦ FAQ's about the HCG diet ♦ The foods that you can have on the HCG diet ♦ The recipes you should try out ♦ A diet calendar to make the HCG diet easier. When you are ready to lose a pound or more a day, safely and effectively, make sure to check out this guidebook to learn everything you need to get started with the HCG diet.

Pocket Guide to the HCG Protocol

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Learn the basics about the hcg diet protocol originally developed by Dr. Simeons. Included in this handy guide is a user friendly log to track your success on your hcg weight loss journey. Also included are enough tasty recipes to help you enjoy your experience on this incredibly successful diet plan.

Hcg Diet 800 Calorie Protocol Second Edition eBookIt.com

You're about to learn everything you need to know about one of the most revolutionary diets ever created! If you have ever considered using the HCG Diet to reach your weight loss goals, or if this is your first time hearing about it, this book

will take you from start to finish on how to make this amazing diet work for you. Not only will we show you how to use the HCG diet, but show you how to utilize this diet safely, with rapid and lasting results. The HCG Diet is a very powerful resource to use for your weight loss goals, but you must be informed. Once you understand exactly how to make this program work for you in an optimized fashion, you will be on your way to a new healthier you looking back at you in the mirror. Millions of people struggle with excess weight every day, and the challenge will only become bigger as our society changes. Don't get left behind - put your weight struggles behind you so you can focus on other parts of your life. Change your body today and keep it forever with the HCG Diet. This book will show you how!

HCG DIET MANUAL Revised November 2019 eBookIt.com

Find out the pros and cons of using the hCG protocol to lose weight. Read this unbiased information to learn the benefits, the warnings, the off-label usage, the contradictions, the side-effects, and the contraindications (health conditions for which the hCG protocol could be harmful).

Discover the answers to: What is hCG? How does hCG work? How is it used in a program to lose weight? What are its other uses? What treatment modalities work most effectively? What are the specifics of the hCG diet protocol? What are the side effects? How can I do the diet safely? What else do I need to know to take the weight off and keep it off? This book includes a detailed guide to doing the hCG protocol. Learn how to prepare yourself to do this powerful weight-loss protocol safely, taking every possible precaution to avoid problems. This is the fifth book in the series, "Bioidentical Hormones," bringing you the latest information from cutting-edge anti-aging physicians, supported by research presented in medical journals. *Secrets about the HCG Diet! Treatment Guide, Controversy, Benefits, Risks, Side Effects, and Contraindications* Createspace Independent Publishing Platform

Fast, permanent weight loss? It can be faster and less complicated than you ever dreamed possible! If you lack time or are already exhausted after work, then HCG can rescue you. You achieve losing weight through every day HCG hormone injections and a 500-calorie diet. HCG

issues stores of lipid in the blood flow to be used by way of energy all through the day. Because the lipid is issued via the injections, there is no necessity to devote hours inside the fitness center sweating away your valuable free hours. Once you are finished with the diet, you may just discover that you have acquired the information necessary to continue having a fit, balanced, regime to correctly maintain losing weight. Moreover, people following the HCG program stay continually awestruck by the unbelievable weight loss! Thousands of people including top celebrities have discovered the amazing Hcg diet and are taking advantage of this diet and lifestyle. You will learn more about - why this diet is one of the leading diets that gets you the weight loss results you desire. You will also get - delicious top recipes for weight loss- ranging from breakfast to snacks and everything in between. So Order it now to start losing weight! Recipes Included Inside... - Spicy Veggie Soup- Lemon Shrimp Spinach- Grissini Breadsticks - Roasted Onion Steak- Southwest Stewed Chicken - Sauted Crab- HCG Omelet AND Much, Much, More! Download your copy

