

# HCG Diet Weight Loss Alternatives Article and Video Published by Health News Wires

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HCG Diet Weight Loss Alternatives

**An FDA report released in the spring of 2013, recommends avoiding the HCG diet and weight-loss products containing HCG. An informative video and article from Health News Wires outlines the HCG diet and provides effective and safe diet alternatives to the popular HCG diet, including techniques for using certain foods to increase leptin, the powerful fat-burning hormone.**

(Newswire.net - 26 June 2013) New York, NY -- An informative video and article from Health News Wires outlines the HCG diet and provides effective and safe diet alternatives to the popular HCG diet, including techniques for using certain

foods to increase leptin, the powerful fat-burning hormone.

The article defines HCG as human chorionic gonadotropin, a natural hormone associated with pregnancy and used to treatment issues of fertility. The majority of fat loss occurring using [HCG diet](#) methods is a result of a very low calorie diet, as few as 700 calories per day. This low-calorie diet is paired with HCG supplements, many claim this accelerates weight loss. According to an April 2013 FDA report issued to consumers, many HCG supplements claim to “reset your metabolism,” change “abnormal eating patterns,” and lose 20-30 pounds in as little as 30-40 days. The Food and Drug Administration's recent report suggests that HCG diet and supplements claiming to include the HCG hormone be avoided.

The HCG Diet Alternatives for Weight Loss video describes several safe and useful diet and weight loss alternatives to the HCG diet, including meal plans and fitness regimes that are proven to burn calories and fat in a health, effective way. The video also includes relevant information that indicates an increase in leptin production after eating specific foods. Eating these foods has been related to increased production of fat-burning hormones and greater weight loss.

The full HCD Diet Alternatives for Weight Loss article from Health News Wires is available at <http://healthnewswires.com/hcg-diet-alternatives/>.

A free report detailing HGC Diet Alternatives for Weight Loss is available at <http://healthnewswires.thefatburninghormone.com/30-sec-fix/> The free report shows people how to increase the body's fat-burning potential by eating natural foods to improve leptin production.

About: Health News Wires is a new website that was launched in June of 2013 in order to educate the community in the importance of health and wellness. Upcoming topics to be covered include weight loss, benefits of antioxidants, skin health, joint health, metabolism, digestive health, probiotics, gluten intolerance, cleansing diets, heart health, as well as several other highly informative articles to help people understand the connection between health and a high-quality of life. Most recently they released a video on a [natural total body detox cleanse](#) and the benefits derived from it.