

HCG Diet Revealed

SPECIAL REPORT

HCG Diet Tips for Success



Authored By Colin F. Watson of The Highly Acclaimed
HCGDietRevealed.com

HCG Diet Protocol Coach Helps Dieters Achieve Success With Their Weight Loss Goals.

2010-03-01

By Colin F. Watson

“He does something truly amazing with his hands on approach to HCG diet coaching that promises to make your weight loss experience different from any other diet. He uses his personal weight loss struggle and real life HCG diet experience to help others ach”

For Immediate Release:

Colin F. Watson HCG diet protocol coach does it again, when he launched his new HCG diet blog “HCG Diet Revealed. As an HCG diet protocol coach he has big plans with The HCG diet protocol. One thing he doesn't want to do is be like everyone else. That’s why his HCG Diet Revealed blog is different from all the other blogs, forums, and YouTube VLOG’s, on the internet.

He does something truly amazing with his hands on approach to HCG diet coaching that promises to make your weight loss experience different from any other diet. He uses his personal weight loss struggle and real life HCG diet experience to help others achieve their weight loss goals. Colin has successfully lost 44 pounds in 37 days on the HCG diet protocol, and has kept the weight off for more that 20 months.

Most HCG diet protocol website, are designed for HCG sales not for diet coaching and mentoring for success. Most HCG diet clinics, websites and blogs, do not offer any real training when it comes to the necessary mindset, support, and weight loss tips needed for success with this “weight loss cure”. Many have not personally used the protocol to completely transform their bodies. Colin F. Watson offers free personal one on one coaching to those looking to achieve weight loss success.

With millions of people looking for fast weight loss and more than 228,000 people per day searching for HCG injection information in the US alone, it is obvious this weight loss protocol is in high demand, with very few people really offering useful information and help. If you give a would-be HCG dieter HCG without the specific HCG diet menu, rules, mindset and tools to succeed, in many cases, this person will fail to reach their weight loss goals, and reveal their true body within. Without teaching those new to the HCG weight loss cure, the proper approach to this diet, they will most definitely find themselves frustrated and falling short of the 1 to 3

pounds per day weight loss experienced by many who have completed the diet protocol.

As an HCG diet protocol coach, He has seen what the other HCG diet mentors were doing, and decided to do something very different. He provides his personal phone number and contact information on all of his HCG diet post and YouTube videos, inviting anyone who needs help with the HCG diet to contact him directly for diet tips, solutions, and mixing instructions, in addition to where to buy HCG drops and HCG Injections without a prescription. He does, however, strongly suggest that all potential dieters read the complete Dr. Simeons "Pounds and Inches" weight loss protocol, before buying HCG and proceeding with the HCG diet protocol. The HCG Diet Protocol when done a certain way will always provide remarkable weight loss results which virtually guarantees weight loss success with the HCG diet.

The new blog on HCGDietRevealed.com offers subscribers, free unbiased information and addresses the frequently asked questions that dieters may have about the complete HCG Diet protocol. Anyone who is looking to lose unwanted fat, pounds and inches will learn what they need to know to complete the diet successfully.

New dieters that follow the diet protocol and read the Simeons weight loss cure, will receive fast weight loss like never seen before with any other diet protocol on the market today,

Colin F. Watson HCG diet protocol coach has a mission to help one hundred thousand people discover, participate and complete The HCG Diet Protocol with his brand new approach to the HCG diet protocol coach, and he is going to change many lives in 2010 and beyond. He brings a One Hundred and Ten percent commitment to those looking for HCG diet help, coaching and mentoring with his HCG Diet Revealed blog. All I can say is his new approach to doing the HCG diet is the best I have ever seen, when it comes to giving back, and helping others succeed with the HCG Diet Protocol.

For more information:

Visit our website: <http://HCgDietRevealed.com>

How I Lost 40 pounds in 43 Days with This Controversial Weight Loss Program.

