Article published on July 6th 2012 | Fitness

HCG diet is one of the most recent fad diets in the market. It uses HCG drops to help burn calories in the body. The best part about this diet is that it burns the fat calories instead of the food calories, helping you achieve rapid weight loss gains. With this diet, an individual is required to maintain food consumption up to 500 calories a day, which forces the body to burn fat. The actual importance of the HCG drops is still being debated and the FDA was limited sales of these products. However, there are different kinds of HCG drops products available in the market and you must check the HCG drops review before you choose your package.

Dr. Simeons incepted these HCG drops and defined the low calorie diet plan. According to the research studies conducted by him, the low calorie diet would starve the body and burn the underlying fat instead of the food calories. The individual is allowed to consume only the minimum amount of food, so as to deal with the urge. The diet plan allows coffee or tea during breakfast, with about one spoon of milk. There is no more milk to be consumed in the 24-hour period thereafter. Artificial sweeteners or natural sweetners such as stevia could be added to the tea or coffee. According to the diet, the individuals are allowed 100 grams of lean protein. This could include shrimp, lean beef, lobster, veal, white fish, chicken breast and shrimp.

All kinds of fat must be removed from the meat prior to cooking and the cooking process must not include any additional fats. Boiling or grilling is acceptable; however there must be no oil present in the food. One can also consume a fruit or a vegetable during lunch. Most people include some strawberries, half a grapefruit or one apple. Similar rules are applicable to dinner as well. One can include any one vegetable from onion, beet greens, cucumber, radishes, spinach, celery, green salad, chicory, asparagus, tomato, fennel or cabbage.

Since the HCG diet comes up with rapid results, it has become exceedingly popular in the recent times. People have come up with newer recipes for 500 calories. Loads of these recipes have been tried by people and shared over the Internet. The HCG drops are available in a kit and sometimes; the individuals may qualify for an extra supplement. The diet instructions are always accompanied with the kit, so that the beginners can follow it well. Before you get started with such a diet, it is suggestive to consult a doctor, to achieve long-term health benefits.

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Ken Ojuka - About Author:
a HCG Drops advantages are a healthy, safe way to lose unwanted weight, and keep it off. a HCG Diet are fast and visible almost immediately, and you will lose inches just as quickly.

Article Keywords:
hcg drops, hcg drops reviews, hcg diet

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