

## 7 Mistakes Most People Make While on the HCG Diet

### 1. Intentional Cheating

Cheating is usually one of the biggest deterrents to weight loss on the HCG Diet. The DIY HCG Diet Program is not like other programs where you can cheat a little bit and still lose the next day. If you cheat on the HCG Diet, the scale will most likely reflect weight gain the very next day and affect the rate of loss significantly.

Accidentally licking your finger while cooking for others may put you up a pound the next day. What makes it even harder when you cheat is the fact that, if you gain, it usually takes 1-2 days to get back to where you were BEFORE you cheated and, even if you don't gain, you'll likely stall for a day or two.

Please don't waste your money by cheating. All it will do is slow your weight loss. While some men are lucky and get away with cheating, women don't usually get by with it. So avoid cheating at all costs. Just keep reminding yourself that you can do ANYTHING for a month.

### 2. Using Non-HCG Diet Safe Personal Care Items: Lotions, Liquid Foundations, & More

Ladies, we cannot stress how important it is that you do NOT use your normal lotions, creams, moisturizers, Shea butter body wash, etc. ANYTHING with fats, oils, or vitamins (especially vitamin E gel) can slow or stall your weight loss. So, for the VLCD phase, you must stop using them or swap them out for an HCG Diet Safe version.

We currently offer the Tiffalina's brand product line which is a diet safe product line, which features a lotion, shampoo, conditioner, face cream and lip balm. The Tiffalina's products were created specifically for people on the HCG Diet. You can find them on [www.DiyDietStore.com](http://www.DiyDietStore.com).

### 3. Un-intentional Cheating by Not Following the Food List and Serving Size Exactly

Dr. Simeons (the physician who created the HCG Diet) studied the HCG Diet and experimented with the food list for over 20 years. He tested this list thoroughly and found that THESE foods and THESE foods only should be eaten on the HCG Diet for best results. Plus, the items on the list must only be eaten in the quantity defined by Dr. Simeons.

We hear of people trying to substitute green beans, broccoli, turkey, and all kinds of other typical "diet" foods, but they are not allowed. While you may lose some weight eating these on the HCG Diet, you won't lose as much as you could.

Just follow the physician-developed program that Dr. Simeons perfected for the month, lose the weight, and get on with your life.

### 4. Having Drinks Besides Coffee, Tea, or Water Sweetened with Approved Brands of Stevia or Saccharin

The ONLY drinks allowed on the HCG Diet are coffee, tea, and water sweetened with an approved brand of either stevia or saccharin. We recommend Sweet Leaf/Wisdom Natural

Brands for stevia packets and flavors. The brand of saccharin that is allowed is brand name Sweet 'n' Low. Using other "pink packets" or brands of stevia like Truvia, Pure Via, Nusweet, and many other brands out there **will cause your weight loss to slow because they have non-HCG diet safe ingredients in them.** You can go and try to figure out other brands that work if you want but if you just want to take our word for it, and use Sweet Leaf stevias or Sweet 'n' Low, it'll save you time and money.

Just to eliminate any questions, sugar free teas, Crystal Light, Kool Aid, diet soda, etc. are NOT allowed unless you start with a base of plain coffee, tea, or water and mix them yourself with an approved brand of saccharin or stevia.

### 5. Using Disallowed Spices in Foods

Although it may sound absolutely ridiculous that spices can slow your weight loss, when consumed on the HCG Diet, they absolutely can. This is one of the top reasons for weight loss stall or weight gain when we really start questioning customers on the phone.

Most don't do it on purpose but the fact is that hidden ingredients in spices can stop weight loss in its tracks. Pure spices are allowed like salt, pepper, mustard powder, garlic, sweet basil, parsley, thyme, marjoram, etc. BUT, spice companies are sneaky in adding extra non-HCG diet safe ingredients like sugars and oils. So, for all your spices, check the INGREDIENTS (not the nutrition facts) to make sure there are no sugars (things that end in -ose or -extrin) or oils. It will save you a lot of heartache.

### 6. Using Hormone Replacement Therapy While on the HCG Diet

We are not doctors or physicians. Therefore, we can give you absolutely no medical advice. However, we have found that when women try to do the HCG Diet while on traditional hormone replacement therapy, they do not lose weight.

However, we have had many women consult with their doctors (or decide for themselves) to stop taking their HRT while they do the HCG Diet so that they can achieve their weight loss goals. Amazingly, while on HCG, most women do not experience the symptoms typically controlled by HRT (since HCG is the hormone usually in a woman's body when she is pregnant). So, not only do these women have no symptoms but they achieve weight loss! After the program is complete, they get right back on their HRT as soon as the HCG is out of their system.

Again, this is NOT advice, rather it is a report of what some women have done to achieve weight loss on the HCG Diet when they are usually on HRT.

(We do not have enough information to give a definitive yes or no on whether the bio-identical hormones stop weight loss as we have heard mixed results.)

### 7. Working Out Too Much or Too Hard

Exercise is a part of some people's everyday life. However, on the HCG Diet, working out is not required nor is it recommended as it can lead to weight gain on the HCG Diet. Women are especially sensitive to this. Weird, huh? Working out too hard will show gain on the scale nine times out of ten.

If you feel you must workout (because you have been doing it so long and it is habit you don't want to break), you can usually continue to do so. You will just need to watch it to make sure your workout isn't too strenuous while on the very low calorie phase. This usually means lightening up your weights and maybe cutting back on extreme distance running. However, it is always up to you. Just listen to your body and watch the scale. If you are gaining, just walk for exercise for the rest of the month.

If you don't currently workout, DO NOT START ANY NEW EXERCISE PROGRAM, except walking during the VLCD Phase.

## Conclusion

We hope that we have been able to educate you a little more on the HCG Diet and all that is involved in this somewhat tricky protocol. We aren't going to lie. There is a LOT involved with everything from actually getting "the stuff," to the right foods, the right drinks, the right sweeteners, etc...basically how to be aware of EVERYTHING that will come in contact with your body for the next month.

It is intricate and if you do not follow the manuscript and books like the *HCG Weight Loss Cure Guide* EXACTLY, you are NOT GOING TO LOSE WEIGHT. **Let's repeat that: IF YOU DO NOT FOLLOW THE EXACT DIET AND THE RULES ON COSMETICS, EXERCISE, MEDICATIONS, AND EVERYTHING ELSE EXACTLY, YOU ARE NOT GOING TO LOSE WEIGHT.**

So, make a choice and take control of your weight. Just think, you could be 20 lbs lighter by this time next month! We wish you the best of luck on your weight loss journey on whatever route you may choose to go. Just do yourself a favor and make sure you are working with a reputable company BEFORE you buy.

Here's to being skinny!