

How the HCG Weight Loss Diet Compares to Other Popular Diets

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Report Prepared by the
Research Team at
HCGDIETKITS.COM

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The Truth About Popular Diets

The HCG Diet Kits Research Development Team, www.hcgdietkits.com spent hundreds of hours and studied hundreds of weight loss programs. Research included, but was not limited to, studying Dr. A.T.W. Simeons' book **Pounds and Inches**, studying Kevin Trudeau's best-seller, **Natural Cures "They Don't Want You to Know About"**, speaking with numerous trained medical doctors and staff, including the current leading medical expert, Dr. Belluscio.

A recent study by *Consumer Reports* magazine shows that Americans are pre-occupied with weight issues. The survey, conducted by the Consumer Reports National Research Center, found that 41 percent of American adults (91 million) are currently trying to lose weight. Nearly half (46 percent) of all women are trying to shed weight, while about one third (36 percent) of men are dieting.

On *The Early Show*, consumer correspondent Susan Koeppen unveiled the results of a survey, which appear in the magazine's June issue, that names the top clinically tested diet plans.

Coming in first was **Volumetrics**, in which dieters fill up on "low-density" foods, like fruits and vegetables, and consume a low-fat soup or salad before a meal to take the edge off their hunger.

Consumer Reports also gave high marks to the **Weight Watchers** diet plan, which uses weekly meetings and weigh-ins for motivation and behavioral support for diet and exercise changes. The Weight Watchers plan scored average on weight loss but first in long-term adherence. The magazine's experts found the Weight Watchers recipes appetizing and fairly easy to prepare.

The **Jenny Craig** diet plan is based on weekly one-on-one meetings and pre-packaged food. *Consumer Reports* did a study of client histories and found that while the plan had high dropout rates, dieters who stuck with the plan lost considerable weight.

The **Slim-Fast** diet uses meal-replacement shakes and bars that are easy to find in most grocery stores and drugstores. Clinical studies show above-average long-term weight loss but a high long-term dropout rate.

Also, 90% of the weight loss programs and related books in circulation are a "do it yourself" program.

The majority of weight loss programs insist that one changes his or her lifestyle in a drastic way, without many aids to help with this problem. This becomes a problem for the

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individual as everyone has many pleasure moments and social events associated with food. While giving those things up could keep their weight down, it could also make them miserable, and therefore unwilling to sacrifice those things.

The majority of medical doctors have not been trained in weight loss or health, and throughout their formal education they were only required to take one class regarding natural health/vitamin supplementation, with no formal schooling on any university/college program on formal weight loss essentials. Therefore they only recommend the leading authors and books on the subject (Pritikin, Atkins etc.).

When patients exhibit symptoms of ill health due to poor eating habits and excess weight the general handling by medical doctors is to direct patients to lose weight by walking, cutting calories and drinking water, and maybe add in some vegetables and cut back on red meats, etc. High levels of bad cholesterol are handled with drugs, high blood pressure with cutting back on salt, and other common methods that are now well-known.

The majority of people who develop weight loss programs create them based on first- or secondhand personal results of family and friends and have possibly started a business selling related diet products.

They are usually individuals who have experienced some success with study and doingness of various weight loss programs and write a book or create a website with a personal weight loss program they come up with.

In the next section, you will see comparisons between the HCG Weight Loss Cure and other diets. The facts covered in the next section are held in common by common weight loss programs—with the exception of Dr. A.T.W. Simeons' HCG Weight Loss Cure Program.

COMPARISON STUDY TO THE SIMEONS' WEIGHT LOSS CURE PROTOCOL

Most popular diets on the market today are well-intentioned and do get weight loss results, and it is always good to exercise and get in shape. Plus anything that allows the dieter to feel like able to do something about their weight with short-term lifestyle adjustments and low out-of-pocket expenses is a good thing. But it still needs to be noted that the national statistic from the Federal Trade Commission on these diet programs states that 95% of dieters gain back all the weight they lost, often gaining even more pounds than they took off.

DIET INDUSTRY: Majority are researched and developed by non-medical, non-scientific means and are based on the personal weight loss success of the creator (and his immediate friends or family) of the diet program being promoted.

HCG PROGRAM: Thousands of hours and years of clinical trials and research conducted by certified medical staff with the single intention to get to the bottom of the obesity/weight problem to a consistent proven result, with no side effects.

DIET INDUSTRY: According to the Federal Trade Commission's statistics on diets and the weight loss industry, 90% of the diet programs on the market statistically show a regain of all the weight loss, with the end result often landing the dieter at a weight greater than when the diet was originally started. Despite all the diets available currently promoted in the weight loss/diet industry, the obesity problem is continuing to increase at a very rapid rate worldwide.

