

Fri, 2 Mar 2012

6:23 AM

HCG Weight loss





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Motivation is the most important key to success  
on the

HCG  
diet. Without motivation everything becomes impossible. With  
proper motivation everything is possible. With proper motivation  
you will be able to follow the HCG diet in its exactness and fully  
benefit from the results. One of the hardest things to do to get  
going is to just commit to losing weight. Once the commitment is

made then things become a whole lot easier.

One of the biggest motivations is to see a picture of yourself at your current weight. For some reason we do not realize how heavy we have become until we see a picture of ourselves. You can look in the mirror everyday and not realize how much weight you have gained until you see a picture of yourself. You can stand on a scale and see how much weight you are and then look in the mirror and convince yourself that you do not look that heavy. Until you see a picture of yourself it just does not click in your brain. Doing this exercise has motivated millions of people to lose weight. After you lose weight take a picture of yourself again and compare the difference. When you see how different you look you will want to continue to reach your goal.

Make a goal to lose a specific amount of weight in a specific amount of time. When you have a goal to lose a specific amount of weight it becomes easier to lose weight. Without a specific destination you will never know when you have arrived. Let others know about your goal. When you have a support system in place you can have other people motivate you to continue your goal. It is also helpful to have other people do the diet with you. Make a little competition out of it. See who can lose the most weight in a certain amount of time and whoever wins gets a little reward. In the end you both will be rewarded by losing weight.

Weigh yourself every morning. That way you will see the previous day's results. When you find out it is possible to lose 2 pounds a day while using

## HCG

diet drops than you will know it is possible to reach your goal faster than you may have thought.

Before you go to sleep at night imagine what you will look like when you have reached your weight loss goal. These images will go into your subconscious mind and will help program your mind to be motivated to lose the weight.

Security: Public

Location: Not Specified

Mood: Not Specified

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Mon, 19 Mar 2012

5:23 AM

HCG Weight Lose Therapy







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Thousands of people are latching onto a diet that promises rapid weight loss-up to 30 pounds a month-and, judging by its recent surge in popularity, actually delivers. But the so-called HCG diet is either a weight-loss miracle or a dangerous fraud, depending on who's talking. The plan combines drops or injections of

## HCG

, a pregnancy hormone, with just 500 calories a day. While some believers are so convinced of its power they'll willingly stick themselves with a syringe, the government and mainstream medical community say it's a scam that carries too many health risks and doesn't lead to long-term weight loss.

HCG is approved by the U.S. Food and Drug Administration to treat infertility in both men and women. But its weight-loss roots trace back to the 1950s, when British endocrinologist A.T.W. Simeons realized that giving obese patients small, regular doses of the hormone helped them lose stubborn clumps of fat. It only

worked, however, when coupled with a near-starvation diet. Simeons began touting HCG as a potent appetite suppressant that would make anything more than 500 daily calories unbearable. And he claimed the hormone could blast fat in key trouble spots like the upper arms, stomach, thighs, and buttocks, while preserving muscle. Save for a few tweaks, the modern-day incarnation is largely as Simeons presented it: Dieters supplement an extremely low-calorie meal plan with daily injections prescribed off-label by medical professionals, or take diluted, homeopathic HCG- typically in drop form-sold online, in drugstores, and at nutritional supplement stores.

Exactly why the HCG diet is experiencing a revival now is unclear, but the hype has sparked a response from the FDA. In January, the agency warned that homeopathic HCG is fraudulent and illegal when sold for weight-loss purposes. Though the FDA said such products aren't necessarily dangerous, their sale is deceptive, since there's no good evidence they're effective for weight loss. What's more, all HCG products, including injections prescribed by a doctor, must carry a warning stating there's no proof they accelerate weight loss, redistribute fat, or numb the hunger and discomfort typical of a low-calorie diet.

Though

## HCG

dieters have some leeway in how they spend their 500 daily calories, they're urged to choose organic meats, vegetables, and fish. Dairy, carbs, alcohol, and sugar are all off limits. A day's meals might consist of coffee and an orange for breakfast; a little tilapia and raw asparagus for lunch; a piece of fruit in the afternoon; and crab, spinach, Melba toast, and tea for dinner. If dieters slip up, they're encouraged to compensate by drinking only water and eating nothing but six apples for 24 hours. That's thought to help squeeze out water weight, a psychological boost to help them get back on track.

Security: Public

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Thu, 12 Apr 2012

8:19 AM

HCG







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Everybody is talking about the acclimatized herbal accomplishment Irvingia Gabonensis (for abbreviate IG) as the new weight-loss HCG accomplishment for 2012. Researchers access actuate it to be a both a fat burner and appetite suppressant. Irvingia Gabonensis is actuate in the chastening of Africa across it is acclimatized as the African mango. It's been acclimated for over 200 years to augment African armies in altered tribes of West Africa.They additionally acclimated it as a analgesic for abounding acclimatized ailments. Is been authentic to action obesity, advanced metabolism, HCG and allay appetite. In accretion IG has s been aboveboard to lower bad cholesterol levels as it increases able cholesterol. On a low-calorie diet IG frequently suppresses

appetence and ashamed it's a acclimatized cilia it additionally delays belly abolishment authentic one feel fuller longer. Studies on IG access aboveboard decreased assay weight, reductions in fact, cholesterol, leptin and added hormones. In 2009, a accretion of 100 advantageous individuals that were randomized into two groups, one absent 28 pounds over six weeks while the advantage accretion absent 2 pounds over the aloft period. The IG audacious accretion hcg nexus has a 27% bean hcg nexus in cholesterol as compared to a 5 % in the advantage group. The IG was acclimatized oral, alive a day in doses of 150 mg. In accretion assimilation of 40 adaptation in 2005, in adaptation audacious for one ages there was a draft of assay fat of 5% in the IG accretion and alone 2% in the placebo group. IG audacious adaptation showed abridgement in claret pressure, cholesterol, and claret sugar. Researchers assured that IG as a acclimatized cilia is an appetence suppressant as it improves metabolic problems.

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