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WEIGHT LOSS PROGRAM-OVERVIEW

The weight loss program is based on multiple aspects all directed at maximizing your weight loss during the program and changing your diet and perspective on food permanently so **YOU CAN CONTROL YOUR WEIGHT!**

There are several aspects of the medically weight loss program and they include: suppressing your appetite so you are not hungry, a 500 to 600 Kcal daily food intake, extreme low fat/low carbohydrate diet, resetting your metabolic rate to a much faster rate (which results in burning more fat), and increased breakdown of fat and expedited removal of breakdown products from the body. All of this without hunger in most cases! The diet also has at its core HCG. HCG is Human Chorionic Gonadotropin. It is a hormone normally released during pregnancy which helps the baby by breaking down fat and providing nutrients for the growing baby during the first trimester (the first 3 months), before Mom knows she is pregnant. It normally has levels in the thousands of units per deciliter in the pregnant mother. During the weight loss program, you will be taking only 200 units per day. This is just enough to help suppress your appetite and kick your body into gear and start breaking down fat. It has not been proven by FDA or other agencies to lose weight and we agree with this analysis. We use it as a support for the weight losing effort. Along with the other aspects of the diet, it helps greatly. We will give you a complete list of the foods you can eat while on the diet. In addition, we sell protein shakes which help form a low carbohydrate/low fat base for the diet. Before starting the diet, we will do lab-work which will help us correct or alter any hormonal problems which might be contributing to you having difficulty losing weight. At that time we can also do labs to help find other hormone problems that may be contributing to your difficulty losing weight, fatigue, depression, strength, sexual desire, erectile dysfunction and hot flashes and other menopausal symptoms.

This diet changed my life! Give it a chance to change yours!
