



The hCG Diet . . . Is It Right For You?



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Some things to think about:

- ? Have you been working hard for a long time to lose weight and are frustrated and ready to give up because you still do not see the evidence of your hard work?
- ? Do you eat well and exercise and wonder why you can't lose weight?
- ? Do you finally want to get control of your weight but need to see quick results in order to stay motivated?
- ? Have you reached a plateau in your weight loss efforts that you can't seem to break thru?
- ? Do you have a few extra pounds that you would be happier without?
- ? Are you grossly overweight and wonder if there is anything that can help you?

- ? Do you hate exercise?
- ? Do you want to lose a pound a day and then KEEP IT OFF?

Any one of the above situations and many more can be satisfied through the hCG Diet Program. hCG has helped thousands of people lose both a little and a lot of weight. It is administered by an injection which you will learn how to give yourself. Wait! Don't stop reading! Most patients who anticipate starting the hCG Diet worry about the injections. However, believe it or not, the injections become one of the least concerning aspects. By far the majority of people exclaim things like:

"I can't believe how easy that was."

or

"I don't even feel them!"

or

"I can't believe that I lost sleep over that!"

or

"The needles are so thin and small!"

Even patients on their 2nd or 3rd cycle prefer to use the injections. There is no doubt you can do this, but the choice is yours.

The hCG injections or Sublingual is coupled with a 500

calorie diet. The 500 calories are comprised of very specific foods and beverages and the hCG will help prevent you from feeling hungry and will also provide you energy. This happens through the release of fat calories into the bloodstream. Essentially, with the help of hCG, the 500 calories will provide the energy to help you get through the day and will be supplemented by the calories being released from your Abnormal fat stores. The 500 calories that you consume is an addition to those fat cells being release. Hence, by far the majority of those on the diet say they are not hungry.

Some patients claim the Integrative medical centers hCG Diet is the easiest diet they were ever on. You will have to judge that for yourself. But when you are told that you will lose an average of one pound per day—believe it. That's what the statistics showed.

Dr. Simeons, the originator of the hCG diet and author of "Pounds and Inches", spent more than twenty years scientifically testing every aspect of obesity. He has a remarkable story. The good doctor found that by injecting a small amount of hCG along with a specifically tailored diet he reduced a person's weight by a pound a day. That's an

average over many thousands of patients. Our own experience has seen patients lose even more - and we will be happy to tell you about them.

The Benefits of Our Weight Loss Program

As a patient enrolled in our hCG Program weight loss program, you are entitled to many benefits

The Side Benefits of taking hCG

Dr. Simeons discovered that along with substantial weight loss and the ability to keep it off after the hCG Diet Program has been completed, there were many benefits being experienced by patients during an hCG Weight Loss Program.

Call us today, 609-641-9009 to get started on a healthier tomorrow.

www.IntegrativeMedical.us

We Specialize In:

- Overweight & Obesity Corrections
- Rehabilitation
- Detoxification
- Bio-Oxidative & Hydro Therapies
- EDTA Chelation

Dr. Sam Jonuzi specializes in bio-ionic chemistry, detoxification and clinical nutrition. He earned a Bachelor of Science degree in biochemistry from Rowan University in 1986 and a Doctor of Naturopathy degree from Trinity College of Natural Medicine in 2001. Dr. Jonuzi also earned an Integrative Health Practitioner degree the Advanced Integrative Medical Institut in Washington, D.C. Dr. Jonuzi is Diplomat of the College of Natural Therapies and Member of the American Association of Integrative Medicine. Dr. Jonuzi is Founder and Managin Director at Integrative Medical Center in West Atlantic City.

Physicians at IMC emphasize prevention and early diagnosis as well as cost-effective, non-invasive treatments that work toward the elimination of the root cause of chronic degenerative illnesses and medical conditions that have gone undetected by traditional medicine.

Here are a few:

- No loss of muscle mass
- Normalized the thyroid gland
- Rebuilds the adrenal glands
- Balances the hormones out put
- Replaces the good cushioning "fat pad" through-out the body
- Normalizes cholesterol levels
- Normalizes appetite demands
- Improves ones "singing voice" (believe it or not)
- Gets rid of large pot belly on both male and female
- Reduces fat deposits on double chins
- Reduces hip fat deposits
- Reduces buttocks fat deposits

We are located at
201 E. Blackhorse Pike
West Atlantic City,
NJ 08232



Join Alley Cat Allies to learn how you can care for and advocate on behalf of the cats in your community.

Join our movement to protect cats.

alleycat.org

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Front photo by Kevin Giannini.
Back photo by Molly Wald.

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Anyone have a free lap?

I'm Cassie, and I am a total lap cat.

I need to find that person with an empty lap for me. My four daughters and I did not have a very good start at life. We were all put in the trunk of a car, on a very hot day, and then disposed of in a place where we did not belong. Thank goodness our foster mom saw this happen and rescued us. She was also able to contact the police in time to catch the three men that were so cruel to us. We are all very happy and healthy now. My babies have found their forever but I am still trying to find mine. A can be playful but I really prefer to have lap to sit on and to be petted.

I am a spayed female domestic short hair and my age is 1.5 years. I am vaccinated and tested negative for FIV/ FELV. Please consider adopting me or one of my friends.

- Contact Amanda at Alley Cat Allies
- 609-892-6235
- email: acasazza@alleycat.org



Visit www.alleycat.org/atlanticcity for more information