In of April 15th 2008 I broke down into tears in my closet one morning, I had finally reached the end of my rope. Almost every pair of pants I tried on would not button. It seemed that I had somehow transformed myself from that skinny kid that could eat anything I wanted, to a teenaged high school football superstar into adult father of five with a pot belly and 235lbs of self hate all overnight.

My name is Colin F. Watson, and this is my story of how I lost over 40 pounds in 37 days with the controversial HCg diet protocol. I am sharing my story of success with the HCg diet, for several reasons. One is because I was so skeptical, and believed the author of the book "The Weight Loss Cure" Kevin Trudeau was a con artist; and that I was most definitely throwing my money away on this infomercial, however, in spite of it all, I was so desperate I didn't care who the messenger was, I wanted the lose weight desperately.. What happened to me thirty seven days later shocked me to the core.

This weight loss protocol changes my life forever! As a high school football player, I was in great shape when I was in my prime. Like many of you the years went by, I put on over 40 pounds of fat without really noticing it and went from a 31inch waist to a 42 inch waist. I developed high blood pressure, I was a borderline diabetic, and could not run half of a mile without gasping for air and in physical pain. I could not get the weight off no matter what I did. I tried counting calories, Neutri System, Weight Watchers, all who claimed that quick weight loss with their programs. I did colon cleanses, low carb diets, diet foods, diet detox's, running, working out, you name it, I tried it, and ABSOLUTELY NOTHING WORKED.

Until that fateful day in my closet, I remember seeing this infomercial about a new weight loss cure. "The HCg Diet Weight Protocol". HCg (Human Chorionic Gonadotropin) is a hormone that when used in conjunction with a very specific specialized low 500 calorie diet boasted amazing results. In thirty seven days, I dropped over 39 pounds of fat and completely transformed my body. I was so amazed at my results, I started telling everyone I new about the HCg diet protocol, and researched information on how to make this protocol affordable for anyone struggling to lose weight.

If you are like me, and are looking for a weight loss diet protocol that will work miracles in record time, I highly recommend considering the HCg Diet Protocol "Pounds and Inches".

HCg Diet Protocol... Don't Be a "Try-Baby"

I've always been entertained from watching squirrels but I never thought I would feel motivated from watching squirrels!

WATCH THIS: http://www.youtube.com/watch?v=1jByfWOLmjo&feature=player_embedded

In fact, this baby squirrel was so inspiring that I actually watched the video over and over again so I could take some notes...

Don't Be A "Try-Baby"

If you want to achieve any goal, your first step is to declare it. These squirrels started their day with one goal in mind – get the baby squirrel at the top of the wall!

They took 100% responsibility for creating the goal and did not stop until the baby squirrel made it to the top of the wall! As far as setting goals and actually achieving them, squirrels have a major advantage over humans...

The words "hopefully," "can't," "maybe" — and the ultimate death trap for goals — "try" do not exist for squirrels! At one point in our lives, they didn't exist for us either...

When we were children, we had an amazing ability to dream! What does your dream body look like? I saw mine when LL Cool J, lifted his shirt in the movie Swat! I was like Daaaaahum, now that's what I'm talking about. That became my goal... and I didn't fall to short of that.

As a child, you never said "I'm going to try to be a (insert your dream body idol from childhood here)." You said "I'm going to look just like a _____!" Today I challenge you to forget what everyone like your parents and teachers, you friends, family members and colleagues said about "being realistic" or "getting your head out of the clouds..." Forget your goals of having just an ok physique this summer!

Start dreaming big again TODAY! Believe it or not, it just takes a little more effort to achieve a great body than it does to just lose a little weight!!

Surround Yourself with Greatness

As these adorable squirrels proved, it's a fact of life that people tend to mimic what they see around them. The baby squirrel watched the big squirrel dart up and down the seemingly 'HUGE' wall like it was nothing...

After a little encouragement from the big squirrel, the baby squirrel was eventually able to dig up the courage to make it to the top!

