



**Would You Like to Lose WEIGHT**

**10 KGs in 30 DAYS**

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**HCG Diet System Fourways**

# weight loss programs Fourways

**Call 072 064 3948 today for weight loss programs near Fourways**

## HCG Diet System

Address : Hawthorn Village, Short St, Fourways, Sandton, 2068, South Africa

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Google Folder : <https://hcgdietsystemfourways.page.link/iGuj>

Twitter : <https://twitter.com/hcgdietza>

GMB : <https://www.google.com/maps?cid=14865242580351830150>

Business website : <https://hcg-diet-system.business.site/>

Call HCG Diet System for the best weight loss programs in Fourways, .. We are open 24/7 and can be reached by dialing 072 064 3948.

## How Effective Is HCG Diet?

The HCG Diet is a high-protein low-calorie diet. According to many people who have followed it, they have lost up to 2 pounds a day. The first few days are filled with mild hunger, but by the second week, they feel full. They also experience an increase in metabolic rate and calorie burning from fat. However, it is still important to consult with your physician before starting the diet. If you decide to try the HCG Diet, be sure to follow all instructions carefully.



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Foods that are allowed on the diet include carbohydrate foods like breadsticks and Melba toast, which are low in calories and fat. While the diet allows a bit of seasoning and oil in food, dressings and other substances that contain fat are not permitted. Nonetheless, people can enjoy delicious and nutritious foods while on the diet. Among the most popular foods that are allowed on the diet are fruits and vegetables. Some people are even able to lose more than five

pounds per week on the hCG diet!



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Several studies have been conducted to prove the effectiveness of the HCG diet. The first was published in the early 1970s in peer-reviewed medical journals. However, rigorous clinical studies showed that the HCG

diet had no demonstrable benefits. One study by Asher and Harper showed that women receiving 125 IU of HCG lost more weight than those receiving a placebo injection. Another



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study by Hirsch and Van Itallie looked at six hospitalized obese women on a 500-calorie diet. This study was highly controversial and had methodological flaws that made it invalid. The effects of the HCG Diet are not predictable. Depending on your body type and metabolism, the HCG diet can cause dizziness or fatigue. While it may seem easy to lose weight fast, it is essential to consult with a physician first. It is not recommended to take more than the recommended dose unless the diet is accompanied by medical care. This is because high doses can affect the chemistry of the body.



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Several other factors must be taken into consideration before committing to a high-calorie diet. The federal government recommends a minimum of 2,000 calories a day for adult men and women. The hCG diet offers less than half of that amount, leaving you with low energy and an increased risk of nutrient deficiencies. As a result, many people on the hCG diet have passed out due to an extreme lack of calories.



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### HCG Diet System Fourways

The HCG Diet has been around for several decades and has no scientific proof. It works by restricting the intake of a hormone that a woman produces during pregnancy. The hormone is known as HCG and is used to treat female fertility issues and problems related to hormones. While the HCG diet is not for everyone, it does help many women lose weight.

If you are considering it, be sure to contact us today.

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### **Contact Details**

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