

HCG Diet *Explained*

The
New
HCG Weight-Loss
Formula



by Joe Vitale

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HCG Diet Explained

The NEW HCG Weight-Loss Method

Joe Vitale

Kevin Trudeau wrote the book, *The Weight Loss Cure*, which got everyone – including me – excited to know there was now a cure (a cure!) for weight loss. I rushed to buy the book – just like everyone else. And I was disappointed – just like everyone else.

Why?

Kevin left out a few important facts, such as -

- Where do you actually buy HCG (it's a prescribed hormone)?
- How do you actually use the stuff (it's normally delivered by injection)?
- Why such an extreme diet (it requires 500 calories a day)?
- Aren't there any alternatives (anything but injection)?

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In Kevin's defense, when his book came out in 2007, all the answers weren't available. He didn't have them. Neither did Dr. Simenton, the late scientist Trudeau based his book on. So I'm no longer as frustrated with his book as I was. These days, I'm even grateful for him.

After all, Trudeau did report on a cure for weight loss.

And it does work.

But there are a few things you need to know before you attempt using HCG for weight loss. That's what this Special Report will reveal – including a new form of HCG and a new formula for success with it.

Let's get started.

What is HCG?

In simple terms, HCG is a hormone. It is made from the urine of a pregnant woman. Sounds wonderful, doesn't it? But there's a reason for it.

A British scientist noticed that even poor women in India who were frail and malnourished could deliver healthy babies. How in the world was that possible?

Apparently the human body knows how to tell the pregnant woman to get nourishment from any fat the woman may be carrying.

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In other words, the woman's own body fat fed the baby.

Research with obese patients led to the discovery that if you -

1. restricted your food intake and
2. utilized the hormone from the pregnant female, then
3. you would in fact experience healthy weight loss.

In short, the hormone (HCG) would encourage your own body to get the food it needed from you – by using your own stored fat.

The result, of course, was dramatic weight loss – sometimes up to five pounds a day.

Trudeau told the world about this discovery – after first testing it on himself – in his book.

He started a movement – and a controversy.

The Results

Yes, the HCG diet works. Thousands of people have proven it. But it takes dedication to pull it off. Five hundred calories a day is no picnic. It's almost a fast.

But if you went on 500 calories without HCG, you'd be weak in days, feel miserable

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and irritable, and you'd lose muscle, not fat. You need HCG to successfully pull off a healthy weight-loss of a pound a day.

Look at it this way: If you went on just five hundred calories a day and I did the same but added HCG to my daily habit, I'd lose more weight than you, look better than you, feel happier and healthier than you, and the results would last longer.

HCG works

I'm living proof. I've lost at least fifty pounds from the HCG diet. I've been maintaining it, too. But I also experimented with injections, sublingual (drops under the tongue), crèmes (rub in skin) and have looked into the homeopathic version. I will speak on these methods of delivery next. You don't want to try them without having all the facts.

The HCG Form

While HCG is not an FDA approved weight-loss hormone (it is FDA approved as a fertility hormone), you still need a prescription to get it. In 2007 I had no idea where to get such a prescription, plus I didn't even try to look for it. I didn't believe it would work anyway.

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But years later I met Kevin Trudeau.

He and his wife took me to dinner. I found him sincere. And charming. And fearless. He is passionate about health. He's on a mission to get the word out. I asked him how he looked so young and slim. He gave full credit to HCG.

Inspired, I found a local medical doctor who endorsed and prescribed HCG. They were all injections. I went through three rounds, each lasting three weeks with three weeks off in between them.

My weight loss results were mixed. I'd always lose a lot of weight the first week but then taper off to nothing (despite eating only 500 calories a day!). It was very frustrating.

When I asked Trudeau about it, he said he suspected the HCG wasn't pure. He still feels the pure form is in Germany. He still believes you have to go there for six weeks and let the spa feed and pamper you. He's not convinced that HCG in the US or Canada is the real deal.