The same thing goes for you... If you surround yourself with successful healthy, fit people, then you'll want to fit in and be fit and healthy, too!

What do you think happens when people surround themselves with negative, unhealthy, out of shape people with small dreams and low self esteem??

They forget their big dreams and start accepting that 'realistic' body and life everyone kept telling them about...

Seize the day! Order your HCG today, and Reveal Your True Body Within!
To Your Dream Body Success!

Colin F. Watson
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HCg Diet Protocol Tips For Success from Other HCg Dieters

It is so difficult to do this diet and if you don't lose a pound a day or at least measurable weight, you may give up. Well, don't give up. Here are a bunch of ideas from you readers...

Julie says, "Wow, drinking a lot of green tea really works. Wish I had done this before! I don't like lemon, but I like Lipton's Orange, Passion fruit and Jasmine or Mandarin Orange."

Alice wrote, "I made one (vision board) in my large walk in closet in my bedroom. I cut out things from articles from magazines to Bible verses I had copied on paper and hung them on my wall. Everyday when I am getting ready for work I look over the positive words or pictures on my wall and just re-reading those things has helped me to stay focused. I even keep a calendar in there that I write my weight down on everyday so I can see where I was and here I am now. It's very motivating."

"I feel like the Hcg has energized me to know I can do this and still keep seeing results. I know to stay successful I have to always have a vision of where I want to keep my weight maintained at. It's the staying focused and positive attitude that will keep your vision alive."

"I really like the Wish Bone brand Salad Spritzers. They are great for flavor and only have 10 calories and 1 fat gram for every 10 sprays. I have found the balsamic and red wine vinaigrette taste the best."

"C" wrote, "We DID have oranges back in the 50's. We DID have broccoli and Cauliflower in the 50s. Dr. Simeons said (this I read) that he found those items and many others self-proclaimed "experts" on the HCG diet have added in our century, are not the BEST for his protocol."

Sure you WILL lose eating that stuff if you have over 40 lbs to lose, but you WILL lose less. It is up to the individual person if they want to add things NOT on his plan, thus losing less weight. There are people who lose 40 lbs on the 40 days, and these people were actually only 40 lbs from their goal.... and lost it all in one shot.

I DOUBT they deviated from Dr. Simeons plan AT ALL. I know the stupid oranges messed me up for 4 days and the 1.5 weeks previous to that, I should have lost more if I had never touched them. I lost better without them."

"C" continues, "Dr. Simeons stated that he tried all the different vegetables and fruits and found in his research, that the ONES HE LISTED are the ones that NEVER EVER slowed the weigh loss down. Good enough for me! He said the chemical composition of those foods facilitated

better weight loss. Just like we all KNOW that grapefruit helps our bodies lose fat, that apples have so much fiber it is crazy and that helps to "push it all through" and strawberries.... not sure about that one, anyone? lol..... My point is, there are BOOKS and DIET plans out there that talk about certain foods enabling us to lose weight and they are correct. This we all know is fact! It is fact that certain foods facilitate weight loss. For Dr. Simeons, with the HCG, his food choices are narrower, but for a reason. Not to make us suffer, but to get our butts back to where they belong! in a bikini! lol!! Funny, I think maybe Dr. Simeons knew about this food thing way back in his day."

"Even when you follow his plan, sure you will plateau as you get closer to your target weight, but that is because the old fat cells are now holding water, then when the body consumes the fat cell.... YES, amazing, that it does do that!!! Something NO OTHER diet can do! Other diets only flatten the fat cell... empty it, NOT destroy it, which is why people gain weight back with other diets! :).....

"So after the plateau, the water the cell was holding is released and the weight loss continues. (That is that night that you get up and pee every 2 hours!)"

