

Description of Diets

THE SKINNY DIET

The SKINNY DIET involves eliminating all carbohydrates for 3-5 days while eating proteins, followed by the addition of healthy low glycemic good carbohydrates. You will continue this low glycemic diet until your goal weight is achieved. The average weight loss is 10-15 lbs per month depending on your metabolism.

THE SMART FOR LIFE DIET

This diet is more structured and requires less planning and preparation than the SKINNY DIET. The Smart cookies are well balanced meals. They are made of 100% natural ingredients (60% come from organic sources) and are high in protein and fiber which are also natural hunger suppressants. By eating the cookies, a healthy evening meal and drinking plenty of water (or other non-caloric beverages), while individual results may vary, *our* clients safely lose 10-15 lbs per month.

HCG DIET

This diet was pioneered by Dr. A.T. Simeon, a British Physician in the 1950's. It involves self-injections of HCG. This diet has been used successfully in Europe and South America since the 1950's. Researchers have found that HCG shots can actually help the body burn more fat and can be used to aid in weight loss when combined with a healthy low calorie diet.

Positive effects that have been associated with HCG include:

Increased energy without experience a sense of nervousness

Clearer thought processes

Improved sleep at night

Feeling less irritable

While there are some potential negative side effects to HCG therapy, these are generally mild and are not very troublesome to most people. They include breast tenderness, headaches and edema.

Although HCG is associated with pregnancy, both men and women that are looking to get their weight under control can safely use it. (HCG) is a very safe all natural human hormone. It has been approved by the FDA for fertility and numerous other medical purposes, but the FDA has not approved HCG specifically for weight loss.

The rapid weight loss comes from following Dr. Simeons original protocol, which is a 500 calorie diet. The daily HCG dosage is required to reduce your appetite easily allowing you to follow a low calorie diet. The HCG will help you specifically burn abnormal fat storages, and may help to reset your metabolism allowing you to burn more calories in the future. The low calorie diet is what directly activates the rapid weight loss.

The HCG will make the diet easier, while directly burning abnormal fat storages for additional calories and nutrients. The diet lasts for 30 days averaging 1/2-1 lb weight loss/day. We will sometime extend this diet to 40 days.