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HCG- a discredited weight loss plan gets fame by [Katie Joan](#)

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The discredited Fat loss diet is now getting increased attention. Though the media has given the much needed hype but the rising trend is still bit surprising. HCG weight loss plan has recently gone through a strict criticism by the health physicians who call this HCG weight loss plan a fraud and irrelevant. The major controversy has been because of the low calorie HCG diet that the person has to pair with the small doses of HCG.

According to the hype HCG suppresses the hunger and makes it quite convenient to pass out the entire day on a low calorie intake. But the users should be wary of such claims and they may just be a fad says a health physician. According to her, HCG is given the hype more than actually required. And support to her comments came from the non approval by the FAD. She states its not the HCG that works with fat but itâ€™s just the low calorie diet that is responsible for losing the fats from the body. If a person is restricting the intake of calories and put his body on the starvation mode he is certainly going to loose fat but also he is going to develop several health complications as well.

That may be the reviews by one physician and there are hundreds of others as well. But still the HCG user graph is rising consistently. The fact is all these comments are based on assumptions and mere theoretical concepts and to some extent they wouldnâ€™t be wrong as well. But there are thousands of individuals who have tried this HCG weight loss plans and has practically seen the difference with their before and after photos. One can even find the success stories with the individual who were able to loose the fats without losing their health.

The overall concept today has completely changed with the HCG weight loss plan. For better results with the HCG diet and drop plan it is always suggested to have consultations with some good physician who can help you understand your health candidature and know if you are a better candidate to practice this HCG weight loss plan. And also he will frame the customized HCG Diet plan for you. This customized diet plan will complement your bodily requirements and will also restrict the calorie intake to a lower level. Along with the customized HCG diet plan the person is required to take the small dose of HCG. These HCG doses can be taken in the form of HCG drops or HCG Shots.

If a person is following the HCG weight loss plan under the supervision of an experienced and expert health physician, you can certainly loose the excess fats from the body. And also there will be no health complications with this weight loss plan. The person will just be losing the extra fats without affecting bones and muscles.

So if you are interested in losing the excess fats from the body and want to use this HCG weight loss plan you can simply log on to: <http://www.hcgslimagain.com>

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