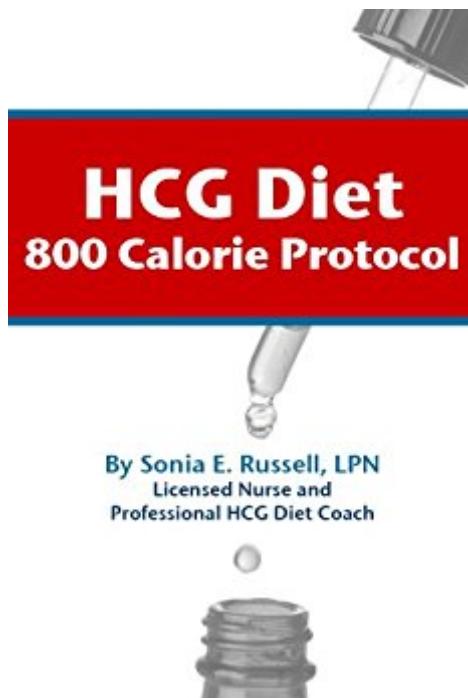


The book was found

HCG Diet 800 Calorie Protocol



Synopsis

A modernized medical revision of the "original" hCG Diet Protocol that details all of the 4 phases. The new 800 Calorie hCG Diet Protocol was developed over 3 years ago, peer reviewed and tested on thousands of dieters with spectacular results. The new modified version will provide the dieter with a more tolerable, healthier and safer program. HCG drops dieters are strongly encouraged to follow this protocol to achieve healthier long term weight loss results. This book includes the phase 2 800 calorie hCG diet protocol food guide, all required hCG essentials, sample menus, phase 2 recipes, new plateau breaking tips, modernized detailed guidelines for all 4 phases, phase 3 maintenance guide, hCG diet FAQ's, long term patient testimonials, recommended supplement and nutritional information, calorie counting charts, high glycemic foods to avoid, easy exercise routines and published hCG diet articles.

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Customer Reviews

Eight words, "thank you for giving me my life back!" I have always been someone who was athletic and fit most of my adult life, then I suffered injuries in the military. After getting out, I gained over 100

lbs. I tried everything and spent a lot of money trying to lose the weight. After 7 years of the weight battle and feeling at my lowest, I found Sonia Russell's medically updated 800 protocol HCG diet. I've lost 40 lbs so far, have a ton of energy, and am working out intensely at the gym. I could barely tie my own shoes 8 months ago and I am only 38 years old. But trust me, this is not a magic pill. There is dedication and work involved. If you follow the plan, YOU WILL LOSE WEIGHT. Simple as that. This book details the plan, the science behind it, the approved foods and meal plan, recommended vitamins, and provides recipes, to highlight a few details of the book. There is also a support group you have access to. I have saved so much time and money eating on this protocol, as it teaches you portion control and clean eating. I don't get any extra groceries that are not needed. It resets your metabolism for healthy living for life once you get to your goal weight. I just cannot say enough positive things about this diet. It truly has given me my life back.

This protocol using human Chorionic Gondotropin (hCG) for weight loss is THE answer for my successful and sustained weight loss. The protocol for hCG was developed in the '50s by Dr. A.T.W. Simeons. Sonia Russell has worked with hundreds of patients in a clinical setting modifying and updating the protocol for weight loss on hCG to bring it to a healthy, easy to follow method that incorporates up-to-date understanding of effective techniques. I shed 102 pounds over 18 months and using this protocol was the key. I have reduced my blood pressure medications and eliminated my risks for Metabolic Syndrome. Nurse Russell's protocol recommends consuming 650-750 calories daily while on the hCG. She is very specific about what foods to eat and how to listen to your body to understand what tweaks you should make to maximize your success. My doctor recommended I follow this diet protocol and he knew what would be effective and produce some serious lasting results. This protocol takes commitment, and Sonia Russell's book gives the support and guidance that makes that commitment work.

never try this unless you are crazy

I bought this book out of curiosity because I did the 500 Calorie protocol with good results. The only problem was I was losing hair and I was terribly tired all the time. When I did this program, I took supplements, ate breakfast, had snacks and felt great. Also stopped the hairloss. I lost the same amount of weight too. I highly recommend this protocol....Betty Henderson

This book was nutshell informative, however I felt like it needed just a touch more information in it. I

did like the hints and tips on plateau days and ways to combat the hunger. I have had much success on this diet myself and would recommend it to people that would like to lose weight. I have lost a total of 35lbs using this method

This book has so much great information. It is so refreshing to have all the information needed for the hcg diet in one book. I have read a dozen books about the hcg lifestyle and none have it as simple as this one.

Needed some extra information for a very successful diet. This is the first diet that has actually worked. If you can stick to the rules you will have immediate results.

Great quick read book if you are going to start a HCG diet. Gives you all the facts in simple laymen terms.

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