

**TRANSFORM  
WHO YOU  
ARE NOT  
JUST THE  
WAY YOU  
LOOK!**



## 10 Ways to Beat Hunger on the hCG Diet

When you are hungry, it is so uncomfortable, and is a situation that can be disastrous too. (Meaning cheating.) Usually the hunger will get better, and remember your body is going through some changes including withdrawal from carbs. Eating an orange or grapefruit might help the low sugar feelings.

So what to do? I have successfully done the diet 2 times. These are just my own suggestions. You won't find this on Dr. Simeon's Pounds and Inches.

### 1) Spices

So what else can you do for hunger? I found three avenues to slay this dragon. When you are hungry you need help RIGHT NOW! There are the emotional needs, physical needs, and real hunger, so let's stick with food right now. I discovered that spices can help. If you will slice up a tomato and sprinkle on salt, pepper and some Italian spices, it is surprisingly good at allaying hunger. Use good spices on your fish or chicken and you will be more satisfied. Next time I will send on some recipes, including my Blackened Chicken Spice Recipe that I have already sent to a few of you.

### 2) Walking

Walking can up metabolism and I read recently that a short 30 minute walk or circuit training routine releases chemicals in the body that actually reduce appetite. Amazing. It is a good distraction and psychologically, if you start your day with a walk, you are much less tempted to eat something you shouldn't, but I always thought it was just psychological. Now I know it is based on something physical, too. "Walking alters appetite hormones and plasma lipids by modifications in lipoprotein metabolism and up-regulation of the low-density lipoprotein receptor." I am not sure where I got that quote, but in some magazine on metabolism or weight loss.

### 3) Eggs

Dr. Simeon's allowed one egg and two egg whites for vegetarians, for a meat substitute. So that got me to thinking and one day when we had some hard boiled eggs around, I ate one with salt and pepper. It was between meals and so I cut back on my chicken in the next meal. I suppose it was the fat in the egg yolk, but I was able to get through until the next meal just fine.

### 4) Pickles

It also is not on Dr. Simeon's list, but it is amazing what a pickle can do! One small to medium dill pickle has zero fat and only 1 carbohydrate. And after you eat a pickle, you can resist other foods amazingly well. (This one was suggested to me by a friend, I don't know about this one personally.)

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## 5) Brush your teeth

How many times have you ever brushed your teeth and then decided you didn't want to eat anything? It can be quite effective.

## 6) Support & Motivation

When I went through any kind of "hunger spell" which usually was the 3-6 days of a new round of the diet, I found it helped me to go online to the yahoo groups . com. I'd read what others were writing, asking, and offering for advice, and it really helped motivate me to stick with the diet. Also, you can see some before and after pictures.

## 7) Iodine

Also, I now take iodine in the form of Kelp, a supplement. Iodine in fish is known to help you lose better because it helps up your metabolism. Iodine is so needed in the diet, that it is added to salt. Please do yourself a favor and only use iodized salt. Iodine can help prevent hair loss, too.

## 8) HOODIA GORDONII

This is a cactus-like plant. This herb has been used to suppress hunger without side effects. Many of my friends have taken various forms of this over time. You should be able to find this at your local health food store.

## 9) Green tea

I also drink it as much as I can. I often combine it with Woo long tea and Organic Yorba Mate tea. It helps to drink hot or cold tea. It isn't just the fluid volume, but the tea itself that helps with appetite. I have been known to take green tea diet capsules. Do what ever it take to stay focused and on the diet.

## 10) Chicken bites

If you are like to snack, and find it hard to go without eating something, I found it really helps to have wonderfully grilled and seasoned chicken, cubed and saved in a zip-lock bag in the refrigerator, for a between meal snack. Just one or two cubes can really put off hunger.



I hope you find this helpful to keep you focused on your goal, of revealing your true body within.



To have all of your questions answered about the hCG Diet email [info@HCGDietCanada.com](mailto:info@HCGDietCanada.com) or call 416 477 1345 Visit our HCG Diet Canada information site at [www.HCGDietCanada.com](http://www.HCGDietCanada.com) and [www.dietdropscanada.com](http://www.dietdropscanada.com)

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