One more from "C", "Miracle Noodles are FINE in moderation, but an area to look at if your weigh loss slows... mine never did but that is MY body..... (It is all fiber no fat, no calories, no sugar etc)..... Stevia is fine..... Sugar-free hard candy? Well, I think I remember Dr. Simeons mentioning a saccharine candy being okay..... but we know this causes cancer... yikes! Again, your choice! Personally, root-beer stevia drops in Club Soda are AWESOME and allowed!"

Hope some of this helps. My favorite motivator is the book "Die Fat or Get Tough." You can find it online as an eBook or at Amazon as a physical book to order and get through the mail. Page 68. "Develop a detailed emergency plan to handle sudden cravings. Don't allow momentary desires to derail your diet due to inadequate preparation." It makes me think of the Olympics and how hard they struggle to win that gold medal. The winners have figured out a way to work 100% on their goals. They put everything into it and even put their lives on hold.

Also, in "Die Fat or Get Tough," page 39, "While fat people are struggling at every meal deciding whether or not to remain compliant, fit people waste no mental energy because the decision has already been made."

Another, page 48, "Adopt the belief that 99% compliance is complete failure of your diet. It's like saying you're 99% faithful in your marriage. Only accept 100% compliance from yourself."

More quotes from Steve, Siebold. "Yo-yo dieters are slaves to their emotions." He talks a great deal about how fit people eat and think. "And it takes 21 days to establish new habits," but what wonderful healthy eating habits you will have when you finish this

diet. I have found for myself, that once I am on the diet a few weeks, it's like I'm on a roll. If I don't lose, I tweak what I am doing, figure it out and make changes.

I also found even when not on the diet, that I gravitate to the fresh raw vegetables and fresh raw fruits and take them in trays to family gatherings now. They are very popular, so why does everyone seem to want cake, pies and cookies? Or maybe it is just the people I associate with. And part of the reason I got fat in the first place.

Susan wrote, "Go to the salad bar at your local grocery store, if they have one, and get washed and ready spinach leaves, varieties of lettuce, beet greens, cucumber, celery, onion, diced tomato and anything else that appeals to you that is on the diet. It's fresh and easy. Whole Foods has a fresh salad bar, too, where you can do easy take-out."

It is extremely helpful to keep a food diary. If you write down everything you eat, you can go back and see what happened. Sometimes it is not the previous day, but some small infraction two days ago. It is also fun to look at the days that you lost so well and be able to imitate them!

Hope this helps. Thanks for all the hints, everyone, and I'll have more next time.

Colin F. Watson

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HCG Diet Injections Burn the Fat and Feed The Muscles For Ultimate Fat Loss

The HCG diet injections for weight loss, is unique because while it is an extremely low-calorie diet plan, the addition of the HCG hormone keeps dieters from feeling hungry. This key benefit helps dieters stick with the plan until their weight loss goals are met. But how does HCG keep hunger pains at bay?

HCG Works on the Hypothalamus of the Brain

The hypothalamus is the body's control center in the brain. Without HCG, the hypothalamus will trigger the body to burn only structural fat and lean muscle tissue. While that results in short-term weight loss, it causes the body to hit a plateau when it can no longer burn structural fat and lean muscle. HCG diet injections for weight loss will trigger the hypothalamus to burn excess fat that causes obesity. These fat stores will go untouched on traditional diets, which causes the yo-yo effect--losing weight only to gain it back when the dieter goes back to normal, healthy eating.

HCG Addresses the Fundamental Issues that Cause Obesity

As we have learned, HCG addresses the underlying cause of obesity--an excess amount of adipose tissue--and works with the body to burn that excess fat while keeping lean muscle mass. This is what sets HCG apart from other diet supplement--those are usually made of caffeine and herbal ephedrine, among other troubling ingredients. HCG is a natural hormone that the body needs to correct its normal functions.

HCG Gives the Body Energy from Abnormal Fat Stores

helps the body gain energy from the abnormal fat stores that cause obesity. The body gets the nutrients it needs by burning this excess fat, and in return, the body sends the brain signals that it is getting all the energy it needs. This keeps the body from signaling hunger pains to the brain.