HCG PROGRAM: This is a weight loss CURE program, not a temporary diet program to lose weight. The idea is to keep it off and return to your normal lifestyle with the ability to now make healthy choices of your own desire after seeing the results for yourself.

DIET INDUSTRY: 95% of diet programs' knowledge and information is based on best-selling books by authors without formal training in nutrition and who are not medical experts. The cost for a formal supervised weight loss/diet program is between \$1200 and \$2500; this sometimes includes all prepared food costs, medications, labs, etc. The non-supervised, "do it yourself" self-help diet book programs are the least expensive and have the highest failure rate, losing a fast 10 to 20 lbs with 95% regained immediately following the weight loss program.

HCG PROGRAM: Was researched and developed by a medical doctor using standard medical research and clinical testing to a standardized result. The clinical results were proven on thousands of patients who lost and kept off the weight with little or no hunger, had high energy throughout, and lost a approximately a pound a day as well as keeping it off after the program was complete. The cost of the program currently ranges between \$350 to \$750 and is more than made up for by the savings in your personal grocery expenditures.

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DIET INDUSTRY: 90% of the current diet and weight loss programs and books take the philosophy that You are the problem: it's your bad eating habits, it's your lack of discipline, it's how you were raised, it's your lack of exercise, and on and on.

They then concentrate on what you eat and blame the bad food intake such as coffee, sugar, breads, and if that doesn't work, then you have to be given specific "eating regimens" to stick to for long periods of time, giving up all your pleasure moments in life and "suffering" until you have lost the weight. Then demanding you commit to a full "lifestyle eating change" to keep it off. You do the best you can, and with tremendous discipline and concentration lose some weight. You think you can celebrate just a little, only to "regain a few pounds" when you put a little "enjoyment" back in your life. Now you give up completely and break your commitment and eat your way (to feel better) over and above your previous weight level to a hopeless vicious cycle of loss and gain, until the next diet program.

The majority of the diet programs take the viewpoint that your overweight problem is your entire fault, that you have bad eating habits, that you have a psychological problem, that you are not self-disciplined enough, or that you have a thyroid or adrenaline problem. All push hard on exercise as a solution to your "low metab" and weight problem. Of course exercise is healthy, but very difficult to do until you have actually lost the weight and have the energy to do it.

You must change your eating habits for life to fit their diet recommendations, which takes away your lifestyle, your family traditions, and your pleasurable moments in life and is nearly impossible to do.

Even Kevin Trudeau, who lays out a correct diet, asks for too many expensive and restrictive changes to a lifestyle that most people do not have the time, energy, financial budget or discipline to keep up with.

HCG PROGRAM: Simeons discovered thru certified medical research and testing of thousands of patients the exact physical problem that makes it so hard to lose and keep off weight. When corrected with the HCG weight loss program, the body's weight can be brought back down to normal range with very little effort and in very little time. The body reshapes itself, the stomach flattens, and all without regaining the weight. Once the weight is lost, and you have completed the HCG weight loss program to its end, you are free to return to your normal lifestyle in better health and without fear of experiencing the yo-yo effect so common in other weight loss programs.

DIET INDUSTRY: All geared to just weight loss with very little extra health benefits and could actually become unhealthy without the correct balanced meals and vitamin supplements.

There is nothing to correct the metabolism and the hormone imbalances. And, although they preach a lot and promote the health benefits, the weight gain/loss roller coaster is

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never cured completely.

HCG PROGRAM: Simeons' program is not only a weight loss CURE program, it has a whole list of side benefits—listed in his research papers—that improve as a direct result of doing the HCG weight loss program resulting in: lowered cholesterol, loss of body pains, resetting thyroid and rebuilding adrenaline glands, balancing the hormones, resetting your appetite, to name a few. The biggest benefit to the program he found through his clinical trials was that patients would return to their "normal eating habits" and even overeat after the program was done; but due to the corrections the program makes to the body and metabolism, even with overeating they would not gain back more than 10% of their original weight. No other program was found to produce this result.

DIET INDUSTRY: All other programs demand exercise as a key to weight loss.

HCG PROGRAM: No exercise is required to get result with this program. There is no loss of muscle mass.

The Dr. A.T.W. Simeons HCG Weight Cure Program is just that, a “Weight Cure.”

- It is not a “diet program” to lose weight.
- It is not a fitness program.
- There are no food items to purchase.
- There are no psychological medications or counseling programs.

IT IS SIMPLY WHAT IT SAYS—A WEIGHT LOSS CURE PROTOCOL.

NOTE: In hundreds of pages of research with our research team, there was not ONE other WEIGHT LOSS CURE PROGRAM found anywhere in the world. It was also interesting data that none of the other 185 weight programs researched promoted confidence in keeping most of the weight off once lost. Only Simeons gave the actual clinical statistics and stated confidence in maintaining weight loss.

These are amazing facts and almost hard to believe even with our staff, yet they are there.

