

HCG Weight Loss Diet; It's Among the Best Options Going!

(PW) Dee Valdez September 14, 2011



HCG Weight Loss Diet

In the 50's, Dr. A.T.W. Simeons pioneered the use of human chorionic gonadotrophin, or hCG as a fat reduction supplement. Since then, the diet has ebbed and flowed in favor. Recently, however, the hCG regimen has enjoyed a rebirth in popularity because of the coming of homeopathic drops that can nowadays be ingested in place of stinging and high-priced physician supervised injections.

There are numerous reasons that people may have to lose weight, whether it be for individual, health, or social reasons. Some may just want to drop a few pounds before the Holidays, or in anticipation of a class reunion, wedding or other big event. Others may need to reduce their weight to gain health and maybe even mobility. Whatever the motivation, the challenges present for anyone who wishes to lose weight are virtually the same. Not only must one conquer hunger, but more importantly, habit and life-style must be addressed in any effective weight loss regimen.

Doctor Simeons' use of hCG as a diet aid began in his Rome clinic in 1954. The diet soon became celebrated within the "Hollywood" community and "Jet Set". The regimen fell out of popularity because of the high-priced and distasteful physician supervised injections required for its use. Lately, the regimen has become a lot more popular with the introduction of sublingual drops that can be taken safely and inexpensively at home.

HCG weightloss has been around for over 50 years, and has become employed by 1000's upon thousands of men and women all over the world. Once you start a hCG plan, that you are committing to eat appropriately and in moderation. The hCG diet relies on a 40 day period of very low calorie dieting to change the way the body processes food, and to lower the body's "fat thermostat".

Among the most depressing things that you can do when trying to shed weight is place yourself on the diet which has no food that you may enjoy. You may also be torturing your self should you loathe all of the meals which you really feel like you have to consume. After all, food and sleep are two of the most basic human needs. Fortunately, there are great low calorie recipes that can add spice and variety to your diet.

Why select HCG weightloss over other alternatives? That is a terrific question, since you can find a whole lot of other regimens and supplements out there. The HCG plan has been around for very long time (just like South Beach, Atkins, and other dieting programs). The [hcg weight loss](#) program isn't just about eating properly. This plan relies on the power of a naturally occurring hormone to re-set your body's fat retention requirement. Simply said, hCG can help your body to change the way it uses and stores fat.

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The Author is a serial dieter, who lost - and kept off - 27 pounds in 40 days using [hCG drops](#). Follow this link for a gratis copy of Doctor Simeons "[A New Approach to Obesity](#)"