During this time I tried sublingual. This is the liquid form of HCG that you place under your tongue. It gave me massive headaches. Others got migraines. I stopped it within a week.

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Then I heard about a homeopathic form of it, as well. I regard this as highly suspicious.

Homeopathic remedies for anything are complicated and controversial. I admire people using their creative wits to formulate a homeopathic form of HCG in their kitchen, but I firmly believe it's going to have a placebo effect.

For a short time, it will work – largely because you still only eat 500 calories a day. But right after that, you'll get weak, ill, and lose muscle, and feel like a mouse chased by a hungry cat.

I didn't try the homeopathic version because of my skepticism. But a friend did. She did not lose a pound after a week on it (she should have lost at least seven pounds) and felt hungry all the time.

She quit it.

So what actually works with the HCG diet?

And is there a new formula for using it?

Keep reading...

So what DOES work?

As you can probably imagine, I had high hopes for a new body and after so much discipline and deprivation with the HCG diet, but had little weight loss to show for it.

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It was sad.

But then the same medical doctor who gave me the injections said some people were experimenting with an HCG crème.

A crème?

It's like sun tan lotion in the sense that you just rub it on a spot on your body every day.

That's it.

I tried it. So did a friend.

We both lost enormous weight.

We both didn't feel hungry.

We both loved the procedure and the results.

We both look great today.

In my opinion, the HCG crème is the way to go.

It's easy, reliable, safe and gets results.

What could be better?

Well, how about a new HCG formula using the HCG crème?

The New HCG Protocol

Here's what I found are the essentials to follow to lose weight successfully with the HCG crème:

1. Get your prescription for HCG crème from a medical doctor. Don't buy it off eBay, try to make it, or order from some anonymous person overseas. You can start here:
<http://www.hcgcreamweightloss.com>
2. Weigh yourself every day, at the same time of day. This is part of a lifestyle change. You want to keep track of your progress but you also want to see the weight dropping every day. It's very motivational.
3. Eat only 500 calories a day, weighing your food, eating organic when possible, and sticking to lean meat and raw vegetables. This will also cleanse you, detox you, and help you break any addictions to carbs and sugars.
4. This diet requires LOW FAT. This is not an option. That's not to say low fat is the answer when you are not on HCG – maintenance is a different story. To understand the details of what you can eat on this diet, I recommend following one of the excellent HCG diet recipe guides until it becomes second nature.

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5. Get support. The people who succeed at weight loss are the ones who aren't doing it alone. This one single thing can help you achieve your goals fast.
See <http://www.hcgexplained.com>
6. Resolve emotional eating. Trudeau mentions this in his book but doesn't go deep enough.
You might consider the audios at <http://www.clearingforweightloss.com> for ongoing support. Also be open to counseling. I employed Morty Leftkoe at <http://www.mortyleftkoe.com> to help resolve five decades of problem eating. If you want to eat when you are not hungry, you need to end emotional eating.
7. When hungry, drink water, coffee or oolong tea, or chew stevia-sweetened gum.
8. Move. All you have to do is walk a little every day, but that movement will help you release weight and feel great.
9. Maintenance eating is basically the Paleo Diet. That means no grain or carbs (no breads or sugars) and plenty of lean meats, fruits and vegetables.

That's it!

HCG Diet Explained

The above new HCG Diet will help you get the results Trudeau and others promised. The big differences are using the HCG crème, getting support, and resolving the emotional reasons for eating. With that, your goal of weight-loss is virtually guaranteed.

About the Author

Dr. Joe Vitale is the bestselling author of way too many books to list here, including *The Attractor Factor*, *Attract Money Now*, *Zero Limits*, *Hypnotic Writing*, etc. He's also a star in numerous movies, including the hit *The Secret*. He also has numerous audio programs, including *The Secret to Attracting Money* and *The Missing Secret*. His famous coaching program is called *Miracles Coaching*. His main website is at <http://www.joevitale.com>.