

Is The hCG Weight Loss Plan Right for You?

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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.

How Can Anyone Survive on 500 Calories Per Day?

Normally, a 500 calorie per day diet plan would seem so restrictive that our bodies couldn't possibly get the nutrients it needs to perform. This is where the hCG hormone makes the difference.

By taking the hCG hormone in injection, oral drop or pill form while you're on the hCG diet plan, your body will receive everything it needs – and then some. While you're actually eating a balanced diet that's extremely low in calories, your body will be burning between 2,000 and 3,000 calories per day in stored fat!

This remarkable chemical reaction tricks your body into feeling that it's getting more calories than it needs. Result? The fat cells that you've been

carrying around for years get used up and the fluids that you'll be drinking flush the collapsed cells from the body.

Are There Any Side Effects On the hCG Weight Loss Plan?

As with any rigid diet plan, you may have some side effects with the hCG weight loss plan. But, when comparing the hCG diet with others, the results are far better with the hCG plan. Side effects also vary as to whether you're giving yourself injections of the hCG hormone as opposed to taking the oral drops or pills.

Some common side effects while on the hCG diet are:

- Headaches – If you have headaches, it's usually during the first week of the diet and hCG hormone therapy. Since the diet is very low in calories, you may experience mild headaches until the hCG hormone takes full effect.
- Irritability – This is also sometimes experienced during the first week of the diet plan and soon goes away.
- Light-headedness – Another symptom of a low calorie diet that usually subsides after the first week.
- Inflammation or bruising at injection site – If you're giving yourself the hCG hormone injections, be sure you know how. You may want to seek help from a physician or nurse to perform the injections or consider taking the hormone in oral drop or pill form.

Compared to other weight loss plans, the hCG diet has very few side effects. Some side effects of other diet plans you may have heard of are: Atkins Diet – The Atkins Diet consists of high-fat foods and giving up most foods that contain carbohydrates. Some unpleasant side effects that may occur are fatigue, insomnia, nausea, dizziness, constipation and bad breath.

This high fat diet may also place you at higher risk for heart disease and nutritional deficiencies that could cause serious health problems later on such as kidney problems and bone diseases.

Jenny Craig and Nutrisystem Diet Plans – These similar plans require you to purchase expensive, pre-packaged meals – so one side effect could be a lower bank balance – especially if you're still having to grocery shop for a family.

Also, it's difficult to maintain the weight loss after you stop purchasing their pre-portioned products. Consultants at Jenny Craig and Nutrisystem aren't required to be proficient in health or nutrition, so you may run the risk of getting some bad advice.

South Beach Diet – The basis of the South Beach Diet plan concentrates on foods high in fiber and complex carbohydrates. Some negative side effects include constipation and bloating and a possible serious side effect called ketosis.

Symptoms of ketosis include bad breath, dizziness, and tiredness and occur because there's not enough glucose in the body. Ketosis can also result in kidney problems.

Most diets result in a few side effects, but some are more harmful than others. After all, you're introducing some foods and schedules that your system is totally unfamiliar with. The best diet plan would be a plan that's going to give you a balanced diet and still burn unwanted fat calories.

What's the Difference In the hCG VLCD and Other VLCDs?

The main difference in the hCG weight loss plan and others is that you're going to be taking the hCG hormone in either injection, oral drops or pill form. This synthetic hormone is the caveat that makes it work with the least amount of side effects to your body.

In his research, Dr. Simeons reported that after taking daily injections of the hCG hormone and going on an extremely low, 500 calorie diet plan, that fat literally “melted off” of his patients. And, the amazing part of the experiment was that their skin remained taut and smooth and that they didn’t gain the weight back.

