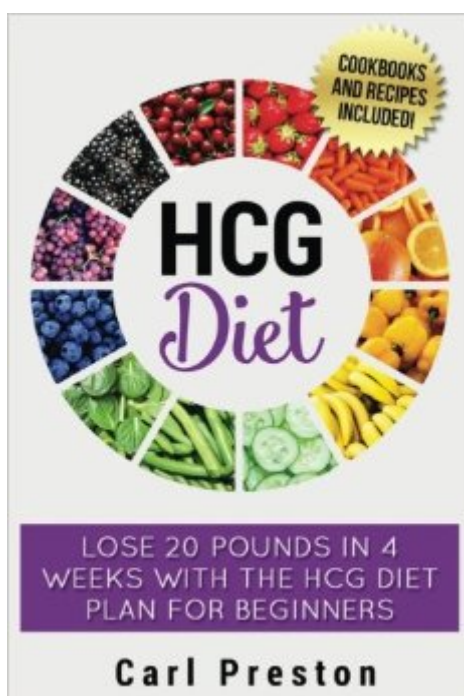


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Book Information

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Customer Reviews

I've been looking for a diet that I can resonate with and usually read a number of diet books and cookbooks. This one the Human Chorionic Gonadotropin or HCG diet by Carl Preston tell how a dieter can lose 20 pound in four weeks which seems on the surface like a pretty good result. The book itself is well written with some pretty tasty recipes but for best results the author suggests that you go to the doctor and receive injections or as a secondary substitute sublingual drops and a third option which is less effective than drops or injections is in a pill form. The whole idea of the diet is to use this hormone to regulate metabolic rates. Like some diets I've read about, there are different phases, Phase One, called loading where you eat a high amount of fat. Phase Two is low calorie and Three for Maintenance. The recipes were mostly included meat which is hard if you're a vegetarian, so you change your diet as the week progresses..

Last week my aunt suggested me about this book. Inside of this book I have found a step by step guide about how to cook delicious HCG diet recipes. Tons of time I had tried to maintain a diet plan, but most of them are difficult to maintain. By reading this book I am pleased enough because this diet plan is amazing and anyone can maintain it properly. This book says that we can achieve an extremely fast weight loss. Last few days I followed this diet and got a good feedback. By reading

this book I have learned 50+ HCG diet recipes and a complete 3-week eating schedule. I am glad to read this book and going to recommend this book to you all.

The book is easy to follow along and easy to understand with lots of interesting information. I would like to have seen a clickable table of contents so you can go straight to the recipe you want to make rather than just to the recipe chapter..but all in all a great book.He explains everything about this diet, all information based on scientific research. This may or may not be the right diet for you, but this book will give you all the information you need to make the right decision.

Very disappointed! I purchased the book to get recipes to use during Phase 2, however many of the menus and recipes recommended for Phase 2 include ingredients that are not allowed! Oatmeal, popcorn, latte, pasta???

Book is terribly written. Nevermind the numerous mistakes, typos, missing page numbers. Other than that, most importantly, the information is not accurate and is misleading. Don't bother trying to read the charts provided unless you can read mouse print. At first I didn't get the book and requested a replacement be sent. Then I got both. I sent them both back (can't figure out how to get credit as sees this only as a replacement) but frankly I would have thrown the book out so I don't even care. Don't bother, there are so many better books and articles available.

This is amazing and not at least by the professional guidance of this book with recipes which don't seem to be difficult and still desirable to eat. Actually this is a wonderful book and I hope it will help many other people to come to better health.Some of these points are critical, and even though the e-book doesn't offer a lot of description about each point, the points do stand on their own. I'm rating this five stars, because it's great advice. It is in a tiny package, but it's accurate, and can be seen as a series of powerful reminders.

It's important when you start a new diet program to get the advice of experts like your doctor and nutritionist. This book provided good information. The information was easy to understand and apply to my program.

The important fundamentals about the HCG diet here, and he even included some helpful recipes! This book is worth reading, and certainly worth your time.The HCG diet is hot at the moment so it's

good to find a book that explains all about it and even includes many diverse and delicious recipes. The book is easy to follow along and easy to understand with lots of interesting information. I would like to have seen a clickable table of contents so you can go straight to the recipe you want to make rather than just to the recipe chapter..but all in all a great book

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