

# 13 Tips for HCG Diet Success

When going on the HCG Diet there are several steps you can take to help maximize the effects of the hormone so you can get the best results possible. In addition to following the very low calorie diet, adding in these simple strategies will help you experience great fat loss results while keeping your body healthy.



- o Take a multivitamin every day. That way, you can be certain your body is receiving all of the nutrients it needs each day. The recommended vitamins are B12, potassium and an anti-oxidant.
- o Add moderate exercise to your routine. Do not work out at a high level or you will experience hunger but by adding low to moderate daily exercise, eg 15 minutes of cardio activity, can help further boost your metabolism and increase the amount of weight you lose.
- o Drink 2 litres of water each day. Drinking plenty of water helps to cleanse your body and further suppresses your appetite.
- o Plan your meal times wisely. It is a bad idea to eat anything close to bedtime. Your body tends to store fat while you sleep, therefore eat your last daily meal more than three hours before going to bed. If you go to bed on an empty stomach, you won't have to worry about your body storing any extra fat.

## Nine more tips for hCG Diet success

Janet Sweeney is a successful hCG Dieter that has written many tips to help other hCG dieters reach their goals easily. It is always best to stick to the hCG Diet exactly, but if you must cheat, some ways are better than others. Here are 9 tips that APT has gathered from Janet to help with your success.

- 1) Do not to eat anything with sugar or starch. Sugar stimulates insulin and insulin turns into fat. In the book "Pounds and Inches," Dr. Simeons cautions against eating sugar or starch during the three weeks following the hCG Diet. It's a big no-no during the diet also. If you are wanting something extra to eat, you might be tempted by a donut, chocolate, etc. but, read on for suggestions.
- 2) If you do cheat, try to pay attention to how whatever you eat satisfies. How do you feel after? It is a great idea to keep a food diary of just what you eat and how you feel. It is one of the best things you can do to check your progress. You can then look back and realize what you did right on those days that you lost more than a pound a day and when you only lost half a pound. Without the food diary it is hard to figure out.
- 3) If you eat something not on the diet, you will be in effect doing a "loading day." (highly not recommended!) If you do this it means it will be at least three days before you start losing weight again. If you must go off the recommended hCG diet, save it for a very special event and try not to do it more than once during your hCG treatment course of 23 to 40 days. This is intentional and planned and best of all you can tell yourself you are taking a day off or doing a loading day. It also works if you are in a stall or plateau.
- 4) Consider how much going off the diet will be costing you. Add up the costs for the diet plan and divide the cost by 23 to 40 days and then multiply by 3 days and you will know what going off for a day costs you financially ~ let alone in lost fat opportunity.

- 5) There is also the psychological cost. If you have to wait 3 days to see a new weight loss, it is very discouraging. Generally, if you eat anything not on the very specific diet, you will gain the next day. You'll lose the second, but it isn't until the third that you make new headway.
- 6) To fill a craving without cheating make yourself an iced coffee with Stevia. It's not quite like Starbucks, but you can try that. Also you may like to take your handful of strawberries and make a smoothie. Just add water, ice and Stevia in your blender. You won't even be cheating!
- 7) If you get bored of chicken or fish, have a scrambled egg or hard boiled egg. Eggs replace meat for vegetarians on the hCG program so you will still keep losing. Cook the scrambled egg in a little water in a non-stick pan.
- 8) Eating a sliced tomato or cucumber with salt and pepper between meals can help keep you on target with the next meal if you are struggling. Broil the tomato in the oven or toaster oven with some spices to spruce it up.
- 9) Remember that when you are taking hCG, if you eat any calories over 500 a day, you will gain weight. It is the nature of hCG. It only works when you are on the very low calorie diet, called the VLCD diet. Just remember that your hunger will be psychological and most patients never experience hunger because your own fat burning will feed your body and keep hunger pangs away.



For more information on the HCG Diet  
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