

An HCG Diet Testimonial

There are not many things that I believe in. For me the world is made up of con-artists, snake oil sellers, and car salesmen. Oh wait, with the economy the way it is and the fact that I may need a full time job real soon, let me take that car salesman off the list. So I am a non believer and I am very cautious about anything that sounds too good or too easy.

So when Arlene came to me and suggested that I go on the HCG diet all my “Beware Old Horse Liquid Herbal Tonic” self defense systems switched on and my mind closed like a steel trap. As you might have gathered by now I am a “guy” with a belly! Well, that is not the whole story actually.

HCG stands for, hold it, let me Google that, human chorionic gonadotropin. So right from the get go I figured it had to be for “humans”; a good thing! I had no idea what the chorionic gonadotropin meant, but it sounded official.

Normally I would have spend hours and hours researching the substance to discover exactly what it was made of and how it would affect me. But this was not a normal time in my life and it was one of those very rare times when I just went for it.

To make a long story short I am one of those guys that knows a guy that knows a guy who in this case was able to get me the substance free and in a nasal spray. I hear it comes in a shot, drops, and something called a troche.

So this was really going well. If this wasn't going to work at least it wasn't going to cost me anything. And then I actually read the diet. You see you're supposed to have this all done under the supervision of a qualified doc and follow a very strict plan. And after “going for it” I can understand why you should really do it that way. Don't do it the way I did it! But do listen to what I did.

The diet is pretty simple. You take 2 sprays of the stuff in each nose hole (they tell me it's really called a nostril...who knew?) once a day. What is simpler than that? For the first two days you eat all the bad stuff you can eat. Well they suggest you eat the high end good for you bad stuff like fats that are healthy for arteries, like olive oil and such. But it did leave me an opening for my food preferences because it said, “If you just can't get by without eating things like ice cream and sticky buns then that is allowed.”

I have to tell you that was the best two eating days of my life. To me “all you can eat” means “ALL YOU CAN EAT!” And then reality set in. From there on out for the next 38 days I was to eat only 500 calories a day. Now in practical terms that is an apple for breakfast, 4 oz. of broccoli and 4.75 oz. of boiled chicken for lunch and then repeat the broccoli and chicken again for dinner.

So in my mind I am thinking well at least I had a great guilt free first two days of yet another failed diet. I got up on the third day, took my sprays, drank some coffee and downed a "small apple." I figured I would last at least to lunch before hunger, panic, despair, guilt, grief and gluttony all set in at once. But that is not what happened.

I got busy and I missed lunch! Somehow that HCG was making my fat, ya, in that big belly, available to me, so much so that forgot to eat lunch. So I made up my broccoli and chicken and ate it. I like coffee so I drank that and I noticed I drank a lot of water. After that it was "rinse and repeat!" Just for the heck of it I took some measurements at the start which were as follows:

Weight	Waist	Hips	Upper Thigh
198	38.5	37	22.5

40 days later:

Weight	Waist	Hips	Upper Thigh
176	37	36	20.75

I never changed what I ate although I doubt many could eat the same thing every day for 40 days. But it was working and it was simple so I just did it. And all through the diet I was at full energy burn. I never got tired or cranky. What can I say, it was easy. Go figure, a snake oil that works! I am still a guy, just minus the gut.