HCG Keeps Negative Side Effects at Bay

On most low-calorie diets, common side effects include headaches, lack of energy, fatigue, and nervousness. However, dieters who supplement a low-calorie diet with HCG usually report an increase in energy, restful sleep, and no physical side effects like headaches. This is because, as HCG triggers the brain to burn excess adipose tissue, the body knows it is getting all the nutrients it needs. Even with a low-calorie diet, the body does not go into starvation mode, because the HCG is working with the body to give it everything it needs to function properly.

HCG diet injections for weight loss is best suited for those who have more than 10 pounds to lose. If you feel like you could benefit from the HCG diet plan, perhaps you should give it a try. Find a reputable supplier and start your weight loss journey as soon as possible!

For more information on HCG Diet Revealed or HCG Diet Revealed blog and resources contact Colin F. Watson at hcgdietcoach@gmail.com or by phone at: 1-424-245-6049. Or visit HCG Diet Revealed online at TheHCGDietProtocol.com

HCG Diet Food Choices... Are Your Choices That Limited?

When following Dr. Simeons' protocol the HCG diet protocol, your food choices might appear slightly limited. After all, you will be ingesting around 500 calories a day, which forces your body to release between 1,500 – 2,500 or more calories every day compulsory excess fat stores. The other part of the equation (other than HCG itself) is the types of foods you eat to provide your body with the required 500 calories. These have been identified as the foods that will return you to your natural weight set point.

The Importance of Food Quality...

Some say that it is critical that the foods you do eat must be pristine and organic. The reason for this argument is partly due to the chemical adulterants, preservatives and pesticides found in many commercially processed foods. Research has been shown that these chemicals are some of the main causes which depleted our body's natural supply of HCG in the first place. Although the most people will lose weight without eating organically; organic HCG dieting appears to deliver better overall weight loss results than chemically process foods.

Getting Started On The HCG Diet...

In the morning you'll be limited to unsweetened, organic black coffee or solid tea (one table spoon of milk is allowed however, cream is not an option). You have a couple of options when it comes to tea:

Again, it is critical that the water used has been filtered and purified to remove any contaminants such as chlorine or fluoride, both of that are common in typical city water supplies.

Let's Do (Lunch and Dinner...

When designing his program, Dr. Simeons identified pure proteins that aid in restoring balance to the body. These lean meats should be of the organic free-range type whenever possible, Free-range, organic beef which are accessible at featured item in most whole Foods grocery stores and can be more costly than its conventionally counterpart.

The other protein options are fish, shrimp, lobster, but you need to avoid types of fish that are high in mercury like, deep-sea cold-water fish such as salmon tuna or Icelandic cod.

Of course, you will need your assisting of fruits and vegetables as well. Along with your beef serving, you can select any one of the following:

Remember not to add any kind of fat (such as butter or oil) nor grill these foods.

They can be either grilled, boiled, oven baked or steamed.

Fruit choices include...

You must not add sugar to the apples, strawberries or grapefruit however Stevia is a great replacement.

It is also recommended that like your meat, poultry and fish, that your fruit and vegetables be organic as well whenever possible.

Something to remember...

It's undeniably critical to make sure that your diet is amply diverse from one day to the next. For example, if you eat Chilean Sea bass and spinach for lunch; you'll want to have chicken and cucumbers for dinner, and then maybe, beef and tomatoes for lunch the following day.

Because your body is burning fat at a supernatural rate, you should not be feeling excessive hunger, notwithstanding the minuscule amounts you are authorized to eat. If you do feel hungry however, feel free to drink more green tea, wu long tea, and water and cut back on ant excess exercise.

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HCg Diet Basic Explained

What Is The HCG Diet?

HCG stands for Human Chorionic Gonadotropin, the hormone produced by pregnant women in the early stages of pregnancy. Research suggests a small, daily HCG injection (approx. 125 IU to 200 IU) may result in a weight loss of 1 to 2 lbs per day, and often more, when accompanied by a VLCD (very low calorie diet of approximately 500 calories).

