

The HCG Diet

I LOST 16 Pounds
In Just 30 DAYS!



Due to my diabetes, I was reluctant to try hCG. However, after researching the plan I decided to give it a try.

Previous to starting the program my diet included diet soda and fatty foods. That being said, the first 3 days were rough

from the sugar withdrawal. I was irritable and achy from the detoxification of processed foods but by the fourth day those symptoms were gone. I have experienced **NO** hunger. I have found it to be **EASY** to incorporate these changes into my life. .

I recently had my labs drawn and compared to my results at the start of the program there has been a great decrease in my hemoglobin A1C, and my diabetes “numbers” are the best they have been since before being diagnosed with diabetes. I have lost 16 pounds in 30 days and have maintained this weight for one month so far. I have lost pounds on Weight Watchers in the past but the results have been more noticeable on hCG!

~ Susan Duran

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