



About The hCG Diet

Lose 26 lbs in 26 days if you follow the diet as directed. Note that this is the average weight loss we have recorded from our clients. Some people lose more, some people lose less. But the fact is, you will definitely lose weight on this regimen without heavy exercise or without frozen or prepared, processed foods to buy.

The hCG Diet is based off Dr. Simeons "Pounds & Inches - A New Approach to Obesity" and was previously only available in medical and weight loss clinics in the USA which made access to the diet tough for Canadians. As the hCG diet proved wildly successful south of the border with our American neighbours, hCG Diet Canada was formed so that Canadians could obtain the same hCG Diet benefits and instructions that the American clinics and websites provide.

hCG = Human Chorionic Gonadotropin

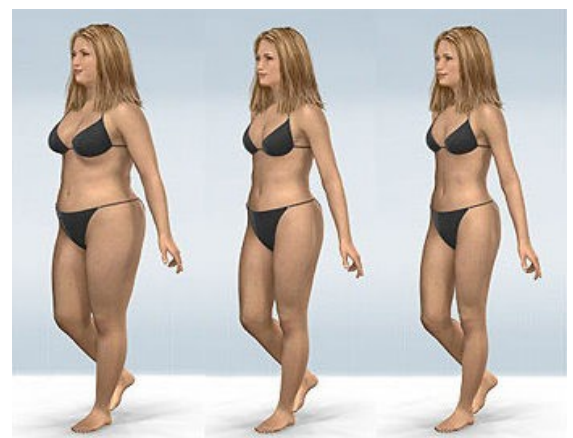
HCG works directly with the Hypothalamus gland. This gland actually controls body fat, emotions, and helps to develop the reproductive organs during puberty. Each and every person has hCG in their bodies at birth. Unfortunately these days most of our food has been overloaded with chemicals, preservative, steroids and saturated fats. These additives are designed to remove hCG from your body and slow down your fat burning abilities.

Candida yeast overgrowth is another common reason people lose so much when during their hCG treatment. This overgrowth is a result of an imbalance in the digestive system. If you have ever, in your life, taken any sort of antibiotics there is a very high chance that you have a digestive imbalance.

The weight registered by the scale...

is determined by two processes not necessarily synchronized. Under the influence of hCG, fat is being extracted from the cells, in which it is stored in the fatty tissue. When these cells are empty and therefore serve no purpose, the body breaks down the cellular structure and absorbs it.

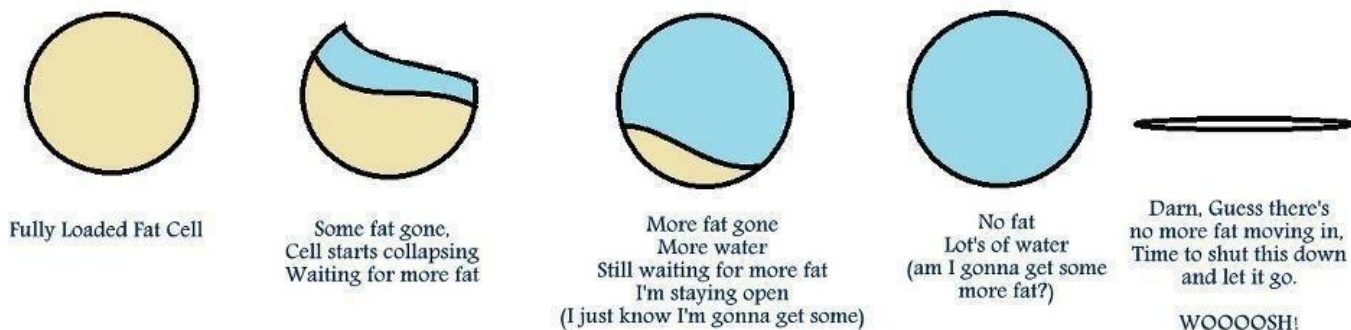
But the breaking up of useless cells, connective tissue, blood vessels, etc., at times follows the fat-extraction/emptying process. When the fat is emptied from the cell the body



replaces some of the extracted fat with water which is retained for this cell filling purpose. Because water is heavier than fat, the weight scale may show no loss of weight even though fat has actually been consumed to make up for the extra calories needed during the 500-calorie VLCD diet. When such tissue is finally broken down and the water released, there is a sudden flood of urine and a marked loss of weight. We refer to this as **THE WOOOSH!** (see picture below)

The Wooosh is the reason for the appearance of no weight loss on the scale while following the HCG Diet. Don't worry – fat is burning constantly at all times during the hCG diet treatment. Guaranteed!

The Wooosh!



After the fifth or sixth day of dieting...

the daily loss of weight begins to decrease to somewhat less per day, and there is a smaller urinary output. Men often continue to lose regularly at that rate, but women are more irregular in spite of faultless dieting.

Many patients experience no drop at all for two or three days and then a sudden loss which re-establishes the normal average of a pound a day lost. These fluctuations are entirely due to variations in the retention and elimination of water, which are more marked in women than in men.



It is also common for women to plateau during their menstration days. Stay on the drops unless you experience hunger. If hungry stop taking the drops but continue on the VLCD low-calorie diet.

Call HCG Diet Canada today ~ 416 477 1345

Finally reach your target weight. It is easier than you think

www.hcgdietcanada.com www.dietdropscanada.com