Dr. Simeons Protocol

It all started when the late British Physician, Dr. A. T. W. Simeons discovered the HCG weight loss protocol over fifty years ago. He devoted years to researching various patients suffering from obesity.

During this time, Simeons noticed several important factors including the lack of symptoms one would expect from a patient on a very low calorie diet. For example, his patients had no headaches, hunger pains, weakness, or irritability as long as the low calorie diet was combined with HCG Shots.

Tens of thousands of people used this simple, inexpensive, safe treatment and achieved substantial and permanent weight loss.

The main problems that overweight people deal with are massive, intense, constant physical hunger; food cravings and uncontrollable urges to eat when not hungry; low metabolism; and a high amount of fat stored in stubborn secure problem areas such as the hips, thighs, buttocks, and waist. The HCG weight loss plan helps with all these problem along with the HCG Injections

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Oral hCG Diet Drops For Weight Loss Gains Popularity For Those Weary of hCG Injections

Oral hCG Diet For Weight Loss Gains Popularity for Those Weary of hCG Injections

Weight loss and natural medicine have never been more popular. People are finally starting to realize that they need to change the way that they are living and to start to get the chemicals out of their lives to use natural supplements. For some, this is not always easy and hCG Drop will be there to help them through it.

HCG is the abbreviation for Human Chorionic Gonadotropin. It is a hormone produced during pregnancy and has been found to be safe for use by both men and women. Research that began nearly 40 years ago has shown that HCG can be beneficial in weight management when it is combined with a low calorie diet.

The mind and the body are supposed to work together. HCG is the trigger element for the mind to tell the hypothalamus gland that it is supposed to be storing fat. When people do not eat right or have challenges in their lives, this hormone is sometimes not produced and the body stores fats when it should be burning them.

The Oral hCG Diet program and its partner clinics throughout the country know that the tried and true low calorie diet has proven its value over the course of time and in despite of numerous other diet crazes. This program works with a very calorie restricted diet for a short time period in conjunction with the HCG drops. It brings quick weight loss, but does take discipline and support. Fortunately there are products available to work with the program and help to fight hunger pangs and cravings.

HCG diet drops help everything come together by firing up the metabolism and allowing your body to burn off the fat naturally. Not only that, but because this hormone should already be in the body, many people have also reported a better sense of mental health once they have been on the diet as well. This is something that no other diet aid can claim because their makeup is made of things that are not naturally occurring to the body.

This program includes diet support products to meet the cravings and make the low calorie diet manageable. These supports are clinically tested and specifically manufactured to work with the HCG restricted calorie diet. An additional bonus is that testing has shown that using the support items can aid in the effectiveness of the overall program.

While the Homeopathic hCG Diet program throughout the U.S. appears to be the newest weight management program around, it actually is backed by years of research. Those who are not comfortable with some program's injection therapy can now use the homeopathic drops. These drops, combined with support supplements have proven to aid in weight loss for many users.

Seeking some real information about the hcg diet? When you want to learn the facts about how you lose weight and feel great, listen to someone who knows all about hcg diet.

Resource box: Colin F. Watson
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Why Cheating On the HCG Diet Is More Frustrating Than....

There are very few days that goes by that someone doesn't ask about the consequences of cheating while on the HCG Diet. My Question to you:

Really... Does Cheating Work On Any Diet?

No! Cheating on the HCG Diet is more frustrating, than cheating on other diets, because every time you cheat on the HCG diet, it can cost you days of stalled weight loss, and in some cases weight gain. The more you do it the more likely that the diet won't work; it's a costly mistake that can cause your weight loss to plateau for several days and can ultimately lead to FAILURE.

With that said, there are very few people that make it through the HCG Diet perfectly without at least one mishap. Learning to eat healthy is a work in progress and just like any skill, it takes time to master.

