

Cross Current Health Care

We've got good news

HCG Detox

This weight loss is not my own, it has been compiled from many sources including, but limited to: Dr. Simeon's manuscript, Pounds and Inches, Kevin Trudeau's book, The Weight Loss Cure, Happily thinner after forum and Biz's brilliant mind. Resources are available for the above information.

In 1950's a British doctor, Dr. A.T.W. Simeon's, discovered that the hypothalamus is the major cause of obesity. The hypothalamus controls the storage of fat in the body.

When the hypothalamus is working properly, it store the excess fuel we eat as structural or normal fat it can access at a later time for energy and nutrients. Dr. Simeon's discovered that because of genetics, eating refined foods/sugar, hydrogenated oils, etc., the hypothalamus gets overloaded with more excess fuel than it can handle. Because the structural and normal fat reserves are at their maximum already this excess fuel that the hypothalamus cannot handle gets stored as abnormal fat – fat that cannot be easily accessed or used.

The weight loss results are amazing (drastically amazing). Average weight loss results are between 1 to 2 pounds of weight loss per day. And successful dieters leave the program with new, healthier eating habits that increases the likelihood that they will successfully maintain their new, healthier weight and that their quality of life will increase.



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*Pounds & Inches
A
New
Approach
To
Obesity*

HCG Consultation -1 year

Phone appointments or
face to face (you
decide)

HCG Program \$295.00



What can I eat on the HCG PROGRAM?

Example of HCG Diet Program

Breakfast:	Tea or coffee in any quantity without sugar. Only one tablespoonful of milk allowed in 24 hours. Saccharin or Stevia may be used.
Lunch:	<ol style="list-style-type: none"> 100 grams of veal, beef, chicken breast, fresh white fish, lobster, crab, or shrimp. All visible fat must be carefully removed before cooking, and the meat must be weighed raw. It must be boiled or grilled without additional fat. Salmon, eel, tuna, herring, dried or pickled fish are not allowed. The chicken breast must be removed from the bird. One type of vegetable only to be chosen from the following: spinach, chard, chicory, beet-greens, green salad, tomatoes, celery, fennel, onions, red radishes, cucumbers, asparagus, cabbage. One breadstick (grissino) or one Melba toast. An apple, orange, or a handful of strawberries or one-half grapefruit.
Dinner :	The same four choices as lunch (above.)

