



Tricks to Break Plateaus

The hCG Diet can be really discouraging if you don't lose daily.

TJM wrote, "I am so frustrated today - I didn't lose anything yesterday and on Wednesday I did the apple day b/c I had plateaued. Did you have these same problems? Were there days when you didn't lose anything? It's so frustrating when you follow such a strict diet and you don't lose anything. Any tips?"

If you are doing the hCG Diet, then you know how exciting it is to lose weight every single day. If you don't lose, then those temptations to cheat grow stronger.

Here are a few tips that will help

- 1)** Try skipping the bread sticks or melba toast for a few days. They stimulate insulin to hold onto fat. They really are appetizers, by their very nature of being carbs. Think appetizer. They stimulate hunger, too. Kevin Trudeau mentioned in his book, *The Weight Loss Cure*, that he didn't eat any so that he could lose as fast as possible.
 - 2)** I have found that eating any beef can make losing difficult, especially for women. If you are eating any, I suggest you stop for a few days at least and see if it helps. Any beef at all, just has too many fat grams.
 - 3)** The best way I have found to keep losing is to try and eat one meal as fat free as possible, which means having fish or shrimp.
 - 4)** Grapefruit is a known fat burner. I found on the diet, I actually grew to love it and now off the diet, I don't care about it as much. I think my body just wanted the vitamin C or potassium or maybe it was the sugar. I found if I started the day with grapefruit, I felt more satisfied as the day went on. I don't understand it. It just worked that way.
-

5) Taking potassium supplements can help you lose. You have to be careful and only take them once or twice a day. Potassium helps release fluid from the cells. It helps because this diet where you lose so fast, you lose potassium. If you find yourself feeling headachy or having leg cramps, you probably need to take potassium. Some clinics even prescribe potassium. A banana has about 500 mgs. of potassium, so taking a potassium pill of 100 mg. sure won't hurt anything. If you are worried about balance with other electrolytes, you can also take calcium and magnesium.

I didn't take supplements the first time I did the diet, but I did after that. I took a good quality multi-vitamin and extra calcium and vitamin C and of course potassium plus a few others. This was gradual over time, but I felt the first time I did the diet, my nails got weak.

6) Some people will not lose if they drink diet drinks. The non-sweeteners seem to stimulate insulin to hold onto fat. There is new information out that suggests that diet drinks and a regular diet add to belly fat.

7) Some studies of people on the hCG Diet showed that if they fasted from supertime (after supper) until noon the next day, that they lost better.

You can test this yourself by not eating until noon and weighing yourself again. You will have probably lost another half pound or more.

8) Vinegar is a known fat burner and I lost best when I ate some of that on salads every day. I got tired of it and started using balsamic vinegaretttes with no sugar or fat.

9) A few weeks ago, Women's World has an article about drinking green tea to lose weight and curb hunger. It says that if you drink nine cups of green tea a day, you will lose daily, without changing your diet. It makes me think that drinking green tea, hot or cold, is a good idea for lots of reasons. The hot tea seems to help me with hunger. If you add lemon, it's even better for losing fat.



If you have any questions, please contact us

tel 416-477-1345
email info@HCGDIETCANADA.com
web www.HCGDIETCANADA.com
 www.dietdropscanada.com
