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The ambiguities and myths surrounding weight loss are confusing. Equally hazy are the answers offered for these ambiguities. No matter how much you plan, strategize or abet weight loss products to induce weight loss, the ultimate weight loss streamlines to just the calories you take in versus those you burn off. â€œDietâ€• and only diet is the connecting factor between calories intake and burn off.

Wasnâ€™t that so easy to understand? Surely, but thatâ€™s where the difference lies. Mathematically speaking & adhering to calorie counting basics:-

1)One pound of fat is equivalent to 3,500 calories.

2)Approximately one mile jogging would burn 100 calories.

3)This means that if you are overweight by 50 pounds you would need to jog a distance of 1,750 miles to burn 50 pounds.

Possible? Quite possible as whimsical paper solution that seems plausible, yet it is not that easy to follow. In fact if weight loss would have been that easy, obesity would not have been a problem in first place. The calorie is the fuel for your body. Calories entering your body is either converted to physical energy or gets stored as fat, within your body. These unused fats cause obesity.

Introduction To HCG Diet

So if you want your calories right, burn them right the foremost thing is to plan your diet right. HCG Diet is one diet plan that works in accordance with the above facts. Itâ€™s neither ineffective fad diets nor redundant plans strategizing your eating menu.

If one pursues the above mathematical calorie equation would it not make sense to just restrict the daily calories intake. Thatâ€™s what common and average diet plan do. They restrict calorie intake as extreme as making dieters sustain on 500 calorie diet per day.

This extreme restriction brings about metabolism slow down often called as adaptive thermogenesis. This poses negative impact on body leading to lack of energy, persistent sloth and muscle fatigue.

The Real Working - How HCG Diet Works?

A medically supervised HCG Diet does not cause metabolic slowdown which other average diet do. The reason behind this is unveiled by understanding how HCG diet works?

1)HCG diet makes the availability of fat calories in the blood stream.

2) This helps in converting abnormal fat into energy. The deficit of calories in body is covered by release of energy from these fats.

3) Thus you lose weight without losing even one ounce of your energy. With HCG diet weight loss becomes simple and natural.

4) You donâ€™t feel any abnormal hunger pangs, food cravings or loss of appetite even when you

are losing weight rapidly, with a medically supervised HCG diet.

This is how HCG diet work. But Diet Docâ€™s advance protocol for HCG diet is a result of years of R&D and in depth knowledge of weight loss, and is not to be confused with Dr. Simeonâ€™s protocol; it is old, faulty and incomplete.

Diet Doc has enhanced the how HCG diet work factor. They first understand the reason for patientâ€™s obesity and then plan a customized HCG Diet under medical directions.

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The author of this article is a health consultant. He usually write on different topics of health. In this article he has introduced the different aspects of a HCG diet for weight loss.

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