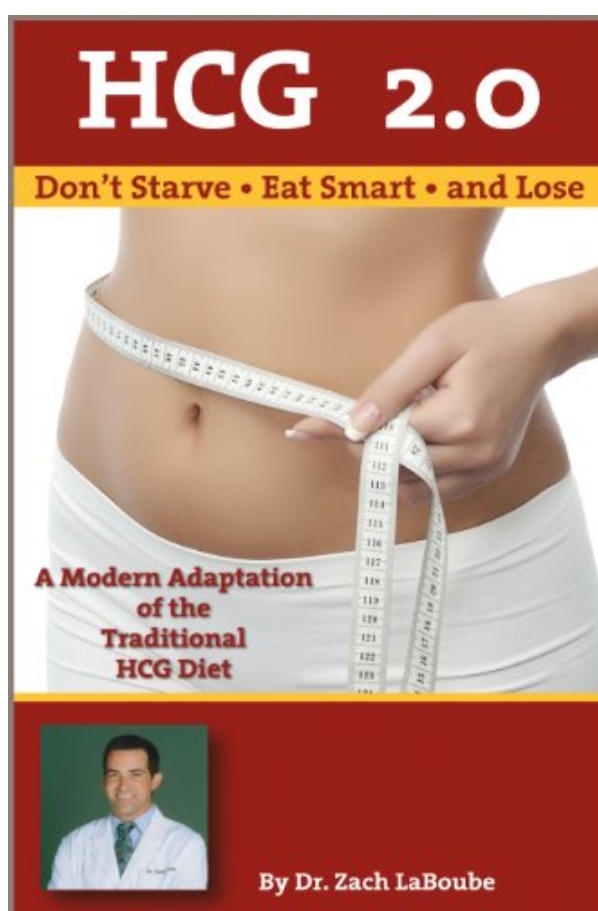


HCG 2.0 - DON'T STARVE, EAT SMART AND LOSE: A MODERN ADAPTATION OF THE TRADITIONAL HCG DIET BY ZACH LABOUBE



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HCG 2.0

Don't Starve • Eat Smart • and Lose

**A Modern Adaptation
of the
Traditional
HCG Diet**



By Dr. Zach LaBoube

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About the Author

Dr. Zach LaBoube is completing a Masters of Science in Nutrition and Human Performance from Logan University. He founded InsideOut Wellness and Weight Loss with the belief that true health radiates, fundamentally, from the inside out. You can visit his blog at www.insideoutwellness.net

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Written by Dr. Zach LaBoube, founder of InsideOut Wellness and Weight Loss, 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 However, the strict tone and outdated calorie recommendations make the diet far more difficult than it needs to be.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 and increases portion sizes of items higher in nutritional value, but void of empty calories that only contribute to weight gain.

Whether you're looking to lose weight or simply eat healthy, HCG 2.0 will accommodate. Understand Ketosis and the benefits to low-carb living. Learn the difference between positive calories and negative calories. Understand how to cut your caloric intake by 200-300 calories per day by simply addressing unnoticed habits, and much more.

Don't beat yourself up with the traditional HCG diet. There's a smarter way to lose!

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About the Author

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Most helpful customer reviews

57 of 62 people found the following review helpful.

Finally, a 21st HCG Protocol~ Great Book!

By blueyegirl74

I have done the Simeon's protocol in the past. I did lose weight but I will admit it was tough to follow the strict guidelines of the Protocol. I was so glad to have found this book! This is strictly a meat/veggie protocol. I started on Feb 24 & Im down 4.2lbs. Here are my Pros/Cons of the book

CONS:

~Some of his food items have been higher in Nutritional Data than Ive been eating. Therefore, I have added my foods to his list & printed it out.

~Carbs are NOT UNLIMITED. Most servings are 1c. unless noted. However, the Veggie calories are not to be included into your daily caloric allowance. You are ONLY allowed 30g of carbs per day, and thats FOR EVERYONE.

~No milk

~No fruits

PROS:

~You can eat BREAKFAST!!

~Alot more variety of meats & vegetables

~Mixing veggies is allowed

~An idealistis Calorie Limit depending on each individuals weight, height, age (not like the 500 as on Simeon's)

~You can drink diet, zero calorie, carb free beverages instead of just being stuck with tea,water,coffee

~I have not been hungry at all & have been satisfied with the amts of food is allowed. I sometimes choose to eat 5 small meals instead of 3.

~lotions,makeups, deodorants, etc. are not an issue

~you can chew gum!! ;)

~very easy to follow with good explanation. LOVE THIS BOOK!!

50 of 55 people found the following review helpful.