We are often our own worst enemy when it comes to completing a diet plan successfully. It's easy to sabotage yourself by storing the wrong food in the house or forgetting to plan or in some cases, prepare your meals ahead of time to limit the possibilities of the eating wrong foods in desperation.

You may feel that you "deserve it" because you stuck to the diet all week. Or maybe you "deserve it" because you had a bad day. The key, of course, is to plan ahead, and keep healthy food around you at all times, stay focused and committed to keeping the end goal in mind.

What is your Purpose? **Your Big "Y"**... Ask yourself why are you doing this protocol?

Are you sick of being overweight? Are you tired of buying clothes that look great in the store window but not quite as good in size 18? Do you want this summer to be the one that you feel comfortable in your swimming suit? Are you just about ready to get married and want to have the body that you've always dreamed about? Are you just plain tired of being sick and tired?

Whatever your Big "Y" Is... keep it in the forefront of "Your Mind". Picture yourself and feel the feelings of how you'll feel when you achieve your goal. Plan a way to reward yourself (something that is non-food related).

Most importantly, if you happen to "Back Slide" then acknowledge your mistake, and Try and understand the circumstances that caused you to make these choices and create strategies to prevent it from happening again. The worst thing you can do is to blame it on the diet, the product or your individual circumstance. No excuses!

The HCG Diet works!

Over one thousand members of HCGDietRevealed.com have seen tremendous results... and YOU CAN TOO! So if you've struggled with sticking to the protocol make a mental decision to keep going. Turn the cheating around and make it a positive. You've learned about some of your weaknesses (which we all have) and now it's time to recommit, pick yourself up and get back on track. It's Time to "Reveal Your True Body Within"!

A Pound A Day Keeps The Cheating Away...HCg Diet Secrets Revealed

If you are doing the HCG Diet, then you know how exciting it is to lose weight every single day. If you don't lose, then those temptations to cheat grow stronger. Keep in mind however, if you are Averaging at least one pound per day, you are right on target.

Also, it is important that you keep reminders of your goal out in Plain site, so you stay focused on your end results.

Here are a few tips that may help.

- 1) Try skipping the bread sticks or melba toast for a few days. They stimulate insulin to hold onto fat. They really are appetizers, by their very nature of being carbs. Think appetizer. They stimulate hunger, too. Kevin Trudeau mentioned in his book, *The Weight Loss Cure*, that he didn't eat any so that he could lose as fast as possible.
- 2) The best way I have found to keep losing is to try and eat one meal as fat free as possible, which means having fish or shrimp.
- 3) I have found that eating any beef can make losing difficult, especially for women. If you are eating any, I suggest you stop for a few days at least and see if it helps. Any beef at all, just has too many fat grams.
- 4) Grapefruit is a known fat burner. I found on the diet, I actually grew to love it and now off the diet, I don't care about it as much. I think my body just wanted the vitamin C or potassium or maybe it was the sugar. I found if I started the day with grapefruit, I felt more satisfied as the day went on. I don't understand it. It just worked that way.
- 5) Taking potassium supplements can help you lose. You have to be careful and only take them once or twice a day. Potassium helps release fluid from the cells. It helps because this diet where you lose so fast, you lose potassium. If you find yourself feeling headachy or having leg cramps, you probably need to take potassium. Some clinics even prescribe potassium. A banana has about 500 mgs. of potassium, so taking a potassium pill of 100 mg. sure won't hurt anything. If you are worried about balance with other electrolytes, you can also take calcium and magnesium.

6) Also consider taking liquid iodine, or Iodoral supplement which Can increase Thyroid production for greater weight loss

I didn't take supplements the first time I did the diet, but I did after that. I took a good quality multi-vitamin and extra calcium and vitamin C and of course potassium plus a few others. This was gradual over time, but I felt the first time I did the diet, my nails got weak.

