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HCG weight loss plan- Merits and Dangers by William Folley

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HCG weight loss plan has been a controversial issue. There have been so many debates on this weight loss plan. So many seminars were health in its favor and against it. And several health

physicians published their articles and thoughts about this weight loss plan. But the fact is till now it has not been made clear if this weight loss plan is reliable and effective or not.

Before we discuss the benefits and dangers with this HCG weight loss plan, first it is important to see what actually is this HCG weight loss plan. HCG weight loss plan uses the small doses of

Human Chorionic Gonadotropin hormone generally prescribed by the physician. These small doses are to be taken along with a very low calorie HCG diet. These HCG doses and the HCG diet

plan low in calories collectively work as a weight loss regimen.

Now coming to the merits of this Anaheim weight loss plan:

This is completely natural way to loose the fats from the body. There are no chemically driven medications that are to be consumed and the person is likely to rely on this naturally driven HCG

doses and a low calorie diet.

Despite of relying on a low calorie diet plan the person never feels the hunger or carving for food. As touted by Dr simeons, HCG is a very good hunger suppressant that can allow can

individual to curb the hunger pangs.

Another common notion is that despite of the low calorie diet plan the person never feels low in energy. Since the body is using the stored fats for energy requirements the body is able to get

the ample energy sources from the diet plan.

This was all about the noted merits of this HCG weight loss Anaheim plan not coming to the dangers:

The first nail in this weight loss plan is driven by the fact that despite of HCG being a good hunger suppressant the body needs are not completely met. And as result the body starts

consuming proteins from muscles that can lead to decline in muscle content from the body.

Another thing that is often complained about this weight loss plan is that the low calorie diet brings weakness to the body and it takes a long time to recover from this weakness.

And several people complain that discomfort level persists through out the weight loss plan and there are sometime even unable to perform their routine work.

In the end it can be said that there are different views by different individuals. Some have reported health complications while others have significantly cut the extra fats. It would be highly

advisable to have consultation with some good Anaheim HCG diet expert so that any complications with this diet plan can be addressed in the

initial stages and the person is able to cut fats besides being able to maintain a healthier lifestyle.

To buy the HCG weight loss plan in Anaheim you can simply log on to:
http://www.hcgdietanaheim.com

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