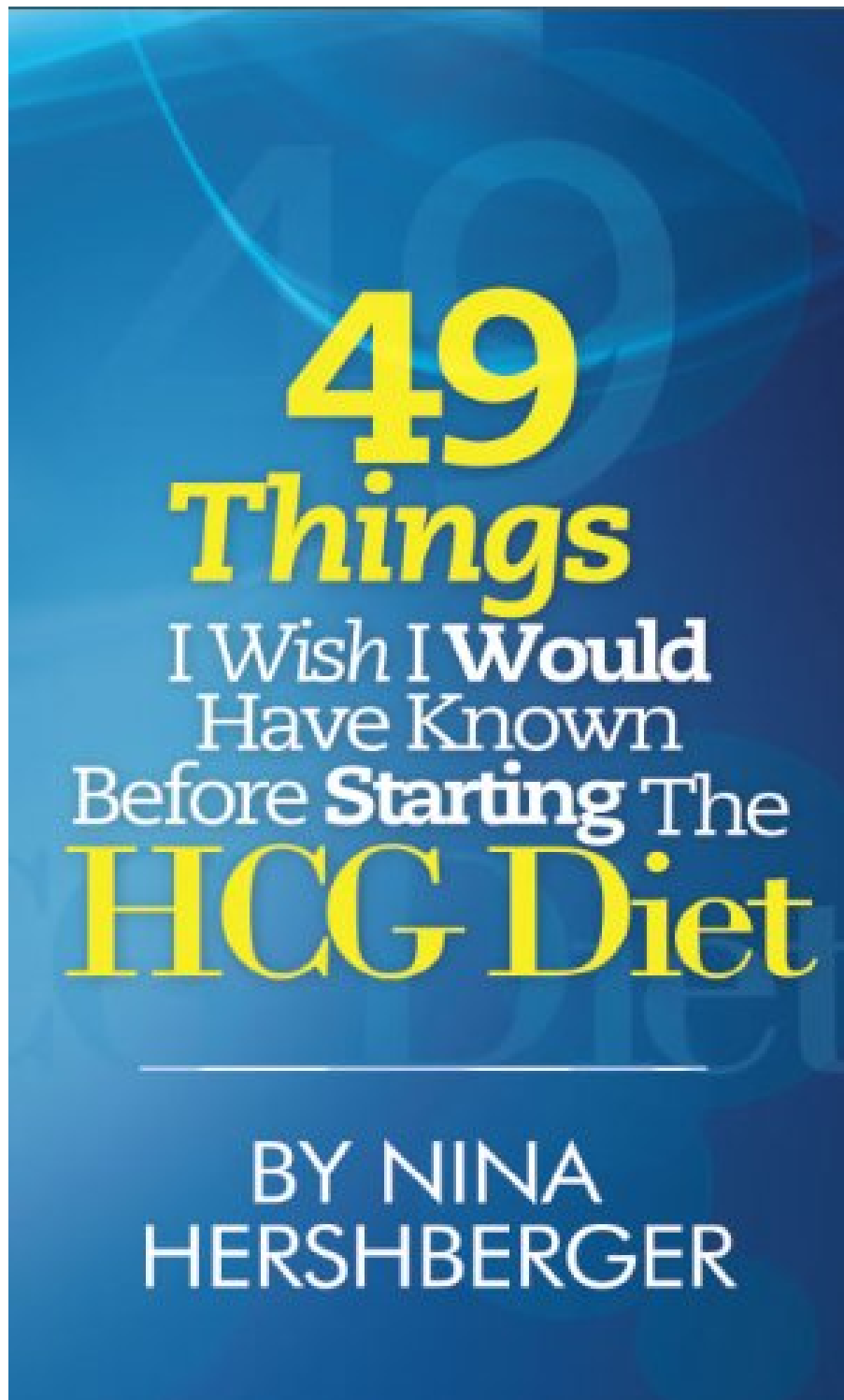


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# **48 THINGS I WISH I WOULD HAVE KNOWN BEFORE STARTING THE HCG DIET BY NINA HERSHBERGER PDF**

This book was actually written by thousands of men and women who've successfully lost weight through the HCG diet. I happen to be the person who synthesized everything in to this easy-to-read format, but the real authors are the every day men and women – just like you - who've tried all sorts of diets without success. (or worse yet – lost the weight only to gain it back and more)

This is their comments.

Their observations.

Their thoughts.

I'm honored you chose to pick this book up and read it. I am just a regular person who thankfully was introduced to this diet by a cosmetic surgeon in Chicago. Modern medicine has given us the ability to seemingly "slow down the aging clock", but with the HCG diet, there's no doubt I felt so much better. I love being able to cross my legs, tie my shoes with ease, and walk up stairs without being out of breath.

But beware. Self administered HCG from questionable sources is not a wise course of medical protocol. Careful administration and monitoring no doubt leads to success – both in weight loss and in health. Now - grab your favorite hot beverage, relax, and enjoy the 49 things I wish I'd have known before starting the HCG diet.

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Most helpful customer reviews

73 of 75 people found the following review helpful.

Not too helpful.

By MokshaDiva

Having been on the HCG diet several times a few years ago, I have personal knowledge of what would be helpful to know before embarking on this diet. Just a couple of points in this book were helpful: buy a digital scale before starting the diet; buy Stevia and "Smooth Move" tea. (the Chinese diet teas do the same thing); make sure to load up on carbs and fats on the two load days (you lose those pounds right away!); well that's it. Now you don't need to waste a cent on that book.

More helpful would have been to warn dieters about how easy it is to regain the weight you just lost by not following through with phase 3, carefully; how your skin will sag if you don't exercise, and might sag even if

you do, depending on how much you lose; how really important it is to plan and prepare meals ahead of time; to read the protocol carefully and heed the suggestions about reading labels; how frustrating it is to have to make your own sauces and condiments because everything you buy is full of sugar; to be patient...there is a learning curve here. You are not just losing weight, you are rewiring your body and your brain! I could go on and on, but won't. Of prime importance:

drink that water and moisturize with oil-free products. Three years after my last round of HCG, my skin is lined with cracks and looks awful!

I wish I had taken weekly pictures and noted the weight at that point. Also, it is very helpful to use the charts to track what you eat, how much you weigh each day, and your monthly weight loss. I never did the cleanses before nor after, but my HCG friends recommend them. Again: plan ahead, prepare yourself. I wish you all the best. It's very motivating to lose weight rather quickly, but I do think the 800 calorie protocol is better than the 500 for your health.

36 of 37 people found the following review helpful.

extremely disappointing & not worth the purchase

By Amazon Customer

I don't know what the author means by "book", but this isn't it. This is more like a brochure or bullet point list of 49 single sentences. You can find more information on a website than in this "book".

The author states in her introduction... "this book was actually written by thousands of men and women who've successfully lost weight through the HCG diet.". She further goes on to say that "this is their comments, observations & thoughts". I'm sorry, but if she has actually spoken to the thousands of men & women and recorded their comments, observations & thoughts, I would expect a little more anecdotal information rather than a single sentence for each bullet point.

Save yourself the \$0.99 and don't bother to buy this "book".

2 of 2 people found the following review helpful.

I can't believe I paid for this

By Kindle Customer

Really? This "book" is literally just a list. A LIST. I was looking for some actual insight and motivation, not "chapter # - 1/2 pound loss per day is normal". Most of this "book" you can read on any diet blog, not even specifically pertaining to hcg. I FEEL LIKE I GOT RIPPED OFF

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