6) Some people will not lose if they drink diet drinks. The non-sweeteners seem to stimulate insulin to hold onto fat. There is new information out that suggests that diet drinks and a regular diet add to belly fat.

7) Some studies of people on the HCG Diet showed that if they fasted from supertime (after supper) until noon the next day that their weigh lost improved.

You can test this yourself by not eating until noon and weighing yourself again. You will have probably lost another half pound or more.

8) A recent article in Women's World stated drinking green tea to lose weight and curb hunger. It says that if you drink nine cups of green tea a day, you will lose daily, without changing your diet. It makes me think that drinking green tea, hot or cold, is a good idea for lots of reasons. The hot tea seems to help me with hunger. If you add lemon, it's even better for losing fat.

To Your Success, and remember to Live Life Powerfully!

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23 DAY MIXING KIT



43 DAY MIXING KIT



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23 DAY SUB-LINGUAL MIXING KIT



43 DAY SUB-LINGUAL MIXING KIT



<https://www.pharmacycrow.com/s34292-s-HCG-KITS-110554-s.aspx>
23 DAY HYGIENE KIT

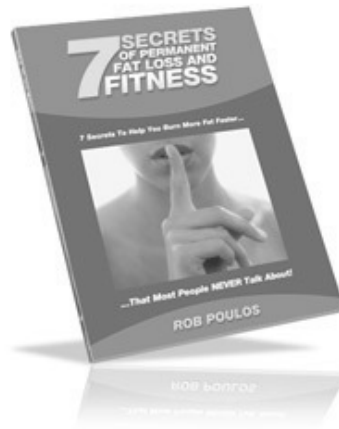


43 DAY HYGIENE KIT

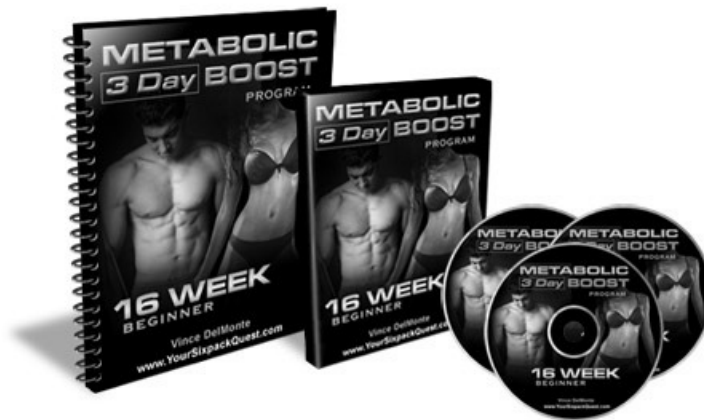


**Here is a list of the Products and Programs
I used to complete my total body transformation and
keep the weight off.**

<http://my-fat-burning-furnace.info>

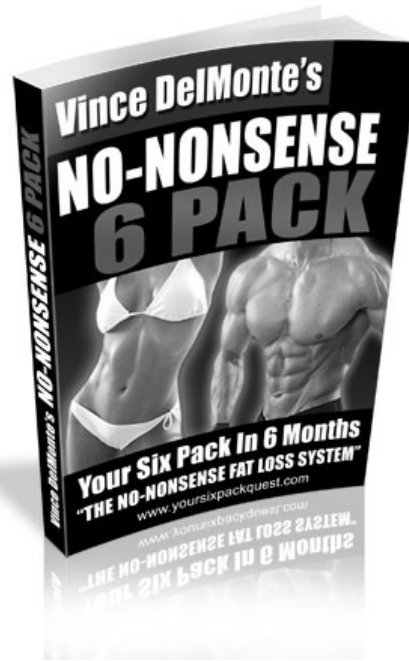


Metabolic Muscle



<http://getsixpackabswithhcg.com>

Get Six Pack Abs With HCg



[http:// LadiesOnly.HCgDietRevealed.com](http://LadiesOnly.HCgDietRevealed.com)

Female Body Shaping workouts

