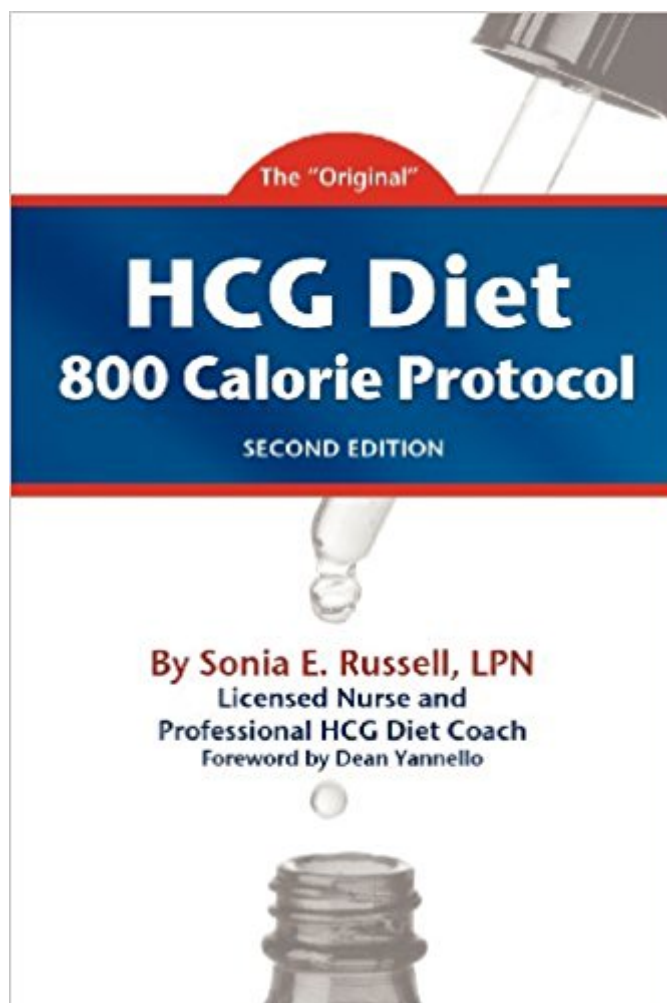


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HCG Diet 800 Calorie Protocol Second Edition



Synopsis

Licensed nurse, Sonia Russell, LPN is recognized as a leading expert in hCG diet research and weight loss safety. Many dieters have claimed to be weak, tired, complain of hunger, frequent headaches and hair loss on the original 500 calorie VLCD. The HCG Diet 800 Calorie Protocol was developed from years of patient data obtained in the clinical setting to provide the dieter with a safer, effective and more comfortable plan. The 800 Calorie Protocol includes the use of vitamins and minerals, adding breakfast, more protein sources, an extra fruit serving, and more food choices. The results have shown to yield the same, if not better weight loss when compared to the original 500 calorie protocol. The modified version also includes an improved phase 3 stabilization plan by removing certain foods that many dieters have been known to overindulge upon. The 800 Calorie Protocol teaches the principals of eating clean by prohibiting canned and processed foods, fat free/sugar free store bought foods or products containing preservatives, flavor enhancers, pesticides, herbicides, sugar substitutes, corn syrups or hormones. The dieter will learn healthier ways to grocery shop, read food labels, and prepare and cook healthier foods. The HCG Diet 800 Calorie Protocol Second Edition contains detailed updates to each phase of the 800 Calorie Protocol including new stall breaking techniques, egg white protein alternatives, approved breakfast protein shakes, updates to the phase 2 food guide, phase 2 allowable water veggies, more delicious phase 2 and 3 recipes, sample menus for phases 2 and 3, a detailed phase 3 stabilization plan, dieter testimonials, all required hCG essentials, updated hCG diet FAQ's, recommended supplements, calorie counting charts, and exercise routines.

