



## Article Side

All about HCG Diet and how it Works for Losing Weight by [Hcg Warrior](#)

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The hormone HCG or "human chorionic gantotrophin"™ is found in pregnant women's urine. It is claimed that by taking this hormone in specific doses, obese people can lose weight. This theory of Dr. Simeons became phenomenal when he made his findings public in the 1950s.

### The Working of HCG to Lose Weight

People who wish to lose weight must take the HCG diet drops that stimulate the hypothalamus of your brain resulting in the release of excess fat from the body. You will notice that even without eating much you have enough energy to work. This is due to faster metabolism. When you start the diet program, for two days you have to gorge on fatty foods. This is how you are led to the next phase of the diet; during this time, sugary foods have to be avoided, but everything else can be eaten. With a diet of only 500 calories, this regimen has to be followed for 3-6 weeks. Three days prior to the conclusion of this stage, the diet drops have to be stopped.

The diet program continues for another three weeks when your system stabilizes and you can continue to maintain the weight. During this period you are no more on HCG diet drops and your calorie intake can go up to 2000. You are only prohibited from sugar and starch.

### Tips to Help You Buy HCG in Canada

Choosing the right company to buy the diet drops can be challenging. It is important to do some research before you buy HCG in Canada from a reputed company. Make online purchases as you can compare prices. Companies that offer a realistic guarantee show that they stand by their product. The website should have details of the company; its contact number and the address. Check the customer feedback which reveals the credibility of the pharmacy.

Get your HCG in Canada because there are many pharmacies that sell them in this country. No doubt, you have to double check the reputation and the track record of the company. Other factors to be checked are their shipping, re-order rates and the overall value of the product.

### Maintaining Your Weight after HCG

Once you have completed the diet, you should take care to maintain it, because your body needs time to get used to the new routine. Avoid sugar and carbohydrates for at least three weeks after the conclusion of the Hcg diet. During this period enrich your diet with foods rich in omega-3; this can include flaxseed, walnuts, fish such as sardines and salmon. Check your weight every morning and reintroduce starches in your diet. Exercise regularly and continue to have a healthy diet of lean meat, fruits and vegetables.

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Hcg Warrior offer Hcg Calgary plan for sustaining your finishing excess weight around the diet plan. If you're searching to buy hcg online in Canada, a [hcg Canada](#), the least expensive method to get

hcg would be to buy a [Hcg diet drops](#) on-line. For more information visit:-<http://www.hcgwarrior.com/>

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