



Why Men Lose More Weight on the HCG Diet than Women

Yes, as unfair as it may seem, men do tend to lose weight faster than women. Though this can be upsetting to some, it really all boils down to genetics, and geographic location, and exercise regiment; when it come to the HCG diet protocol, many will find that the scales are still not in balance when it comes to men vs. woman when it comes to weight loss.

With that said, here are few reasons that may help you understand why this is the case. There are physiological reasons for that difference:

1. Men have more muscle. This allows them to burn more calories, even when at rest.
2. Women are predisposed to store and retain fat. Women have higher levels of estrogen, a hormone that works to keep the fat on a woman's body so it's easier for her to get pregnant. That means women have to work harder to lose weight at the same rate as men.
3. Men's bodies respond more quickly to exercise. Women's bodies, meanwhile, actually go into a sort of starvation mode, slowing the metabolism to hang onto more fat.
4. Women may have a lower tolerance for exercise. Women have smaller lung capacity than men, which can make women feel as though they are working harder than men even if the women are working at the same level. This can also make exercise feel harder in the heat or high humidity.

Although there are a few things that women can do to even out the weight loss while on the HCG diet protocol, it's always best to avoid comparing yourself to others, whether male or female, when it comes to weight loss. Everyone loses weight differently, and genes, along with hormones, play a large role in how quickly some people lose weight.

Just do the best you can. With HCG and our help you can finally reach your goals.