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Customer Reviews

I wish I could give this book 5-stars and say it is the most definitive HCG book ever. But I can't. I've done the HCG diet before and I find it a difficult and excellent way to lose fat while preserving one's muscle mass. My beef with the 500 calorie HCG diet is I think for many people too little protein is ingested to protect their lean muscle mass. The good things about this book are: 1. You can eat more than 500 calories on HCG. 2. A discussion on green vegetables and water vegetables and what to consume. 3. Clearer guidance on the phases and what foods to eat. 4. A nice list of recipes and what phases to consume these recipes on. 5. Advising people to take anti-candida medicine to reduce candida while doing the HCG diet. The book "Pounds and Inches" is free all over the net and it is flawed but also adequate to help a person succeed on HCG. A better HCG diet book is needed and this book addresses some holes however it falls short. My advice for HCG dieters is as follows: *Don't eat the cracker it will slow your weight loss down. *If you go over 500 calories, eat more protein. Me, I buy egg white protein and make shakes. Hard boiled eggs are good too. Eat the whites and throw away the yolks except perhaps a 1/2 a yolk a day. *Go with apples or strawberries. Some people do oranges and grapefruit. Blueberries were a stall creator for me. Don't get fancy here with fruit. *Do the 50 day maintenance phase keeping your body weight stable or....DON'T bother doing this diet. Do this and you'll keep the weight off. Ignore or short-change this phase and you'll undo all your hard work. *Do a food/energy/emotions/poop journal. This will help you see the relationship between how food makes you feel. Do this right and it will open your eyes. Emotions are often the root cause behind weight. Understand the emotions that cause binge eating and then find better ways to deal with those emotions. Chocolate cake will make your mouth feel good for about 5min but feeling poorly the next several hours. It is an OK book. Perhaps I'll warm up to it if I like the recipes. If so I'll update my review if this happens.

My experiences are with a homeopathic hcg spray. I first did the original Simeon's Pounds & Inches four years ago. I lost 22 pounds in 35 days and was ecstatic! About six months later I did a half round and lost about 10 pounds (had gained 8 of original loss back). Managing to maintain the loss for more than a year, I slowly began to gain some weight back... Life happens!! December 17th of 2013 I decided it was time to visit the protocol again. I started with the original 500 calorie, but had a few mornings of dizziness, so I investigated the 800 calorie protocol. I just completed 42 days of Phase 2, and all but a week of it was with the 800 calorie plan by Sonya. The dizzy spells went

away immediately and my energy was mostly good. I didn't lose like I did on the original 500 calorie, but the trade off was worth it. I lost 17 pounds total. On Sonya's plan, you add breakfast, an extra fruit, more protein lunch & dinner, a salad, more vegetable choices, and a multi-vitamin plus calcium and essential fatty acids. Going into Phase 3 is always scary because you double calories and have more freedom. I'm anxious to see how it goes! Yes, I'd recommend this book as a viable alternative to the original protocol. I know the original works, as I've strictly followed it, but having options is nice!

I've tried different HCG protocols and this is the BEST one, period. Easy to follow, has more protein to prevent hair loss, and I actually lose more weight than on the original. Lots of good tips and tricks to prevent and break stalls, although I've never really had to break a bad stall on this protocol, it works that well. The recipes aren't that great but I use Tammy Skye's HCG cookbooks, they are the best cookbooks out there and complement this protocol well, I just increase the protein as needed.

This book gave me everything I needed to properly do the 800 calorie hCG diet, with all the answers to why and how the original protocol was altered. It's a great way to boost your weightloss, and maintain it once you've reached your goal. Just like any diet, you have to be ready to make the change in the way you eat. I suggest reading the book all the way through before starting the protocol. There are several vegetables in this version that are considered "water vegetables" that aren't allowed to be counted as your dark greens with lunch and dinner, but are allowed in your salad at lunch. Beg come familiar with these "water vegetables."

A very complete brief of the Dr. Simmeon Diet Protocol, and general information about the diet that everybody should read before start the diet. Also offers the 800 Calories protocol, a more realistic option to the original diet that many people will find easy to follow and loose fat and inches. Thanks to Sonia Russell to put all helpful info together.

This is surprisingly easy to stay on. I am not hungry and lost 5 pounds the first week. I feel since this is an updated protocol for HCG it is likely the healthier way to go. I am a bit disapointed though in the choice of recipes and the fact that there are no calorie counts with the recipes.

Read several other books on the HCG diet & still had questions, this book really filled in the blanks. Exp: Do you take the drops on the loading days in phase 1 ? How much of the veggies do you eat

per meal, is it limitless ? etc.

A load of crap!! Such a waste of time.

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