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Loosing fats is completely possible- and HCG is the sure shot way to success with it. If the rules and guidelines of HCG diet and drop plan are followed with no mistake made, any one can bring down the extra fat content from their body. The major cause why people canâ€™t see the result is some common mistakes that they make with the HCG weight loss plan. Here are a few of such do and donâ€™t that a person has to take care of while he is relying on HCG Anaheim weight loss plan.

With so much confusion among the individuals it is really important for the dieters to know the proper guidelines to be followed while on a HCG Anaheim weight loss plan. Here is the list of few dos and donâ€™t dos that can help a dieter gain the maximum results with his weight loss remedy.

Anaheim HCG diet Dos

1. The first and the foremost thing is consultation with some good physician. Consult your health with a good HCG physician and know if you are suitable to use the HCG weight loss plan. After evaluating your health the physician will tell if you are the right candidate to use the HCG weight loss plan.
2. Maintain the Anaheim HCG diet plan. Keep track of food that you are taking, drinks you are using and supplements to vitamins and minerals that you are consuming. Keeping track of the calorie intake will certainly help you drag any mistake that you are doing with your diet.
3. Weigh yourself every morning. This will help you keep the track with your progression with diet.
4. When you are exercising just stick to normal stretching and light walking instead of power training because that can disrupt the low calorie diet plan.
5. If possible try this Anaheim weight loss plan with some of your friends. This will motivate you to loose more than your self accustomed competitor.
6. Add fatless multivitamin to your HCG diet plan. This will supplement the vitamin requirements from the diet plan.
7. Drink as much water as you can.

Anaheim HCG diet plan donâ€™ts

1. Donâ€™t take any food item that isnâ€™t the part of routine HCG diet plan or when you donâ€™t know anything about the calorie content of the diet plan.
2. Donâ€™t take alcohol or other beverages than tea, black coffee or water.
3. Donâ€™t skip the Phase I of Anaheim weight loss plan. This loading phase supplies the fats that is going to fulfill the energy requirements when you are going to rely on the low calorie HCG diet plan.
4. Donâ€™t use oils or sugars during the HCG Anaheim weight loss plan.
5. And most importantly, donâ€™t cheat on diet. Some time individuals canâ€™t resist the temptation to eat their favorite food and this upsets the calorie balance. So donâ€™t cheat. Be patient while you are on a

low calorie HCG diet.

So to buy HCG Anaheim you can log on to: <http://www.hcgdietanaheim.com>

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