The hCG weight loss plan is a rapid and easy method for burning unwanted fat calories and getting rid of unwanted pounds. Below are some of the differences that successful followers of the plan have reported after trying the hCG diet:

- The loss of 1 to 2 pounds per day.
- No hunger and cravings like with other VLCDs.
- Inexpensive and easy.
- No prescriptions are needed for the oral (sublingual) drops or pills.
- No doctor visits or trips to see a counselor.
- The hCG hormone is naturally produced in men and women – and may help prevent breast cancer.
- Made in the U.S.A and regulated by the FDA to ensure safety and potency.
- Resculpts the body while you’re losing weight.
- Improves digestion and revs up the metabolism.
- No exercise is required.

After following the diet plan and taking the hCG injections, oral drops or pills, your metabolism should be burning fat calories efficiently and effectively. Think about how an automobile battery performs after you jump start it.

You let the battery run for awhile so that you’re sure it’s working properly. Then, when you unhook the cables, it should continue purring with the energy you need to get from one place to another. Your metabolism should work in the same fashion after you quit taking the hCG hormone therapy.

The hCG weight loss plan is designed for you to go through three phases:

Phase 1 – You'll load up on calories.

Phase 2 – Begin the VLCD (500 calories per day) and the hCG hormone injections, oral drops or pills.

Phase 3 – The maintenance portion of the hCG diet plan. You will have stopped taking the injections and will begin to introduce new foods into the plan.

Eventually, you'll be able to bring back all types of foods into the diet. The key in this maintenance phase is to watch your weight carefully, which means weighing every other day. If you begin to see the scale begin to creep up, detailed instructions in the hCG diet plan will tell you how to get back on track.

Take a quick look at any informational hCG online site and you'll see testimonials from people who have found success on this weight loss plan – and those who have failed. If you dig deeper, you'll find that most people who have failed to lose the hoped for weight on the plan didn't follow it exactly.

One thing about the hCG weight loss plan that's different than most diets is that the prescribed methods are tried and true and don't allow for too much variation. But, with results such as happens with true followers of the plan, who would want to stray from the path anyway?

You can find information in abundance on the Internet as to why the hCG weight loss plan differs from other VLCD plans. You'll also be able to find support groups and help tools for your diet plan, including charts, guides and food and weight scales.

End the Weight Loss Struggle – Once and For All!

Do you have "fat" clothes and "skinny" clothes in your closet? Maybe you're dreading the summer because that brings with it less clothing for

you to cover up rolls of tummy fat and bulges on your thighs and butt. You may want more than anything to find a weight loss plan that finally ends the yo yo dieting you've become accustomed to.

Thousands have found that the hCG diet and weight loss plan brings rapid results and puts an end to constant diet struggles. It's brought both self-esteem and a positive outlook on life where other diets have left them wondering why – after they followed a special diet for months or years – they're back to square one.

The answers come in understanding that merely putting less food into your body doesn't really help your system work differently. You've got to change your metabolism – the way fat is burned. And, if you've been on the diet roller coaster for a long time, your metabolism might need a jump-start – similar to a battery that's run down.

This can happen on the hCG weight loss plan without adding a stringent exercise regimen. When you're on a low calorie diet, you usually have less stamina for exercise anyway. With the hCG diet, the hormone is burning fat calories without the necessity of having to burn them off with exercise.

Besides a jump start to your metabolism, how would you feel about a diet that improves digestion, controls your hunger effectively -- and you don't even have to exercise? If this type of dieting appeals to you, check out the hCG weight loss plan to find out how it works and how it can work for you.

If you need even more motivation to research and try the hCG weight loss plan, think about the fact that 21 days is an extremely short amount of time to be able to lose up to 20 pounds – sometimes more. And, you can do this safely and without bad or harmful side effects!

Ending your weight loss struggle once and for all means a new level of self-confidence for you and health and well-being that you may have never experienced. You'll gain new and improved eating skills and habits and you won't be a prisoner to cravings anymore.

Until you fix yourself from the inside out, you'll continue gaining back the weight you lost and you'll never have the satisfaction of taking it off once and for all and throwing your "fat" clothes away. Check out the hCG weight loss plan for yourself and see if it's the right one for you.

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