

Weight Loss Cure 2008

Secrets Revealed

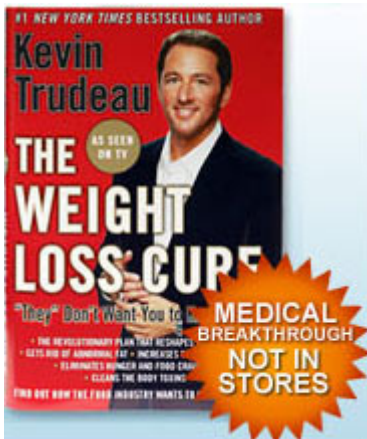
Dr. R. Jay Shetlin; South Jordan, UT; January 2008

Americans have developed lifestyle habits that are creating an obesity epidemic! Not only for adults but we are seeing the statistics grow in our children rapidly becoming overweight as well.

Many of us are looking for ways to lose weight, get back into the clothes we wore in College or simply look and feel 'Fit' again.

My take has always been, there is no secret... We just need to EAT RIGHT and EXERCISE RIGHT. This is becoming more and more difficult as we are bombarded with advertisements and consumable products that are the latest, greatest, easy-to-prepare, ready-to-serve, overly processed, high calorie, low nutritional value - snack or meal. These days, Eating and Exercising Right is not as easy as it use to be. For most of us, some education is in order.

For those that need a jump-start getting the pounds off, or those that have hit a plateau in the



Eat right / Exercise model, the newly marketed "Weight Loss Cure," by Kevin Trudeau may help.

Those of you that know me understand that I am not one for 'fad diets,' but rather 'lifestyle changes.'

[Kevin Trudeau](#)¹ offers in-site on techniques

that have been around for some time but are not necessarily public knowledge.

HCG or *Human Chorionic Gonadotropin* has been used by [Dr. Simeons](#) of Italy to help people lose weight since the 1970's²

HCG it is a hormone found in the urine of pregnant women. It has proven effective in weight loss for both men and women without altering sex features in any way. It is not a SEX hormone. In other words it neither makes a woman masculine nor does it feminize a man. However, it has proven quite effective in suppressing the appetite and melt away *abnormal reserves of storage fat*.

I really would not have believed it were it not for several of my patients who had the guts to do it on their own while I stood by and witnessed the positive results.

-Dr. Shetlin

As far as I can tell, it does this without side effects.

What do you do? 1) Give yourself a daily Shot of hCG. While, 2) on a recommended diet of 500 calories per day combined with 3) drinking herbal teas.

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You can check out Trudeau's book or 'google' some wonderful information on-line about the diet program, hCG, and how to lose weight using it. You can even order hCG pills on line.

Personally, I recommend you see a physician and follow the program with doctor supervision and **the shots rather than the pills**. HCG shots are taken once per day and are easy to administer. The pills are 3 times per day at specific times before eating or exercising and somewhat more complicated to stick to with success. I'm not saying they don't work but they require more discipline.

If you are serious about weight loss (Diet and Exercise just aren't cutting it for you), then I recommend you contact **Dr. Robert Moody** in Riverton, Utah. He is skilled in this program and can educate you further on how to make hCG best work for you. For more information call: **Bio-restoration Clinic** at (801) 501-9797.

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<http://www.freenaturalcuresbook.com/?microppsite=googleµppcterm=weight-loss-cures>

2 <http://www.hcgmedical.com/Simeons.asp>