HCG weight loss debate

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Now HCG is all over the place. A few years ago there were individuals who would talk about this weight loss cure and simultaneously would discuss its side effects. In short HCG used to be a controversial issue with weight loss over which several seminars and debates were made and several publications and journals were printed. Many individuals tried this weight loss protocol and several of those came up with positive outputs while several others registered severe side effects.

In short there was a mixed response to the HCG weight loss plan. Where several people remain indulged in praising the usefulness and effectiveness of the HCG weight loss plan there were others who saw the other side of the coin. The major set back that came to HCG weight loss plan is because of non recognition by FDA. FDA has its own reasons to disapprove this weight loss plan but that canâ€™t negate the fact that HCG made the impossible possible.

HCG came up as a hope for those who just thought their overweight body is their ultimate destiny. There were those who were depressed with the foolish remarks of their friends and colleagues. And even there were those who tried each and every thing to loose the extra body fats but met the same fate. And HCG proved a genuine ray of hope for all such overweight individuals.

There were those individuals who were in favor of this HCG diet plan and there were also those who didnâ€™t think it worth considering. That debate kept on for a long time and is still under progression. So we here tried to get into this matter and tried to find out why or why not HCG should be considered as a trustworthy plan to release the Extra fats from the body.

But before that lets take into account what HCG actually is. HCG or the human chorionic Gonadotropin hormone that is secreted in excess amounts form the placenta of women during pregnancy. This hormones is supposed to release the body fats by raising body metabolism in order to feed the developing embryo inside the body. When Dr Simeons noticed this fact he suggested the intake of a low calorie diet typically 500 calories a day with small doses of HCG. The main purpose of HCG diet was to restrict the further intake of fats and make the body rely on the stored fats for energy requirements.

Actually this low calorie HCG diet became the cause of major controversy. A typical 500 calorie diet doesnâ€™t suit all. Later on the health physicians came up with the solution to this. They recommended consultation with some good and reputed Physician before starting with the HCG weight loss plan. The physicians frame the customized diet plan that a person has to follow along with the small doses of HCG.

In short demonstration effect is the cause of side effects. If a person follows the HCG weight loss plan with physician recommendations, he can certainly loose the fats without any complications. So find a doctor now and get our candidature confirmed.

Know more about HCG weight loss plan at: http://www.hcgslimxpress.com

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