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48 Things I Wish I Would Have Known Before Starting the HCG Diet

By Nina Hershberger



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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 leggs, 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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