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Weight Maintenance after HCG weight loss Protocol by Sam Winget

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After you have successfully completed HCG protocol, you ought to have were able to drop the surplus weight you desired to get rid of. You may wish to keep the weight in a desirable level permanently. This calls for a careful reintroduction of foods to your daily calorie intake. And you should also start physical exercise. Here are a handful of essential tips you need to follow to create long-term weight maintenance easier you.

After your last HCG injection, move on with the low calories per day diet you've been on for another 72 hours. This allows the body to adjust in not while using HCG treatment while you follow the same really low calorie intake. You will even need one more 3 weeks for you to stabilize when you are permitted to eat any food so long as it doesnâ€™t contain sugar or starch. In this three-week maintenance phase, you're advised to weight yourself every single day to make sure you aren't gaining a lot more than two pounds over unwanted weight around the last HCG injection day. Otherwise a â€œsteak dayâ€• must be completed to correct the weight gain.

Following a 3 weeks on the low carbohydrate consumption plan, you are able to slowly introduce small quantities of foods containing sugars and starches. You desire to make a really gradual rise in the foods you eat so you eventually are eating the quantity of calories you have to keep your current weight. This calls for discovering what your calorie intake limit is. If you're female, take unwanted weight number and multiply it through the number eleven. If you're male, take unwanted weight number and multiply it through the number 12. The final result may be the total quantity of calories you need to consume per day.

Hereâ€™s a good example: if you're female and also you now weigh 130 pounds, you'd multiply that by 11 to obtain a total of 1430 calories every day. If you're male and also you now weigh 180 pounds, you'd multiply 180 pounds by 12 to obtain a total of 2160 calories every day. Carefully track your calorie intake just like you have carried out around the Los Angeles HCG diet plan protocol. Also be sure you start exercising. For the initial few weeks only exercise for Half an hour eventually per week. As you increase and increase your calorie intake, you can start to exercise a minimum of 3 times each week.

LA HCG is a very good weight loss remedy and but once you have lost your weight, its up to you as how you maintain the weight to the suitable levels. You are to keep a close watch on what you are consuming and how much calories you are taking in. You are to keep a close watch on your weight and alter your lifestyle and eating habits accordingly. HCG weight loss Seattle can produce dramatic results with weight loss and that can prolong in the long run.

For HCG weight loss plan you can simply log on to: http://www.hcgdietlosangeles.com

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