



## Article Side

Lose weight with HCG drops by [Tanzania Scott](#)

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Many people today deal with the problem of excessive weight. It takes a lot of time and effort to lose weight and many are resorting to various dietary programs to lose weight without too much effort and trouble. The HCG diet plan is one of the most popular diet plans available in the market. It has a high success rate helping people keeping off the excess weight and helping in maintaining a healthy lifestyle. HCG drops are effective plans to lose weight for obese people who have difficulty heavy and rigorous work out.

HCG is a hormone present in the human body. It affects the function of the metabolism in the body. The hormone helps in the removal of all the excess fat from the body. HCG stands for Human Chorionic Gonadotropin, it is found in pregnant woman, which converts the excess Fat in the body to energy. This energy helps pregnant woman to survive the different phases of pregnancy. HCG is an important part of the low calorie diet plan, where the person is required to consume not more than 500 calories in a day, and the hormone consumed is capable of burning almost 2000 calorie in a day. It is because of this, the HCG diet plan has a high success rate.

There are three levels or phases in the HCG diet and one may choose to inject the hormone or go for the oral drops. Most people go for the oral drops because it is easy and painless. The three phases in the diet plan are called loading, maintenance and stabilizing phase. The loading stage consists of 2 days with the consumption of 6 to 10 drops a day, the second, maintenance lasts for 21 days with the consumption of 6 to 10 drops a day along with the consumption of not more than 500 calories. The final stage called stabilizing phase, lasts for another 21 days with the same dosage of the HCG drops. By the end of the diet program a person loses close to 40 kg without any heavy exercises. One must only ensure to adhere strictly to the low calorie diet. The HCG drops have made weight loss process for obese people much simpler and easier. It is highly recommended for people who are overweight and have difficulty exercising, as it does not demand a heavy work out.

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Saima Triphor is here to give you his own facts about a [HCG](#). Youâ€™re probably thinking, everyone says that, so, whatâ€™s different here. Itâ€™s the commitment of quality, genuineness, and a guarantee values your time and interest.

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HCG, HCG Diet, HCG Drops