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HCG is Safe for males as well by [Sam Winget](#)

Article published on December 28th 2011 | [Health](#)

One frequently asked question about HCG comes this way- HCG is secreted by women during pregnancy while in males it remains dormant- so can men do the HCG diet plan? The answer is YES. Men do have HCG in their body but its quantity is lesser than in women. But still if they take HCG they can bring successful results with weight loss.

Many men are equally curious about using HCG for weight loss. But question pertaining to side effects naturally arises. Do males really have danger with the HCG weight loss plan. If there are any side effects, what could those possibly be? Here I have tried to find the answers to such questions.

If HCG weight loss plan is properly followed there are very little chances of side effects even in males. HCG is a natural water based hormone that is present in both men and women. But its secretion in excess amounts takes place during pregnancy. Under controlled conditions HCG products can be safely used for weight loss. But if there are any side effects the common symptoms may include body fatigue, headaches and irritability. Or there be soreness or tenderness in the area where HCG Seattle injection has been applied. In some cases males may develop restlessness but all these side effects are in rarest of rare cases. In general if males are using HCG for weight loss there are going to be no side effects in their body. If still the side effects turn out to be bothersome it is essential that the person immediately consults the doctor. Moreover these side effects may vary to a certain degree in various individuals and when compared to women.

But such kind of side effects can arise in women as well. But overall Seattle weight loss plan using the HCG for weight loss is safe and easy way to lose the fats from the body. If still the side effects persist, there is need to carefully monitor them and consult the doctor for a cure. Discussing one's health condition with a qualified doctor and knowing your dieting options can certainly erase the side effects from this diet plan.

I would even recommend consulting a good doctor before starting up with this HCG weight loss plan. Your doctor will evaluate your health condition and will let you know if you are a suitable candidate to practice this Seattle weight loss plan. And even he can evaluate your dietary needs and frame a suitable HCG diet chart for you. Following this diet chart along with the HCG doses males can assure that they lose weight and also there are no side effects on the body.

So for men Seattle HCG diet plan is OK. When followed as per the physician guidelines and following the HCG diet as per recommendations there can be no side effects with the body. And the person will only be losing the fats from his body without affecting bones and muscles.

To buy HCG in Seattle log on to: <http://www.weightloss-seattle.com>

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Article Keywords:

HCG Seattle, Seattle HCG Diet, Seattle Weight loss

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