



Eat, Pray, HCG: Lose Weight Fast On The HCG Protocol And Keep It Off By Gaining Peace Of Mind

Emilee Annine Moeller

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Amazon Bestseller!

"Finally, real weight loss solutions!"

"Must read if you are going to do HCG"

How I went from a size 12 to a size 4 on the HCG Protocol!!

You, too, can lose weight fast on the revolutionary HCG "Weight Loss Cure" and keep it off for good. I am going to show you how you can lose pounds and inches (even your "wheat belly") on the "HCG Diet" fast, and develop the mind-set to keep it off.

The Fast Diet - Lose up to a pound a day by doing the HCG diet according to the Doctor who invented it.

I lost 23 pounds on the HCG "Protocol", and I provide you with my secrets of success, including how to successfully stick to the diet, avoid cheating, and even how to cheat if you must! This book is my guide to the fat "detox" program that includes tactics that worked for me.

This book is intended for people who want to learn more about the HCG Protocol and who want to quit dieting.

You may have heard about HCG through Kevin Trudeau's book, The Weight Loss Cure "They" Don't Want You To Know About, and wanted more information. I will give you a sense of what its really like to go through the Protocol-simplifying a complicated process with easy to understand explanations and instructions. You'll learn to:

Create a fast metabolism and maintain your weight loss long-term.

Once HCG resets your metabolism, I will show you simple methods that helped me cope with my emotional eating issues. Most HCG books do not address emotional eating, which can sabotage your success on the

Protocol, adding back the pounds and sending you back to dieting again.

Rid yourself of the compulsive need to diet.

I provide you with my key to lasting weight loss: peace of mind. Learn how to notice your thoughts around food and change your mind-set to one that loves your body- it's all good! Find out what your eating issues are and start to cure them.

Here's what else you will learn:

My book will teach you:

- Jumpstart to skinny using tips and tricks for successfully completing the Protocol
- An answer to the question, "What is HCG?"
- How to select a Protocol coach/professional/clinic
- How to avoid HCG look-a-likes (including the FDA's recent warning about HCG drops)
- What its really like to be on the Protocol and how to plan for supercharged weight loss
- How to lose weight and keep it off by using simple techniques to deal with mental and emotional pitfalls
- When you should schedule the Protocol
- How to eat out while on the Protocol
- How to use the Protocol to recognize when you reach for food
- How to love your body

Read how I found a way to make the "HCG Diet" work for me and you can, too!

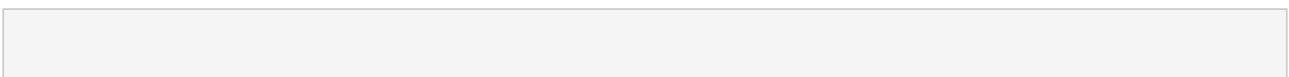
If you thought the Protocol was too "out-there" and foreign, my story will help humanize the process and provide some humor and fun along the way. I will show you how to learn from my mistakes through my personal HCG weight loss journey. Laugh at my expense by reading stories like the "caramel incident."

About the author:

I tried everything to lose weight, but nothing worked for me. Then I found the HCG Protocol and not only lost weight, but also found a new mind-set that freed me from perpetual dieting forever.

As a veteran of the Protocol, and a member of the entertainment industry, people ask me how I transformed from overweight to Gwyneth Paltrow size. Because they worked for me, I want to share with others the "HCG diet" and the methods I use for changing my thought patterns. As distinguished from other resources on HCG, my book provides a unique "reader-friendly" resource with correct, updated information in addition to the emotional eating component as well as some humor.

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Jerry Montgomery:

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Louis Chavez:

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Monica Bonner:

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