SlimLife HCG Diet Introduction
HCG Diet Introduction

British physician Dr. ATW Simeons discovered that a hormone called Human Chorionic Gonadotropin, or "HCG", in combination with a specific healthy low calorie diet, grabs your extra fat deposits -- no matter where it is stored -- forcing it into the bloodstream where it is burned as energy. The end result is that your "problem" fat storage areas begin to shrink, not just the "easy" fat. Dr. Simeons' patients lost both pounds and inches!

When combined with a very low calorie diet, the person is subsisting more on their stored fat than on what they are eating. They are burning 3500-4000 calories of stored fat daily which amounts to losing 1-2 pounds every day!

While on the HCG diet, appetite is suppressed and most patients feel full on 500 calories a day. Trying this very low calorie diet without the use of HCG would lead to trouble within 2-3 days. Side effects of starving yourself include insomnia, lethargy, headaches, loss of mental clarity, severe fatigue, and on and on! While on the HCG diet patients sleep sounder and usually feel better than they did before!

If the protocol is followed, you can expect to lose 1-2 pounds per day. A person on the oral HCG diet can expect to eat 500 calories a day of protein, fruits and vegetables. Light exercise is acceptable but it would be better to do no heavy exercise. A brisk walk is normally the most you should attempt. The oral HCG weight loss formula is taken three times daily, under the tongue. The program can be followed for 40 days or two 26-day programs. Maintenance after the diet is important. The HCG Diet is considered one of the fastest and safest ways to lose weight and keep it off. It's not just quick weight loss. The HCG diet is a new way of eating food and a new way of thinking about health.

PRO’S AND CON’S TO DOING THE PROGRAM

**PRO’S – AND ADDITIONAL BENEFITS FROM THE HCG DIET**

- No loss of muscle mass upon reaching your ideal weight
- Rebuilds the Adrenalin glands
- Balances your hormones
- Replaces good structural body fat while getting rid of the bad fat
- Replaces the good cushioning "fat pad" throughout the body
- Replaces bottom of the foot heel pad in the course of the treatment and permanently eliminates pain in that area
- Brings cholesterol levels down to a normal range
- Normalizes out of control appetite demands
- Gets rid of large pot belly on both male and female (without the need for
• Liposuction
• Eliminates double chin fat deposits
• Improve one's libido
• Improves your "singing voice"
• Flushes out excess dead fat cells from the body, never to be regained again
• Improvement in sleep
• Greatly improves energy levels
• Handles lethargy and depression and replaces with a great outlook on life
• Raises and resets your metabolism for life

CON’S

• No sugar, pre-packaged foods, restaurant food are allowed on the program
• No fats or oils allowed on the program
• No dairy allowed on the program
• No carbs allowed

HCG Important Fact Sheet

• First 2 days of treatment you must eat to capacity of the most fattening food including sugar until the end of the 2nd day. Beginning of the 3rd day the 500 calorie diet begins.
• If exercising throughout the treatment, try and keep it to light, brisk walk. You still stick to the 500 calorie diet and DO NOT increase your calories.
• Tea, coffee, plain water, or mineral water are the only drinks allowed, but they may be taken in any quantity and at all times.
• 2 liters of these fluids should be consumed per day.
• After the last oral treatment the patient must continue the 500 calorie diet for a full 3 days without taking any of the drops.
• It takes about 3 weeks before the weight reached at the end of the treatment becomes stable. During the 3 weeks after treatment the patient must avoid sugars and starches.