

## **HCG Diet Drops**

HCG-driven weight loss is a major breakthrough in losing stubborn body fat. Virtually everyone succeeds when they follow the plan exactly. This advanced fat loss program has been helping people lose excess fat for more than 50 years.

### ***What is HCG?***

HCG stands for Human Chorionic Gonadotropin, a hormone that occurs naturally both in males and females. It is best known as the hormone produced by pregnant women. During pregnancy, HCG guides the woman's metabolism to burn calories from stored fat. Research shows that it works similarly in men and non-pregnant women to promote fat-burning metabolism. Using sublingual HCG diet drops does not mimic pregnancy in any way.

### ***Will I be hungry on the HCG diet?***

More than 50 years ago Dr. ATW Simeons reported that patients taking HCG could drastically reduce their caloric intake without experiencing the hunger pains, weakness, headaches, and irritability that typically occur on a very low calorie diet.

HCG helps reduce the craving for food by metabolizing stored fat. In other words, when the dieter uses HCG their daily need for calories is met partially by the food they eat and partially by the fat that they burn. Without HCG, 500 calories of food per day is a starvation diet. With HCG, it is not.

### ***Are there any other benefits to the HCG diet?***

Fat loss is the target. However, doctors' report that patients lowered their cholesterol levels, decreased their blood pressure, normalized their sugar metabolism and sometimes even reversed Type 2 diabetes and improved their skin elasticity.

Furthermore, HCG resets the hypothalamus part of the brain which helps to rebalance a variety of hormones. Hormone imbalance is one of the most important factors that lead to gaining excess fat in the first place.

### ***Where does our HCG come from?***

Our HCG diet drops are manufactured, bottled and safety sealed in a laboratory here in the USA. Our sublingual drops are electromagnetically encoded with the frequency of HCG and suspended in a mineral/ancient sea salt base. Our HCG diet drops do not contain any HCG hormone as mandated by the FDA. We are proud to be offering the highest quality product that is available without Alcohol or Oils as the stabilization and potentiating ingredient, which shortens the shelf life and potency.

### ***What should I expect after starting the HCG diet drops?***

You might experience mild hunger during the first 5-8 days of the program. By the second week, however, most people find small servings of food to be quite satisfying. Indeed, those who want to lose a substantial amount of weight (30 to 100 pounds or more) look forward to repeating the program until they get to their target weight. This is best accomplished by completing the 3 Phases of HCG diet, going off the diet for a month, and then beginning at Phase 1 again.

## **Phases Of HCG Diet**

There are 3 phases of HCG diet plan. They are known as Loading, Maintenance and Stabilization Phase. Dieters should follow 2 days of loading phase and 21\* days each for Maintenance & Stabilization phase. Thus, the entire weight loss program stretches up to 44 days. Loading & Stabilization phases are accompanied by VLCD (Very Low Calorie Diet) & are instrumental in burning excess fat.

<b>Phases</b>	<b>Dosage</b>	<b>Calories</b>	<b>Days</b>
1) Loading	8-10 Drops 3 Times Daily	1500 - 2000 Calories +	2
2) Maintenance	8-10 Drops 3 Times Daily	500 Calories	21*
3) Stabilization	Stop taking your HCG diet drops.  Try to stay within 2 pounds of your drop weight.	Continue with 500 calories a day <i>for the first 3 days of Phase 3</i> , then little by little move up to no more than 1500 calories per day. Calorie intake should be gradually increased.	21**
<b>Total</b>			<b>44</b>

\* If you want to lose more weight you may stay on Maintenance Phase for up to 40 days. After 40 days you may wish to stabilize for 4 weeks and then re-start the diet if additional weight loss is desired. When in doubt about diet protocol, check with your doctor.  
\*\* Stabilization Phase is not restricted to a mere 21 days but can be stretched until you reach your goal weight. After 21 days of taking HCG diet drops you should be able to eat normally *but* take care to avoid the foods (sugars, starches, etc) that got you into trouble in the first place.

