



# **HCG 2.0 - Don't Starve, Eat Smart and Lose: A Modern Revision of the Traditional HCG Diet**

*Dr. Zach LaBoube*

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Medicine is called a practice for a reason. As new technology and research becomes available, treatment protocols evolve, hopefully for the better. Shouldn't the HCG diet follow suit? First published in 1954, the traditional HCG diet, as seen on many of your favorite daytime TV shows, including Dr. Oz, has helped millions achieve weight loss success. However, the strict tone and rigid calorie restrictions have been very polarizing. While the concepts and theory that inspired the traditional diet are still very relevant, the protocol itself is still stuck in the 50s and in dire need of revision.

Introducing HCG 2.0, authored and developed by Dr. Zach LaBoube, founder of InsideOut Wellness and Weight Loss, HCG 2.0 utilizes current research into a variety of topics such as low-carb, Ketosis dieting, the high-protein diets of Inuit Cultures and innovative new food statistics such as Estimated Glycemic Load, Fullness Factor and Caloric Ratios to add smart calories to the diet, thus making it a safer, more realistic weight loss option for the working adult.

As an example, the traditional HCG diet allows up to 80 grams of carbohydrates in a single day, yet restricts protein. This notion of allowing up to 320 calories from carbs while restricting protein, in an attempt to lose weight, is a direct contradiction to current research on low-carb, ketosis dieting. There is a smarter way to lose.

HCG 2.0 uses a BMR (Basal Metabolic Rate) calculation to determine the amount of calories you're allowed to consume on a daily basis. This is a significant variation from the traditional diet that only allows each dieter 500 calories per day, whether male or female, big or small. HCG 2.0 also uses basic food chemistry to give you a wider variety of protein options and increases portion sizes of items higher in nutritional value, but void of empty calories that only contribute to weight gain.

Whether you're looking to lose weight or simply eat healthy, HCG 2.0 will accommodate. Understand ketosis and the benefits to low-carb living. Learn the difference between positive calories and negative calories. Understand how to cut your caloric intake by 200-300 calories per day by simply addressing unnoticed habits, and much more.

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