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5 Ways How Your HCG Helps You Lose Weight

I have always been impressed by those people who seem to lose weight effortlessly. After struggling for many months and going through countless diet programs I finally found [Your HCG](#). This is a **weight loss** diet program that makes use of **HCG** drops to supplement your diet plan.

Five ways that Your HCG can help you to lose weight

- **No exercise is needed:** You do not need to do rigorous exercises to burn that fat. This is because the [HCG](#) diet will help you to burn enough calories and vigorous exercise might be dangerous. However passive exercise like walking and yoga are recommended and a walk of 15 minutes a day will help you with the **weight loss** diet program. Jogging is not recommended.
- **All natural:** **Your HCG** promotes a natural diet plan as the **HCG** drops are a natural hormone that can be found in your body. This makes them completely safe to use. These drops are Homeopathic and are placed under the tongue. They should not be confused with **HCG** injections.
- **Easy to cook foods:** **Weight loss** Diet plans are made up of foods that you can easily cook yourself. This means that you do not have to take time preparing meals just so that you can lose that weight. [Your HCG](#) offers different plan packages that will help you lose weight. The amount you lose will depend on how long you are on the diet. There are 15 day diet plans, 30 day, 45 day and 60 day **HCG** diet plans. You can choose whichever one will work best for you. Additionally they are all natural and organic foods.
- **24/7 live customer service:** unlike most of these **weight loss** diet programs **Your HCG** offers full 24/7 support for all customers who purchase one of their packages. They offer knowledgeable and sympathetic support and you will not get disinterested customer service reps on the other side of the phone. You are never left high and dry and there is always someone to answer your questions. Instructions are detailed as to how to solve any problems.
- **Live forum:** The [Your HCG](#) diet program has a forum associated with the website which you can use to ask questions and discuss with other users any aspects of the program. You can also address common **weight loss** problems with other people who are struggling to lose weight. This is good as you will know that you are not alone and others may be facing similar problems to you. It will also keep you motivated and ensure your success.

In conclusion the Your HCG plan bases its effectiveness on a number of factors. The diet that it proposes is safe for men and women who do not have other health complications. The **HCG** drops are natural hormone substances and hence do not have any side effects. The [Your HCG](#) diet program comes with comprehensive meal plans and diet suggestions which are guaranteed to help you find results. They are also organic and free from pesticides, herbicides etc. So now you too can **lose weight** effortlessly and join the 1000,s of happy slim people who have used this diet program.

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