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# **HCG Weight Loss Diet for Removing Unwanted Body Fat Fast**

Human Chorionic Gonadotropin is a natural hormone produced by the human body. Both male and female human bodies produce Human Chorionic Gonadotropin. This hormone is also known as the hcg hormone, common among pregnant women. In non-pregnant women, the hcg hormone is almost untraceable. However, among pregnant women, it doubles in every two or three days.

Now you may wonder what is hcg diet and hcg weight loss? Human Chorionic Gonadotropin injection or capsules along with hcg weight loss diet plan regular metabolism in the human body. It not only works as a hunger suppressant but also aids faster fat burning process in the body. After much [Order Generic Accutane Online without Prescription](#) research, it was noted that people on an hcg diet ate a low calorie food with hcg dosage every day. Yet, they had no complaints of a headache, weakness or hunger pangs.

Hcg dose is given to pregnant women who do not eat well. The injected hcg hormone releases the body fat of the pregnant mother to nourish the fetus. As per the hcg weight loss plan, the dieters need to consume only 500 calories per day. Hcg diet includes substituting sugar with artificial sweeteners, some toast or breadstick along with poultry or meat weighing 100 grams, cooked without fat or oil. The hcg weight loss diet allows a vegetable in the meal.

Interestingly, the hcg weight loss plans needs a six-day pause after following it for forty days. This is because the human body tends to become immune to the hormone when taken regularly for weight loss. An hcg diet can only be taken by medical prescription and is not available over the counter. It is not very clear whether the human Chorionic Gonadotropin hormone promotes weight loss or the 500-calorie diet. Ideally, people who follow the hcg diet have recorded a weight loss of nearly one or two pounds in a day. Check with your physician to know if you can follow the hcg diet to get rid of the unwanted body fat.

**About Author**

Author is writing for hcgweightdrops, which helps you in [hcg weight loss](#) with their [hcg diet](#), hcg drops and hcg diet plan etc.

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