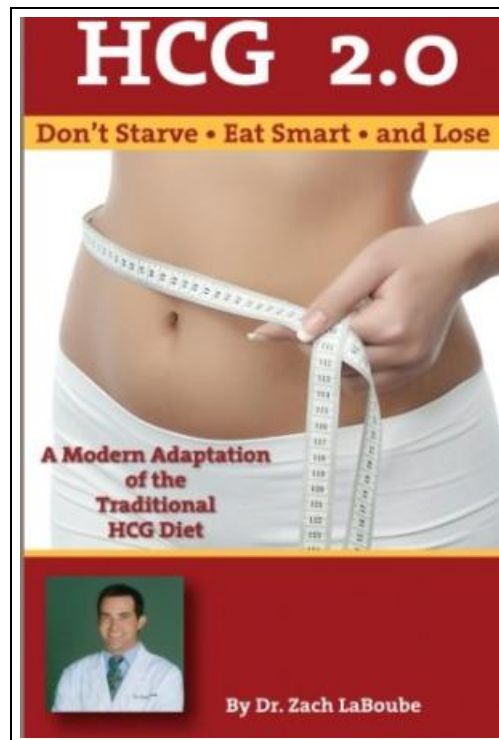


Hcg 2.0 - Don't Starve, Eat Smart and Lose: A Modern Adaptation of the Traditional Hcg Diet (Paperback)



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Reviews

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Createspace Independent Publishing Platform, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Now the #1 diet of 2016 ranked by Consumer Affairs Magazine. HCG 2.0, written by Dr. Zach LaBoube, founder of InsideOut Wellness and Weight Loss, is a contemporary ketosis based version of the original HCG diet. Medicine is called a practice for a reason. As new technology and research becomes available, treatment protocols evolve, always for the better. Shouldn t the HCG diet be the same? First published in 1954, the traditional HCG diet, as seen on many of your favorite daytime TV shows, including Dr. Oz, has helped millions achieve weight loss success. However, the strict tone and outdated calorie recommendations make the diet far more difficult than it needs to be. While the concepts and theory that inspired the traditional diet are still very relevant, the protocol itself is still stuck in the 50s and in dire need of revision. Introducing HCG 2.0, the first diet of it s kind that is more about calorie replacement rather than calorie restriction. HCG 2.0 utilizes current research into a variety of topics such as low-carb, ketosis dieting, the high protein/fat diets of Inuit Cultures and innovative new food statistics such as Estimated Glycemic Load, Fullness Factor and Caloric Ratios to add smart calories to the diet, thus making it a safer, more realistic weight loss option for the working adult. HCG 2.0 uses a BMR (Basal Metabolic Rate) calculation to determine the amount of calories you re allowed to consume. This is a significant variation from the traditional diet that only allows each dieter only 500 calories per day, whether male or female, big or small. HCG 2.0 also uses basic food chemistry to give you a wider variety of protein options...

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