



HCG Diet Introduction

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This weight loss program was designed to help healthy individuals lose 15-30 pounds in 30 days (results may vary).

In order to live healthy, you must be healthy and that includes a healthy weight.

Many find it difficult to lose weight and need that “drastic” diet to get started. Often when trying to lose weight it is hard to follow a low calorie diet without temptation due to hunger that develops after a few days of low calorie dieting.

The purpose of HCG is to help reduce the feeling of hunger, give you energy while dieting and help lose abnormal fat to support your caloric needs. It is the burning of “abnormal” fat and preservation of muscle tissue that helps resculpt your body when on this diet.

Any diet that limits your caloric intake to 500 calories is going to take dedication and support from your family and friends. You will be successful if you follow the instructions and suggestions carefully. If you feel you are not committed wholly to losing weight it is suggested you wait until you feel it is absolutely necessary for your health, self confidence and well being to lose weight and get to your proper body mass.

We have developed a successful program to help those dedicated individuals lose weight, and live a happier, healthier future. Our staff is dedicated to make your experience safe, successful and educated so you will be able to achieve your individual goal.