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The maintenance phase of HCG diet by Sam Winget

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The constant maintenance phase within the HCG diet plan uses we've completed our goal for HCG whether or not this follows the 20 day or 40 day program. The objective of the constant maintenance phase would be to restore one's metabolism and balance in your body and stop any conditions the body will gain the weight back.

The constant maintenance phase lasts 30 days long which is an essential part from the diet to become successful with HCG. With no maintenance phase the load gain is going to be uncontrollable as we are from the diet. Once the last day's this diet drops expire then its asserted you are able to eat anything you want that is true except you have to avoid foods which have sugar and starch. Throughout the three week time period it's important to possess a scale along with you and ensure to locate a time every single day to weigh yourself. It takes approximately 30 days for that weight to stabilize and cease fluctuation. During this time period patients should be aware that carbohydrates, for example sugar, bread, rice, potatoes, pastries, etc, should be avoided no matter what. If no carbohydrates whatsoever are eaten, fats could be indulged in somewhat more liberally as well as small quantities of alcohol, like a glass of vino with meals, does no harm, but when fats and starch are combined situations are certainly going to get free from hand. It has to become observed cautiously throughout the first 30 days following the treatment methods are ended otherwise disappointments are almost certain to occur.

Whenever you end your last day's using the drops you have to stick to the low calorie Seattle HCG diet for 3 more days before upping your calories to permit time for that HCG to get away from the machine. When you begin the 4th day you are invited to improve your calorie consumption to 1500 through out the constant maintenance phase. It's not recommended to possess anymore than 1500 at the moment. You may also detect physical fitness since now you must an adequate amount of calories to aid the brand new intake of food for that diet.

Keep in mind, unwanted weight will fluctuate the very first couple of weeks, this really is normal. Perform a steak, fish, or chicken day if you want to. The load will ultimately stabilize and cease to fluctuate. Watch the starch and sugar cautiously throughout the 30 days. Eat as numerous organic foods as you possibly can. Eat anything you want, without starch or sugar, throughout the maintenance phase. Be certain that you're eating enough. Use healthy fats and milk products to your calorie consumption if required. Drink enough water.

The maintenance phase of Seattle weight loss is really critical. This phase is going to the ultimate weight loss phase as whole weight and weight loss success rests in this phase.

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Sam Winget - About Author:
Sam Winget is an SEO Expert and content writer who has written articles on a Everett weight loss, a HCG diet and a Download Movies

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