today! Check Out What Others Are Saying..."This book offers a great deal of elasticity in your dishes while adhering to the protocol of your HCG phase. It opens your eyes to choices you may have failed to perceive before, and it instructs you how to proceed, should you still hold some pounds you wish to be free of. Your goals change with time. You might have attained them and just want maintenance or you might be happy with what you lost and will now wish to add lean mass. As every goal needs an altered fitness and eating program, the knowledge found in this book will aid you to achieve that. This book; however, does not assure you that you will never gain back the fat you lost. In its place, it delivers an opportunity for you to understand the reasons why you are gaining weight, as well as how to control your weight. Should this be what you really want in your life, then this book is written for you." /Nina Tang/"I love this book. It is full of information and recipes. I've tried a lot of them and they have been good. Making your food tasty while on the hcg diet was a requirement for me since the food choice is so limited. It gives a lot info and helps me with my regiment, how

to keep myself on track with really good recipes. It was great to have a place to go to for easy and delicious recipes. Having the food taste good helped so we didn't feel as limited with our meals."/Carl A. Stokes/Take action today and get going with some amazing recipes that will help you achieve all of your weight loss and health goals. Tags: Weight Loss, Weight Loss for Beginners, Weight Loss Motivation,Weight Loss,HCG Diet, Health, Fitness & Dieting, Diets & Weight Loss, Special Conditions, Low CholesterolWeight Loss, Cookbooks, Recipe Books, Weight Loss Recipe Books, HCG Diet for Beginners, Heart Healthy, Gourmet, Cooking Methods, Cookbooks, Food & Wine, Special Diet, Cookbooks, Food & Wine

HCG Diet Book Createspace Independent Publishing Platform

Losing weight can be a challenge, especially in the world of fast food chains churning out high fat products and the local supermarkets being crammed full of quick and easy meals, not to mention tasty treats. So it's great to know that there are ways to lose weight effectively, while not sacrificing any of the taste and

goodness our bodies crave. HCG Diet: Everything You Need to Know to Successfully Lose Weight Fast is a great book which is more of a plan than simply a diet. With it you will learn; -About each phase of the diet -How to motivate yourself -How to plan your meals -Foods to avoid -How to maintain an ideal weight - Tips and advice throughout The HCG Diet isn't an easy option. It requires motivation, perseverance and will to succeed. But the benefits and end results are clear to see and well worth the effort. And with this book to help you every step of the way, the HCG Diet could be the very thing to get your body into the best shape ever!
[The Hcg Diet Gourmet Cookbook: Over 200 Low Calorie Recipes for the Hcg Phase](#)
Anil Patel

Do you want to lose weight quickly without exercise and while still enjoying your favorite foods? If yes, read this concise and professional review of the HCG Diet and follow the prescribed diet plan to get your desired results in a short time. Data released by the National Health and Nutrition Examination Survey showed the prevalence of severe obesity was 11.5% among U.S women in 2017-2018 (Hales,

Carroll, Fryar, & Ogden, 2018). Obesity results in serious health problems among adults including end-stage renal disease, respiratory issues, and coronary heart disease. Besides, pregnant overweight women face several pregnancy complications like gestational diabetes mellitus (GDM), hypertension, congenital defects, fertility issues, and preeclampsia. However, you can get rid of obesity and lose weight quickly by following the HCG diet plan, which is claimed to reduce up to 0.5-1 kg of weight per day. The process is highly efficient, safe, and secure and causes fast weight reduction among pregnant women without causing any hunger or weakness. HCG refers to human chorionic gonadotropin, which is a hormone pregnant women release in large quantities during the early stages. Often used by doctors and gynecologists to test pregnancy, HCG can also treat fertility issues and was proposed as a weight-loss tool in 1954 by Albert Simeons (Palsdottir, 2018). The HCG diet combines severe calorie restriction (500 calories/day) with the HCG hormone injections (Zeratsky, 2019). You can achieve dramatic weight loss by using HCG products in various

forms including pellets, drops, and sprays. In this HCG diet guide, you will discover: ● What is HCG and who presented the idea of the HCG diet as a weight-loss

mechanism ● How effective the HCG diet is to treat obesity ● What are the potential risks or side effects of using the HCG diet ● What researchers, nutritionists, dietitians, and doctors say about the

efficiency and reliability of the HCG diet ● Some legal obligations of the HCG diet in the United States ● Final recommendation on whether to use the HCG diet or not