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

How much weight can you expect to lose?

The hCG diet is quite rigid and the guidelines must be followed carefully to ensure success. The average weight loss is around 20lbs per month.

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

Health Requires Action
We Provide the Steps

100 Executive Way
Suite 114
Ponte Vedra, FL 32083
904-280-3733
www.healthandallergy.com

Call to reserve your appointment today!
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.**

The first visit you receive:

- hCG product
- Low-calorie diet guide
- Recipes

Office visits include:

- Measurements
- Weekly progress report

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