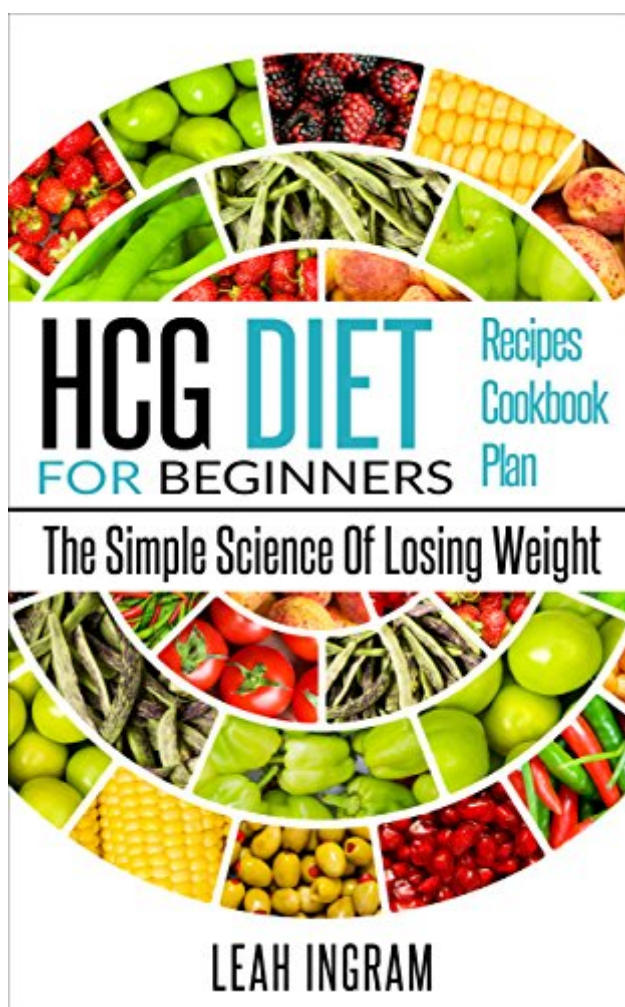


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# HCG Diet: HCG Diet For Beginners The Simple Science Of Losing Weight HCG Diet Recipes HCG Diet Cookbook HCG Diet Plan





## Synopsis

Lose Weight Fast and Keep It Off! Read More to Meet Your Weight Loss Goals - TODAY! What is the HCG Diet? Inside HCG Diet for Beginners: The Simple Science of Losing Weight, you'll find out how the Human Chorionic Gonadotrophin (HGC) Diet has helped so many people lose weight and even fight infertility. This revolutionary lifestyle revolves around the HGC hormone (produced by pregnant women), which tells your body to use up all of its fat stores. With HGC, you can burn over 4,000 calories daily which equals a weight loss of 1-2 pounds per day! Inside this fascinating book, you'll learn the science of HGC and how you can easily access this hormone. It describes the history, research, and biology of this fascinating weight loss option. Even better, you no longer need to deal with injections to use HGC this hormone is now available in creams, lozenges, sprays, pills, and homeopathic remedies. HCG Diet for Beginners helps you find the best-quality HGC on the market today. This book helps you through every stage of your HGC journey. You'll learn about weighing your food (and yourself), controlling portions, and understanding the changes taking place in your body: Phase One: How Loading Days Help You "Loosen" Fat Phase Two: Secrets of Sticking to a Strict Diet for Low Calorie Intake Phase Three: Stabilizing Your Diet and Maintaining Your Weight Loss You'll even find comprehensive food lists and expert recommendations! With HCG Diet for Beginners, you can enjoy a huge variety of easy and delicious HCG Diet recipes: Cole Slaw, Asparagus, Cucumber Strawberry, and Spicy Crab Salads Favorites like Shrimp Cocktail, Chili, and Beef Stew Cream of Chicken, French Onion, and Tomato Basil Soups Heathy BBQ Chicken Wraps, Pepper Steak, and Pot Roast and even HGC Hamburgers! You'll even discover HCG Diet drinks like Strawberry Lemon Soda, Green Tea Apple Juice, and Mint Chocolate Coffee! Don't wait - Change your life today with HCG Diet for Beginners: The Simple Science of Losing Weight! It's easy - just scroll up and click the BUY NOW WITH ONE CLICK button on the right side of your screen

## Book Information

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## Customer Reviews

Hi This is an interesting book. it outlines in a very detailed and intricate manner how to carry out the HCG diet. The HCG diet is a hard-core diet for super quick fat loss. Anyway since I'm trying to lose weight I thought I would take a look. I like this book for its straightforwardness and its detail. it outlines everything which you need to do in order to make this diet a success and it even has a recipe section for various low fat recipes which go hand in hand with the diet. Would I recommend the diet? Well I think the diet should work but it is a hard diet. Often I have thought about such an extreme diet as the rewards can be high, but certainly I don't think it will be an easy diet although the HCG should help reduce the hunger pangs!

Liked the easy read and the easy to follow recipes. The grammatical errors throughout the book were distracting. Also there is little mention of the non-hormone HGC drops which are available at health food stores and on . I was hoping the book would discuss these and not so much the hormonal injections. Now I need to find a different book.

This is an unquestionable requirement have book for the HCG eat less carbs, not just the formulas are anything but difficult to make and top notch additionally every formula is for one serving making it simple to take after your eating routine. I exceptionally prescribe having this close by. Truly appreciate the formulas in this book.

I love to diet, but not in a brutal hard to follow type of way. For women who are struggling with their weight, but want to be comfortable while going on a diet, or for those who are already fit, you should all buy the book and make a change. This book is worth. Reading

The kind of diet book I like to try on because of how interesting and challenging it is.... Reading this book about HCG diet excites me because of how user friendly it is and the contents are great as well. Everything made easier for me in losing weight. The recipes are great too and easy to prepare so its very convenient for me to have a diet book like this.

What a great book on HCG Diet. It carefully guides beginners on the intricacies of losing weight. It outlines the wonders of Human Chorionic Gonadotrophin Diet in assisting individuals in areas of weight loss and infertility. Personally, I was blessed reading this book. It's a great book for anyone going on HCG diet or want to be well informed about the subject.

Wonderful Seller; Will order from again :0)

Great info

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