



HCG Weight Loss Guide

Presented by Jody Cranford, IMNatural



Dear Reader:

This HCG Overview is to the point and won't take long to read. Please take five minutes to read it. If you choose to take action, it will prove to be transformational to your life, health and your weight.

Read on...

Are you overweight?

Does food control you instead of the other way around?

Have you lost weight on different diets and programs only to gain it back?

Are you losing hope that you will ever be able to feel good about your body?

Well, don't lose hope. I'm here to tell you that the reason you haven't been able to lose weight is because you haven't tried the #1 secret to permanent weight loss.

This secret is not widely talked about in the weight loss industry, and very few medical professionals are aware of it. We offer 2 HCG products...one is a product developed by Naturopath, Dr. Kendra Pearsall N.M.D. who discovered this secret after years of intense research and clinical practice, and now I'm about to share it with you:

The #1 Secret: Use an HCG weight loss formula and the *HCG Diet Detox Protocol* to jumpstart your weight loss and reset your metabolism.

Let me tell you how I discovered the miracle of HCG. My first exposure to the HCG Protocol for weight loss was back in 2008 through Kevin Trudeau's New York Times bestseller *The Weight Loss Cure They Don't Want You To Know About* (2007). When I first read about the protocol, I thought it sounded crazy.

The official protocol requires you to inject yourself daily with the HCG hormone for 23 days while eating fattening food for the first two to three days, then eating a very low calorie diet for 20-43 days followed by a low-starch diet for three weeks. I thought surely people would lose weight on the diet but then gain it back after eating normally again, and probably gain more than they had lost. Therefore, I chose to ignore his book and continued trying other weight loss products and methods without much success at all.

However, ever since I read Trudeau's book, I kept hearing and reading about the protocol over and over and how it was so successful for them. During one of my feeble attempts at weight loss, my daughter-in-law told me of a friend who recently lost 60 lbs in a very short amount of time following a metabolic correction program...of course, 2 days later I signed on, and for well over \$700 I started the program and lost 23.7 lbs in 23 days. WOW!!! I worked with a personal trainer for a year and only lost 15!!! HOW COULD THIS BE?? I re-read Trudeau's book (in an afternoon!) and decided I needed to share this success with others. I researched and found 2 HCG product lines that I felt confident enough to represent and offer to my customers.

One of these products is from Enlita which was developed by Dr. Pearsall. Dr. Pearsall has spent a great deal of time researching the HCG Protocol, interviewing experts, using it in her private practice and most importantly discovering how to make the protocol better such as switching from HCG injections to Homeopathic HCG.

Because it has proven to be so effective, it is now the focus of her practice. Lucky for us....we don't have to spend over \$700 for this program!!! I've been using HCG with my own weight loss and absolutely love the rapid success I have on the protocol.

Many ask, "Is this the only thing I need to do to get to my goal weight?"

The answer is, it depends on how much weight you have to lose and what the reasons are for your weight problem as there are a multitude of factors involved. However, I think it is an excellent place to start a weight loss program as The HCG Diet Detox has helped people:

- Lose weight quickly and easily
- Reset their set point (the weight that your body naturally feels comfortable)
- Speed up metabolism
- Correct the way the body stores fat
- Re-sculpt the body (a natural liposuction)
- Curb emotional eating
- Binging and food cravings and shrink their stomach and hence their appetite
- Jump start their weight loss program

Quick Start Guide to The HCG Diet Detox

History The use of HCG (Human Chorionic Gonadotropin) for weight loss was originally discovered by Dr. A.T. Simeons in the 1940's. Dr. Simeons used HCG injections and a low calorie diet. *The HCG Diet Detox* is what I consider an improved revision to Dr. Simeon's initial program. For example, instead of injections, I use Homeopathic HCG drops and I've added the importance of detoxification to cleanse the body for weight loss.

Phases of the Protocol

- 1) **Loading Phase + HCG (Days 1 and 2):** This is a period of heavy, high-caloric eating to ensure you have enough fat to carry you through the next few weeks. Start taking the HCG daily.
- 2) **Low-Calorie Diet + HCG Phase (Days 3-23):** Beginning on the third day, you will adopt a strict caloric level of 500 calories per day for the duration of treatment. Because you are freeing up a significant amount of calories and nutrients from your abnormal fat stores, you should not feel much hunger or experience food cravings. This is a low-carb and low-fat diet of specific proteins, vegetables and fruits.
- 3) **Low-Calorie Diet Without HCG Phase (Days 24-26):** Stop taking the HCG drops but continue your 500 calorie diet for three days, since the HCG remains in circulation for that time. Increasing calories too soon will cause weight gain.
- 4) **Low-Starch Phase (Days 27-48):** After the HCG treatment is complete, you must avoid starches and sugars for three weeks to consolidate the treatment and permanently reset the hypothalamus.
- 5) **Maintenance Phase (lifetime):** Continue on a healthy lifestyle that includes a whole foods natural diet, strength training three times a week and addressing factors such as emotional eating, hormonal deficiencies, and food allergies that can prevent weight loss.

After you are finished with the first round of the six week program, this is a perfect time to examine other possible factors that will also help you lose weight.

These factors include:

Digestion, **Elimination**, Detoxification, **Candida and Parasites**, High intensity interval exercise routines, **Emotional eating**, Food sensitivities, **Hormone imbalances (thyroid, adrenal, female and male hormone deficiencies)** .

The HCG Diet Detox Maintenance Program also helps you with the following:

Overcome your emotional eating. Many people eat because they are stressed out, upset, anxious, or depressed and you will not be able to lose weight if you are you an emotional eater.

Helps you eat a specific diet that revs up your metabolism and supercharges your body and includes hundreds of delicious recipes.

Helps you eliminate your food addictions and/or allergies. This is not very well known but the research has shown that up to 75% of the population has some kind of hidden food sensitivities, and these food sensitivities could be making you fat.

Detoxifies your body.

You live in a very toxic world these days. Your air is heavily polluted, as is your water. Your food supply is full of preservatives and pesticides, and the toxicity levels in your body can make you hold on to your fat, so the HCG Detox Diet helps you with that.

Adopt an exercise regime (starting on Week 5). Most people suffer from lack of exercise. Many of us have trouble getting motivated to stick to an exercise program, and even if you are exercising, chances are high that you are probably not doing the right kind of exercise program for optimal fat burning. We will review the kinds of exercises you need to do to burn fat for optimal weight loss.

Address hormone deficiencies. For example, weight gain is very common around menopause and andropause. (Andropause is the menopause for men.) You could also suffer from adrenal exhaustion or adrenal fatigue. Most people do, and if your adrenal is not working properly, you are going to have a really hard time losing weight.

The HCG Diet Products are quickly becoming one of our best-sellers in our online store of over 200 health products. We are excited to be part of your weight loss adventure.

Jody Cranford and the Team at IMNatural.

The logo for iMNatural.com features a green leaf icon to the left of the text "iMNatural.com" in a bold, green, sans-serif font.

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