

## Why do we recommend the hCG Diet?

*Weight loss programs tend to over promise and under deliver. They don't address the underlying issue that are bodies are designed to stay in balance.*

*We have internal indicators for body temperature, hydration, pH balance. The hCG Diet resets your weight barometer. It teaches your body to burn rather than store fat.*

*The hCG diet is designed to burn the old, stored fat that won't let go. It resets your body's natural body weight so your weight does not go up and down. With hCG people take it off and keep it off.*

*Cathy Goldstein - Founder IHAC*

**Cathy Goldstein** is founder of IHAC and has 25 years of experience helping over 10,000 patients look and feel great. She is a highly requested conference speaker and travels the U.S. teaching the benefits of alternative medicine. She constantly strives to bring new and innovative techniques to her patients and fellow professionals to help them lead healthier and happier lives.



## Integrative Health and Allergy Center

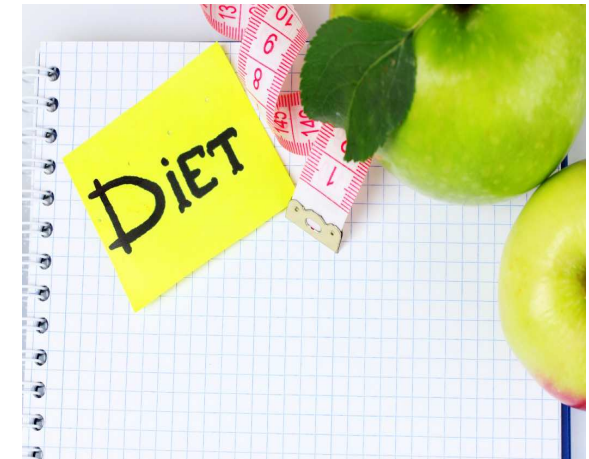
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We Provide the Steps*

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**Call to reserve your appointment today!**

## hCG Diet Plan

*Fast, Effective Weight Loss*



A New Approach  
to Weight Loss  
Fast, Safe, Easy,  
Lasting Results



## Why is everyone talking about the *hCG Diet*?

- ✔ Because it works!
- ✔ Incredibly fast, safe and effective
- ✔ You are able to keep weight off
- ✔ No injections
- ✔ Homeopathic - natural



## How will *hCG* help you lose body fat?

*hCG* will reduce your food cravings and metabolize stored fat

### **You will....**

- NOT experience irritability
- NOT experience headaches
- NOT experience weakness or hunger pains

### **BUT**

- You will lose unhealthy fat
- You will reshape your body without affecting your bones or muscles
- You will look the way you are supposed to

## **Wouldn't I lose the same amount eating a low-calorie diet without *hCG*?**

You can lose weight with a low-calorie diet but you will most likely lose water and muscle mass not unhealthy fat. Long term, with other diets, it would make gaining weight easier. The *hCG* diet is safe, natural and homeopathic. Stored fat is mobilized for energy and the rest is eliminated. You release excess fat without affecting your bones or muscles.

## **Will I get hungry on this low-calorie diet?**

After about 2 days, the *hCG* formula helps your body access the energy it needs to control cravings and reduce appetite. Because the *hCG* diet mobilizes fat and makes it available to the body as an energy source, it naturally reduces appetite. People report that they have not felt hungry.

## A fat loss diet like the *hCG* diet has no equal.

Diets don't usually work because people don't lose the right kind of fat.

### **3 different types of fat stored within the body:**

**Structural fat** - stored between organs

**Normal fat** - source of day-to-day energy

**Unhealthy fat** - locked away and not released during normal diet and exercise.

The key to the *hCG* diet is to burn the last resort unhealthy fat reserves that typically are only released during pregnancy or starvation. This fat is often stored around the waist and hips.

The *hCG* diet works at the metabolic level to discharge these stores into the bloodstream so that they can be used as fuel. **This is why a very low calorie diet MUST accompany the alternative dosage.**

A very low calorie *hCG* diet "resets" the body and releases the non-essential fat in the body.

The best way to shed fat is to turn it into muscle. *hCG* weight loss acts to give your body the required energy needed to grow muscles without the energy that would otherwise be turned into fat.



The diet requires one hundred grams of protein per day, which is about twice as much as your standard intake.

### **The first visit you receive:**

*hCG* product  
Low-calorie diet guide  
Recipes

### **Office visits include:**

Measurements  
Weekly progress report