Exercise and HCG

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Article published on January 24th 2012 | Weight Loss

There are many people taking various measures to lose weight and stay fit. For most obese people, exercise alone will not benefit and it may take a lot of time and effort to get rid of all that weight and get back in shape. One has to ensure a strict diet and work out hard to lose the flab. There are many diet programs in the market, and most have many side effects along with it. One must always be cautious about the diet program they choose and how to use it. One of the most effective and commonly used diet programs is HCG. It was developed by DR. Simeons in the 1950s and it was later improved and made much more effective and efficient by Kevin Trudeau.

There are several stages involved in this particular diet and this diet is not recommended for people indulged in heavy exercises. In the first stage of the diet, the process involves the cleansing of the body and helping in the eradication of any chemicals that would add weight. This is not a mandatory stage and one may choose to go ahead with the traditional style which involves the three stages, which are, loading, maintenance and the stabilization stage. In the loading phase, the dieters are required to consume food with high calories to build u the reserves of fat to cope up and adjust to the low calorie diet in the later stages.

In the maintenance stage, which includes 21 days is more effective and the results are become visible. The consumption of sugar and starch are discouraged. The dieters are asked to eat organic food. The third, stabilization phase would be carried on for another 21 days, which may increase depending on the weight loss objective. On completion of the third stage, a person may lose close to 40 kg, depending on the consumption of the HCG drops. One may increase or decrease the consumption of the HCG after the consultation of a professional doctor or a diet expert. One must ensure a strict and a dedicated diet regime to ensure good and effective results. In all the HCG diet is an excellent method to lose weight without any harm if one ensures a strict plan. It has gained widespread popularity among many people who wish to lose excess weight in an appropriate manner.

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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 t values your time and interest.

Article Keywords:
HCG, HCG Diet, HCG Drops

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