# THE HCG METABOLISM TREATMENT



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### **Inhaltsverzeichnis**

#### **Preface**

What does hCG mean and what is a hCG-diet?

The four phases of the hCG-Metabolic Cure

hCG Intestinal Cleansing and hCG-Metabolic Cure

**Active Components Used** 

Vitamin and Mineral Supply

Cell Protection and Back-Formation of Skin

Essential fatty acids

Detoxification

My secret ingredient: Magnesium

Let's go!

Stage 1: Days of loading

The vital substances during the loading days:

Phase 2: Diet Phase:

Nutritional daily schedule

Food Table

The vital substances in the diet phase

Phase 3: Stabilization Phase

The Steak Day

The vital substances during the stabilization phase

Phase 4: Test phase