

Many of us have heard about the popular hCG diet. We may even know people who have tried the diet and been very successful. However, we may also know people who have not been achieved the results they thought they would on the plan or we may know people who lost a great deal of weight only to gain it all back again. We may wonder why so many experts like Dr. Oz confirm the scientific studies that prove this diet is virtually 100 percent effective for everyone, yet some people are still not getting the results they desire.

Why Some People Are Not Seeing Dramatic Results from their hCG Diets

Although the science of using hCG, a complex amino-peptide protein found in the human body, to increase metabolism, has been around for decades, its sudden popularity over the past few years has led to a lot of companies jumping on the bandwagon. "Some sell homeopathic hCG, in the form of sprays or drops, others claim to be able to lead dieters through an hCG program via the internet," said Geri Kelleher, founder and program director of Slender Fit U.

Kelleher, who many refer to as the hCG Guru, as she was one of the first in South Florida to start using the real, scientifically proven hCG diet, said more and more people are not seeing the results they should from hCG plans, simply because many programs are watered down versions of the original which simply cannot provide the same results.

The most effective hCG is Injectable hCG

Kelleher's time-tested experience with the program, having taken thousands of clients through the protocol, gives her clients confidence that they will receive the quality product and guidance they deserve. At Slender Fit U, clients receive 200 IU's of injectible hCG, the strongest dose, as well as optional B12 vitamin injections which provide extra energy.

"The sprays and drops that people find elsewhere are not nearly as effective partly because the mucous membranes in the mouth are not a good delivery system," said Kelleher.

"Furthermore, people should be forewarned against programs that are hawked on the internet, as hCG is a prescription medication and can only be prescribed by a physician once a complete physical has been performed," she said.

The program at Slender Fit U, includes a comprehensive physical by a medical doctor as well as one on one counseling throughout the program. Clients follow a very specific low calorie diet that is made up of real food, proteins, fruits and vegetables. The hCG helps their bodies break down stored fat for calories, while preserving muscle. In fact, although clients are only eating approximately 800 calories a day they are actually getting anywhere from 2000 to 4000 calories from their stored fat. "That is the reason why clients are able to maintain a low calorie diet without suffering headaches, irritability or weakness, which are common side effects of other low calorie diets," Kelleher said.

Kelleher promises clients will not only lose pounds and inches, up to 30 pounds in six weeks for women and up to 50 pounds in 6 weeks for men, but they will also come away with a reset metabolism which will result in permanent weight loss.

Stabilization is the Key

Kelleher said the most important part of the program is stabilization and she takes pride in the fact that 90 percent of Slender Fit U clients don't gain back any weight after successfully completing the program. "The stabilization part is where a lot of other programs fall flat," said Kelleher.

"It's really very simple. If you complete the 21 days of stabilization properly and you give your metabolism the time it needs to reset itself, you will absolutely get permanent results," Kelleher said.

Elizabeth U, who lives in Davie, is one of the thousands of Slender Fit U clients who know this to be true. Elizabeth who enrolled in the six week program in January of 2012 and lost 28 pounds by the middle of February has maintained her weight loss to the present day and is thrilled with the success she was able to achieve. "I eat a lot of healthy food and don't get cravings any more for junk food," Elizabeth said. "I highly recommend this program to anyone who has had a difficult time losing weight."

Slender Fit U has locations in Davie and Coral Springs. Call 954-423-1376 or visit www.slenderfitu.com.