### **Loading Phase:**

The initial 2 days of the HCG weight loss therapy is called Loading Phase. In this stage, users begin taking their HCG diet drops as directed but have to eat high calorie foods.

The dieter has to 'Load' as much food as he or she can, as these excess fat reserves will prepare the body to combat in the low calorie diet days.

1. The original diet calls for 8-10 drops under the tongue 3 times a day. However studies have shown that 6-10 drops 6 times a day is more effective.
2. Hold the drops under your tongue for a few seconds before swallowing.
3. Wait 10-15 minutes after taking drops before you eat or drink anything.
4. You can gorge on fried chicken, pork, pizza, burger, butter cookies, beef pies, chocolate, rice and macaroni. The more fat the better!
5. Force feeding is very crucial in this stage as it encourages the hypothalamus to burn more fat, even after the ending of loading days.

The 2 days of Loading Phase is followed by the 2nd HCG phase that is known as Maintenance Phase.

### **Maintenance Phase :**

Maintenance phase runs from days 3 through 21 (up to a max of 40 days) and plays a very important role in your weight loss plan. In this phase, you are introduced to the 500 calorie VLCD (Very Low Calorie Diet), one of the main aspects of this diet therapy. For about 3 weeks, your body will get the VLCD along with the combination of 8-10 drops under the tongue three times a day.

Now, this brilliant combination targets your localized fat banks located in various parts of the body such as your chin, thighs, flabby arms, buttocks, hips and lower abdomen etc. HCG diet drops burn the excess fat banks and releases energy into your blood stream that can range from 1500 to 4000 calories. This additional bulk energy coupled with 500 calories resets your metabolism and melts the excess fat from the body. It naturally makes you slim in a very short amount of time.

1. The original diet calls for 8-10 drops under the tongue 3 times a day. However studies have shown that 6-10 drops 6 times a day is more effective.
2. Hold the drops under your tongue for a few seconds before swallowing.
3. Wait 10-15 minutes after taking the drops before you eat or drink anything.
4. Follow the 500 calorie VLCD religiously everyday.
5. Drink ½ to 1 gallon of water or tea every day. The more you drink the better!
6. Do not consume any sugar, starch or fried food items.
7. Most will not have hunger pangs as your body is getting adequate supply of calories from the localized fat banks.
8. For those who experience some hunger pangs during the first few days, it is a good idea to take a few extra HCG diet drops in-between meals. (Hunger pangs are rare after the first week on this diet) You may also drink as much water, tea and coffee as you like to achieve the feeling of fullness.

There is a mention of a 'Plateau Breaker' in the HCG weight loss protocol. It is not uncommon for the dieter's weight-loss to come to a halt at some point. He or she may stop shedding their weight after reaching a certain mark. The plateau breaker rescues the user from this stagnancy. In the HCG diet drops protocol, *consumption of 6 apples a day ONLY – no other food allowed that day - serves as a plateau breaker* that immediately regularizes the normal shedding of body weight by 1/2-2 lbs daily.

The 21\* days of Maintenance Phases is followed by the 3rd HCG diet drops phase that is known as Stabilization Phase.

### **Stabilization Phase :**

The Stabilization Phase is the final phase of the HCG weight loss protocol. **This Phase is not restricted to mere 21 protocol days but can be stretched until you reach your goal weight.** You will discontinue your diet drops at this time but follow the VLCD for 3 more days as the diet drops completely work out of your system. As you begin the transition in Phase 3, we strongly recommend a slow conversion from the VLCD to a controlled diet with moderate calorie restriction - *but completely avoid sugar and starch to keep the weight stable.* This final phase would result in a daily fat intake of up to 1,500 calories.

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The 3 HCG diet drop Phases can help you in losing up to 30 lbs and more in less than a month. For that to take place, users have to maintain the protocol sincerely.

Many doctors prefer our sublingual drops. They are the easy to administer, do not have to be refrigerated and there are no IU's to measure.

This product is taken a minimum of 3 times a day by putting 8-10 drops under the tongue. On days when you need more help in appetite control, you may use the diet drops as many times in a day as you need.

## **HCG Shop Online**

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