

## HCG Diet Seminar Presentation Handout

### Why do people diet?

- To become healthier
- To have a positive personal perception
- To get in shape

### What is the purpose of a diet?

- To initiate a physiological change through dietary, supplementation, or pharmaceutical means.
- Most diets are fat loss regimens

### What is the basic idea of a successful diet?

- The basic idea is to consume foods (macronutrients) at specific ratios to acquire the desired physiological affect.
- Designing a program that will encourage the body to use stored body fat for energy
- Fat loss is a complicated biochemical process

### Why do diets fail, both in the short and long term?

- Diets fail because results take too long.
- Most diet programs are not specific enough with food selection.
- Everyone is fixated on the number on the scale. Let the mirror and how your clothes fit also be useful tools.
- Staying healthy and keeping the weight off requires a lifestyle change...after the FRS you should exercise and follow the Simple Chocolate Diet.

### The Fat Release System is a strict program

- An organized program prevents inter-rationality
- The program is designed to provide you with the correct foods to acquire positive results
- The program eliminates the guess work

### Homeopathic HCG

- The homeopathic HCG works just as well as the prescription strength HCG you get with injections.
- Homeopathy simply uses the signal from the natural glycoprotein hormone

### What is HCG?

- Hcg is a glycoprotein hormone produced naturally by the body
- It contains a few chemical and physiological properties
- When used during a fat loss program, the affects have been positive

Notes:

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### Overview of All 3 phases

- Phase 1- gorging/loading phase
- Phase 2- fat loss phase
- Phase 3- maintenance phase

### Expected results

- Everyone is different and therefore results will vary.
- 1 pound per day is an average seen by customers
- You can expect:
  - Adequate fat loss
  - Increased digestibility
  - Improved colon health
  - Improved blood cholesterol values
  - Improved triglyceride values
  - Improved fasting blood glucose values
  - An internal cleanliness feeling
  - More energy
  - A better sense of well being

### There are other variables that can increase or slow down the fat loss process

- Fat loss is a complicated process that can be interrupted by many variables such as; improper energy expenditure to caloric intake ratio (being too active and not eating enough), supplements, medical conditions, and medications.
- Understanding that fat loss is achieved by science, diet, and effort will help combat some of the negative affecting variables.
- The Fat Release System is a full-encompassed program that can enhance that fat loss process and help you achieve your personal health goals.

Notes:

**Fat Release System Is The Only Homeopathic HCG Diet Program  
That Allows You To Eat Healthy Dark Chocolate**

**For More Information on The Fat Release System or  
To See Our Monthly Specials Visit**

**[www.FatReleaseSystem.com](http://www.FatReleaseSystem.com)**

**For live customer support, please call 888-400-2920**