

The Complete Guide to The HCG Diet



If you want to lose 1-2 pounds a day without strenuous exercise, dangerous diet drugs, or hunger then reading this and taking action will be a turning point in your life...

You may have already heard about hCG and its weight loss power or you may have not. It has been very successful in the USA, Canada and Europe for over 15 years and was created originally by Dr Simeons in 1949.

Let's start at the beginning...

hCG stands for Human Chorionic Gonadotropin. It's a naturally occurring hormone that is found in pregnant women (but men benefit from it also).

Even though you are not pregnant, having small traces of hCG in your bloodstream triggers your body to consume your stored fat to make sure the developing baby has enough nutrients to develop properly. All this while maintaining & preserving muscle mass.

So what does that have to do with weight loss??

Well in the 1950's a doctor named Dr. Simeons discovered that by injecting hCG into overweight men & women and combining it with a 'very low calorie diet' (VLCD), it made people lose 1-2 pounds per day without ANY exercise.

It was called the "Cure to Obesity" and millions of men and women have shed millions of pounds of fat on this hCG Diet.

It's popular because **IT WORKS**.

Unfortunately, a lot of misinformation about the hCG diet has been spread by dishonest advertisers looking to make a quick buck on the hCG craze.

So what is some of this misinformation?

hCG Does NOT Make You Lose Weight!!!

That's right. hCG doesn't make you lose weight!

You see, to lose weight you need to be putting less calories in your body. And to lose a lot of weight you need to be putting a lot less calories in than you normally do.

So on the hCG diet you adhere to a low calorie diet, and that's where the next area of misinformation comes in.

A lot of people claim that HCG doesn't do anything and it's just the low calorie diet that is doing all the work.

And you know what?
They're Not Totally Wrong! ...but not totally right either.

burn stubborn, stored fat rather than muscle mass that you need!

Let me explain

FACT:

If you go on a very low calorie diet without hCG you would lose weight. That's for sure!

BUT, most of that weight loss would be a loss of healthy, necessary fat and lean muscle mass that you have on your body that **you definitely DON'T want to lose!**



That's Not Good!

Plus, without the hCG you wouldn't be able to stay on the low calorie diet for more than a few days maximum. You would be starving and just like with all of the other diets you have tried, unfortunately you would fail.

So that's where the hCG comes in...

Like I said earlier, the hCG doesn't make you lose weight but anecdotal evidence show that the presence of the hCG in your body triggers it to burn stored, stubborn fat and stop hunger pangs so you don't even feel the desire to eat while on the low calorie diet.

In other words, hCG forces your body to use stored fat to replace food. Your body isn't hungry because it doesn't realize that you aren't eating... afterall... it is eating all of your fat so it thinks you are at the Mandarin Buffet!

And that's the KEY to hCG; **To burn off your stored fat while keeping you feeling full while leaving your healthy fat and lean muscle mass in place.**

reset your hypothalamus for permanent weight loss

Another major reason that the hCG Diet is so successful over other diets is that with the minimum of 21 days on the hCG, your body will reset your hypothalamus. Your hypothalamus governs your metabolism. As we age our metabolisms get sluggish and slow making it hard to lose weight and easy to pack weight on. Resetting your hypothalamus will increase your energy level and boost your metabolism to ensure that the weight you lose on the diet never comes back again. That is why the 21 day maintenance stage (Phase 4) is so important. It trains your body to stay at that new low achieved weight, like the curing of pottery.

Many people on hCG notice that even a long time after finishing the diet they find it easy to keep the weight off because their metabolism is optimized and so they are burning more calories than before the diet ~ like a well-tuned automobile!

Dr. Simeons spoke a great deal about resetting your metabolism so you continue to burn more calories when you are off the low calorie diet and return to your normal diet.

So those are two major benefits of hCG and also why so many people have been so successful on the hCG Diet.

So let's get to the next controversial subject pertaining to hCG.

Injections V.S. Drops

In the 1950's the hCG was administered via daily injections. This meant it was painful, you needed a prescription, and it definitely was expensive.



Even today you've probably seen ads for "hCG clinics" that offer injections of HCG. They often cost hundreds if not thousands of dollars, not to mention the hassle of having to go into a clinic on a regular basis.

Luckily There Have Been Some Advancements Since The 1950's

Soon hCG liquid drops and Homeopathic hCG was developed that made it much easier to take advantage of the hCG diet.

You simply put drops of liquid hCG under your tongue and that's it. No more injections, no more prescriptions and no more "thousand dollar clinics" to go to.

But I'm sure you've heard from some that...

"Liquid hCG Is A Scam!"

And you know what, that's true in SOME cases. I've personally seen some hCG peddlers selling what they claim is hCG but it's really nothing more than just some alcohol and water in a bottle they packaged themselves...probably in their basement!

And you know what?

"THAT Is A SCAM and extremely dangerous!"

So avoid "cheap" liquid hCG from unknown sources. They are everywhere but avoid them like the plague!

Another thing to be aware of when you hear people saying bad things about liquid hCG is that these people either sell injections or prescription hCG themselves or they haven't tried it yet. I sell prescription hCG but you don't hear me knocking homeopathic. Each fills a different need.

The first group of naysayers are actually selling prescription hCG injections so of course they don't want you to know that their expensive injections aren't needed! That's why they talk bad about liquid hCG and post ridiculous videos about "scams" because they are losing a lot of money.

The second group are the passionate followers that listen to the injection merchants and just repeat what they hear because they haven't tried the drops yet. That was me before I tried homeopathic hCG.

Once I tried homeopathic drops I wasn't talking bad about them anymore because I saw NO DIFFERENCE in results from injections & prescription hCG versus liquid homeopathic HCG (taking .50 to .75 each dosing, taken 6 times a day or every 3 hours).

Let me repeat that: **Injections and high-quality liquid HCG get you the same results!** So if you get the same results why wouldn't you go with the drops instead? It's easier, more convenient (no refrigeration) and in some cases more affordable.

So How Do You Know What To Buy?

Well the first test should be is if the hCG is manufactured by a FDA regulated laboratory in the US. That's one of the main reasons why I chose the brand of drops we offer. I saw no one in Canada selling high quality product that actually worked so wanted to be the first! Our clients get the full benefit of optimal fat burning because we dose every 3 hours and at optimal HCG level – equal to 200 IUs of prescription HCG. Many other HCG drops suggest taking only 3 times per day. Unfortunately Hcg only lasts at optimal level in our bodies for a total of 4 hours when taken so taking every 6 hours or so causes lots of ups and downs in the fat burning cycle.

Our drops also do not have additives in them. Any additives are the **neutralizers** of HCG. When you see things like VitB12, amino acids or anything in the ingredients list of your HCG drops OTHER THAN water and alcohol (preserves the HCG hormone) you can guarantee those drops won't be effective. If you are taking real HCG hormone in your drops, no additives are needed to burn fat fast without hunger or cravings.

Full support from our medical professionals via text, email or telephone

When you call our customer service line you can rest assured you will be speaking to a certified nutritionist with years of experience with the HCG Diet. If you aren't successful then we aren't successful.

Contact us today to discover how you can finally reach your weight loss goals:
HCG DIET CANADA 416 477 1345 hcgdietcanada.com dietdropscanada.com

