

HCG Diet Manual

The HCG Diet

Introduction

Medical professionals are hailing weight loss with HCG as a major breakthrough in losing weight and stubborn body fat. This advanced weight loss program has a 100% **SUCCESS RESULT FOR PEOPLE WHO FOLLOW THE PLAN EXACTLY!** It is a physician-supervised program that is completely safe and has been developed to help people lose weight and keep it off.

HCG stands for Human Chorionic Gonadotropin, a hormone present in both males and females. It is the hormone produced by pregnant women in the early stages of pregnancy.

During pregnancy, the substance almost completely controls the woman's metabolic functions. In non-pregnant persons, research suggests HCG similarly increases the metabolism and promotes lipolytic (fat burning) activity.

The use of HCG as a diet aid was first discussed in a report that Dr. A.T.W. Simeons published in 1954. The report did gain some attention at that time, but it took several years before the use of HCG with dieting really started to catch on. Today, an increasing number of dieters are turning to HCG to help them lose those unwanted pounds.

Dr. Simeons noticed that his patients could drastically reduce their caloric intake without experiencing irritability, hunger pains, headaches, or weakness while also taking HCG. As Dr. Simeons continued his research, he found that an HCG injection did more than just help his patients lose weight. In fact, he found that the injections also helped to naturally reshape his patient's bodies even if they did not engage in exercise while on the diet. Dr. Simeons concluded that this was because the patients lost their fat tissue from adipose tissue accumulations, which made changes in the body shape more visible. What people were losing wasn't simply weight, but fat, a particular kind of fat.

We generally think of fat as just "fat," but in fact there are three distinct kinds of fat, two of which we need, and one we don't. If you've tried dieting, perhaps diet after diet, and found that the weight comes back, it's because diets can't rid us of the one kind of fat that most needs to be eliminated.

Of the three kinds of fat, structural fat is essential because it cushions our organs. Then

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PT Brinkman

A red circular graphic with a gradient, appearing as a partial circle or a thick arrow pointing to the right, located on the right side of the light blue bar.

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