HCG 2.0 Rocks!!!

By Madonna330

I've done this diet twice before and it's never been easier. I wanted to use the prescription HCG injections that I used in my previous rounds, but Dr. Z talked me into trying his drops. He said if I wasn't happy with my results he'd credit the \$109 I spent on the drops to the injections that cost 3 times as much. It's a good thing crow isn't part of the diet, because I'd be eating it. I released 13.4 lbs, 9.5 total inches and my body fat is down 3.1 percent in just two weeks. I have not been hungry, my weight has not stalled or have not had one headache which I did experience with the original protocol. This new hcg plan rocks!

46 of 51 people found the following review helpful.

THE BEST "modern" HCG diet guidebook EVER on the market

By Laboratorian

I found this book through a link in the comment that was repeatedly posted against several HCG diet cookbooks on Amazon. The post says that this book is the easiest HCG diet book and that you don't even have to cook and worry about meal plan with this book.

-I was looking for a HCG cookbook because I was having a trouble maintaining my weight during my Phase 3 Maintenance weeks. So I bought HCG 2.0.

As I read it, I found this book to be NOT a cookbook but *** the BEST modern-HCG diet guidebook ever on the market (books/online)***. It contains lots of information about the theories behind, rules of, and tools

for HCG diet, which is SO important to succeed in a most effective, healthy, and fastest way.

*** Please read my story below ***

Last month, I did my very first HCG diet with "semi-traditional" protocol with some commercial HCG diet drop (not InsideOut Wellness by Dr. Zach LaBoude, the author). Before the diet, I was a lean regular exerciser and needed to shed only 8 lbs that had never responded to dieting and exercise. The HCG company i chose told me it would take less than 2 weeks to lose that small weight of fat. BUT the reality is, it took 3+ weeks, and I experienced lots of stalls. I lost from my face and felt always hungry and exhausted. I was miserable and quit immediately after I reached my goal of 10-lb loss (23rd day).

During the Maintenance Phase 3 (3 weeks), my weight went up & down despite teeth-clenching efforts with strict diet. I had to do many "steak days," "5-apple days" (an alternative to steak day for vegetarians and fruit lovers). By the end of 3-week maintenance, I had already 3 lbs up from my 10-lb weight loss - 30% gain.

Then I found this HCG 2.0 book on Amazon and purchased it - I meant to learn cooking, but ended up studying REAL important facts, keys to success, valuable information and more. I read through it (I am a scientist, too) with highlighters and was SO shocked. I had done so many mistakes - by faithfully following the HCG diet company's protocol. The typical HCG diet plans online have TOO MANY NO-NO-NOs. Even Dr. Simeon's original protocol would no longer work for modern life style and diet.

After reading HCG 2.0, I decided to redo the diet because I had already gained 3 out of 10 lb I had lost from the Phase 2 and seemed to be continuously gaining. So I redid the whole process -including the binge day (Day 1 & 2). After the 2 days of fat loading, I gained freaking 7lbs!!!!!! My body had lost wrong fats and been starving - so the loading gave my body a perfect opportunity to regain all it had lost. I almost cried.

But I followed this HCG 2.0 protocol from the day 3 of Phase 2, and amazingly, lost 5 lbs in just 3 days!!!! I have lost total 9 lbs in only 6 days. No stall at all - and no steak day needed. I was never hungry and did not lose muscles or from face.

Currently I am on Phase 3: following HCG 2.0 protocol, I have gained ZERO gram!!!! SUPURB.

*** Post Phase 2 of 2nd HCG diet ***

What I learn is that, this HCG 2.0 diet is ideal especially for those who are leaner, exercise regularly, and have less fat (are not obese) but DO have some extra fat to lose - which cannot be lost by increasing more exercise. Dr. Simeon's traditional and many other protocols may work better for those who have abundant fat to lose (say, +50 lbs) but not for the athletic/active people like myself - the weight loss is VERY SLOW and difficult. The same thing for those who are on the +2 rounds: lesser the fat to lose (w/ lower BMR), slower to lose.

- Dr. LaBoube has a secret to tell you: the single most important KEY to success. Really. I even enjoyed diet soda (as HCG 2.0 allowed in moderation) and it helped reduce my stress level. I did not subtract calories from veggie, but cut one essential thing. This made a HUGE difference.

See all 157 customer reviews...

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About the Author

Dr. Zach LaBoube is completing a Masters of Science in Nutrition and Human Performance from Logan University. He founded InsideOut Wellness and Weight Loss with the belief that true health radiates, fundamentally, from the inside out. You can visit his blog at www.insideoutwellness.net

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