

Tips on Managing Cheating on the hCG Diet

Although most people breeze through the hCG Diet treatment program without a hunger pang or craving, some people have a little trickier time of keeping those cravings at bay. Below are some tips to help you kick those cravings to the curb and even forget you are on a very low calorie diet.



- Do not be afraid of cheating. You always have complete control whether you give into temptation or not. Just because someone else has cheated does not mean you will cheat as well. Many, many people have followed this plan without cheating, and you can too. Prepare yourself for the fact that you will *want* to cheat, but *acting* on the thought is solely your decision.
- Expect to have cravings, be hungry, and moody and expect to want to cheat. These expectations will let you be prepared to control the cravings, hunger, moods and cheats. Prepare yourself for these feelings, but know that the decision to deviate is yours.....stay strong and remember that only you are accountable for everything you put into your mouth.
- If you go forward and cheat, you will have to take responsibility for that cheat. It may leave you feeling guilty and unsatisfied. Cheating (even what may be perceived as just a small slip-up) is a mistake you will pay for up to 3-5 days. This can be 3 -5 days of the scale going up, or staying the same, potentially you could even gain more than if you were not on HCG. This makes cheating on this plan a waste of time and money.... NOT WORTH IT!
- If you use food as an emotional crutch, you will find it difficult to cope without that crutch while on the 500 calories. You need to fill the empty spot with something healthy that you can enjoy both on and off the protocol. This will not only reduce cravings, but also help you maintain your healthy weight into the future. Some possibilities include crafting, painting, walking, gardening, reading, visiting with friends (encourage friends to be creative and find activities to enjoy together that do not revolve around food).
- Reach out and call our free help line for support and motivation.



For more information contact us

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