



## **Quick tips on hCG from Optimum Health**

1. Studies have demonstrated the average female loses 18 – 24 pounds in 32 days and the average male loses 24 – 28 pounds in 32 days.
2. People utilizing hCG and who are monitored through Bio Electrical Impedance Analysis such as used at Optimum Health and Rehab, test as having very little muscle mass loss and the majority of their weight loss is coming from fat loss.
3. People report being able to better maintain their weight loss following a clinician directed hCG program.
4. hCG is reported to reduce hunger and cravings in some individuals following a clinician directed program.
5. In a recent survey conducted by the hCG Diet Council, 95% of hCG dieters polled needed additional nutritional supplements during the hCG Diet, in addition to taking hCG.
6. Without the guidance of a properly trained and experienced hCG clinician, 65% of hCG dieters polled were frustrated and quit the hCG program and 88% did not know how to properly transition into successful maintenance.
7. Internet hCG diet chat groups historically are not supervised or authored by a clinician and consequently give directions and information based on their own personal beliefs and experience and not necessarily based on sound clinical judgment.
8. Approximately 95% of hCG dieters polled failed to get the long terms results promised from internet hCG selling sites and gained some, if not all, of the lost weight back within 4 – 6 months.
9. 99% of hCG dieters polled reported that internet selling sites lack the staff and knowledge of someone trained in nutrition, wellness, and medicine.
10. If you are considering hCG weight loss, come to the professionals at Optimum Health and Rehab. Medically supervised, experienced weight loss programs for almost everyone.

Source: <http://www.hcgdietcouncil.org>