

HCG DIET: THE DOCTORS GUIDE

Layn R. Pennypacker

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The good news is that HCG diet drops from reputable companies have been proven to be the answer to rapid weight loss with little or no side effects. Menu Order Now! Dec 31, Erinn rated it liked it.

There has been one meta-analysis that encapsulates some of this scientific. For most people, this can make the difference between reading about an extremely complicated and expensive diet protocol as presented in Trudeau's book and executing an inexpensive, simple protocol detailed by the physician who developed it Dr. Simeons. Most of the clinical trials were in the 1950s and 1960s, and followed the original Simeons method of mcg intramuscular HCG administration combined with a calorie diet. There are many "diets" that can work.

Many current HCG diets are variations of the original Simeons protocol: any Dr. Simeons book Psychological Understanding: Learning to respect yourself and appreciate the factors that have led to rapid weight gain are important to help you maintain a healthy lifestyle that is all about loving your food and at the same time loving .