Finally, it is important to keep in mind that like any other disciplined physical program, the Simeons weight cure program will take a concentrated effort on the patient’s behalf and discipline.

The difference is in the rewards!

LOOK AT YOUR IDEAL LIFESTYLE BECAUSE YOU'RE GOING TO CREATE AN IDEAL BODY

IT STARTS WITH YOU!

HCG Success Stories

Here are some of the many HCG success stories from patients using this Weight Loss Cure:

"I was so thrilled to find this program.

I went from a size 14 to 6.

The results were incredible."

W.B. Florida

"I did the HCG Program; it's terrific for weight loss,

never have been able to stick to a diet before.

I've lost 21 lbs., feel great and blood sugars have lowered....

God bless whoever invented this program...."

M.B. Texas

"I am a real success story for the HCG program,

I lost over 75 pounds!"

S.M. Washington

"I used HCG through a clinic.

It was administered in small doses by injection.

My results were incredible and I felt wonderful

During the treatment."

Jan W. Northern California

"I am an R.N. who has had a weight problem all of my life.

I'm now 48 years of age, but when I was only 19 years old I went to a physician who used Dr. Simeons' method of HCG weight reduction. It worked beautifully for me, and I used it off and on with equal success throughout the years...."

Joan B

"I weighed 195 lbs. ...Over a period of 6 weeks I lost 37 lbs. I weighed in at 158 lbs. after my last injection. Incredible!"

John M

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"I never felt hungry, irritable, deprived and had more energy than I've ever had in my life."

Jackie

"I was a patient who took HCG in the early 1970s, and not only lost weight, but also experienced the Changes in body contour. That was a big issue for me, and I always believed that HCG was the one diet program that accomplished that."

A Smith

"When I was in Los Angeles California I was treated for obesity with weekly injections of HCG. I was able, with a controlled diet, to lose 40 pounds in 2 months. It was the most effective method of weight loss that I have ever tried."

C.M.

"My husband and I both started the diet. We both are in our 5th week. I have lost 25 pounds and my husband has lost 40."

Dawn

"I had positive results from the injectable HCG. It gave me a feeling of general well being and also mobilized difficult to get rid areas of fat."

Glaser

"In Florida, back in 1986 I went through hCG shots to lose weight. I lost 26 lbs in felt the best I ever had in my life."

Kimberly

"I used the hCG injections myself for weight loss. I had never had results of any kind from any other weight loss program. I went from 165 lbs to 127 lbs in less than 4 months. I not only lost on the scales, but I lost inches in my bra size, my neck, my arms, legs, waist and hips; everywhere. "

Rene N.

"I would like to share with you my own experience. 7 years ago I was really sick. I had chronic neuropathy, low testosterone, etc. I went to many doctors and even a major medical hospital in Houston, Tx. A couple of doctors injected me with testosterone, but that did nothing for me."

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I finally saw a doctor in Pennsylvania who ran test on growth hormone and HCG. I had no natural growth hormone, and my pituitary gland was very sluggish. He started me on injections of HCG and HGH both. I got about 2000 units of HCG every other day as well as the Human growth hormone. My health is greatly improved now."

Andrew B.

"A couple years ago, a friend of mine told me about HCG. She had considerable success over an 18-month period. I reviewed the research published by A.T.W. Simeons, MD. and began a diet program with HCG self injected each day. I completed 3 phases, each a 6-week HCG course followed by 6, 8 and 12 weeks of maintenance. I began at a weight of 237 pounds and I lost a total of 46 pounds after approximately 1 year. I had no side effects, felt great and increased my energy. I was able to begin weight training at the YMCA. I am a very strong and active woman of 45-- SCUBA diver, league bowler, traveler and hiker. I have used this program very successfully for weight loss that's so easy and it makes you feel great. It lowers cholesterol and blood sugar."

Gayle

"I very successfully completed this program. I lost about 35 pounds, going from 160 to 125, at age 40. I was on the program 2 months. I was not hungry."

James P.

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IS IT TIME TO CHANGE YOUR LIFE? ARE YOU READY TO HANDLE YOUR WEIGHT PROBLEM ONCE AND FOR ALL?

Call 1-800-417-7112 Pacific Standard Time

Get all your questions answered and get your full program here. We have a full staff who have all done the program and has full knowledge and understanding about the HCG WEIGHT LOSS CURE PROGRAM.

Visit our site at <http://www.HCGDIETKITS.com>

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and know the application for in the treatment of a specific problem the patient is experiencing. The medical doctor has the right by law to do as they see fit to handle a patient under their care with health issues.

HCG has been used to treat many various health issues and has been in existence to do so for over 25 years, by the medical community. If you have any questions or concerns about the information provided to you in this eBook please [email us at info@hcgdiettips.com](mailto:info@hcgdiettips.com).