

hCG diet



Tip of the Week

Don't Wait!
It's Your Body ~ It's Your Story!
It's Your Responsible Commitment to Yourself.

This is a simple diet. In fact, it couldn't be easier. Have you ever been on a diet that helps you lose all the weight in the beginning and then requires only a short period of maintenance to get your body regulated (locked in) and adjusted to your new weight?

This diet requires a few basic rules:

- 1. Know when to take your drops and be consistent.*
- 2. Eat only what's on the list.*
- 3. Eat the approved amounts. Weigh your meat, measure your vegetable, eat 1 fruit.*
- 4. Don't mix your meats or vegetables. Eat something different for dinner than what you ate for lunch.*
- 5. Weigh every day and measure every two weeks. Come in and get your body composition done on the 3rd week and/or the 5th week. You may lose more inches than pounds!*
- 6. DRINK YOUR WATER!!!*

You can do this for 3 - 5 weeks. Now you fixed your metabolism and re-set you "set point". Welcome to the new you!

If you regain this weight it will be because you will have worked hard to regain it. Just eat normally and get excited about the new clothes you get to wear! YOU CAN DO THIS!!!