

Top 10 HCG Diet Mistakes

from HCGDietDrops.com

1) Giving too much power to the scale.

The scale can quickly kill your confidence and mess with your head ... unless you understand the following:

- "The scale lags behind your true weight". It is common for your scale weight to fluctuate or stall based on a bunch of factors, including water weight ... when in reality you could very well still be burning fat.
- Keep in mind plateaus are common. Strategies to deal with them are given in our **No Nonsense Guide to the HCG Diet** and the **Advanced HCG Weight Loss 5 Day Email Course (Both available FREE – [click here](#))**
- It is the overall trend or weekly average that counts. Recording your weight daily is for awareness and long-term tracking.
- Be consistent. If you don't weigh at the same time every day and with the same clothes (or lack thereof), the numbers won't be useful. Likewise, weighing yourself throughout the day is pointless: those numbers mean nothing.
- Many scales are not that accurate. Buy a high quality scale if you want consistent, believable numbers.

2) Not getting enough quality sleep

Sleep is important. Most Americans lack enough sleep. The HCG diet is strict, and your body needs rest in order to repair, rejuvenate and deal with everyday stress. Stress is one cause of weight fluctuations.

3) Trying to exercise rigorously

Entire articles have been written about this on HCGDietDrops.com, but it is enough to say that on such a restricted diet, only light exercise such as walking is recommended, and it is perfectly okay to not exercise at all. One round is just 3 - 6 weeks. You can get back into an exercise routine when you're done.

4) Using the wrong sweeteners

Use only Stevia or saccharine. Others that appear sugarless or without calories, really aren't!

5) Not drinking enough water, and not consistently

This is important for your health and for weight loss. A minimum is 2 quarts per day but a better, more customized estimate is to divide your weight (pounds) in half, and that's the minimum number of ounces of water you need to drink per day.

Example: A 160 pound person should aim for 80 ounces of water per day. And again, consistency counts or your weight may fluctuate.

6) Poor protein management

Protein is the central part of the HCG dietary plan. It's important to get enough (don't skimp). Another common mistake is eating more than the 3.5 oz Dr Simeons recommended, because you either guess ("eyeball") the amount, or you weight it after cooking (it must be weighed before, as raw meat, trimmed of fat). Another mistake is eating the same protein type over and over. The best practice is to vary your lunch and dinner proteins.

7) Spending too much time on ways to cheat or deviate from the diet

Yes, it is possible to cheat and stray from the protocol and still lose weight. But here are three warnings:

- Just because a tweak or a cheat worked for someone else doesn't mean it'll work for you.
- Cheating once successfully almost always leads to cheating again ... and again ... and again. All that tweaking and adding will eventually effect your results in a negative way.
- Most successful people stick to the protocol precisely! If this is your first round, that is the BEST route. Then you'll have some baseline results to compare future rounds to (where you could try tweaks and cheats).

If you're going to cheat, do it for a good reason: Such as if you suspect a certain food or lack of a food is not making you feel well ...OR because you're feeling irritable and demotivated. A good cheat just might make you feel better and able to get back on track.

8) Doing another round too soon

Wait until you are truly ready! It is easy to get impatient in the stabilization and maintenance phases (phases 3 and 4) and want to jump right in to another course. Like dietary cheating, some people have done it, but it's not recommended. Your body needs a break. If you are starting to gain during the post-HCG phases, it is better to figure out **why** instead of trying to run away from the problem by another round of strict dieting.

9) Not using gloves when handling meat for long periods of time

In Pounds and Inches, Dr Simeons talks about the patient with a glass eye where his ointment was stalling his results. It turns out that during the calorie-restricted phase, oils can be absorbed through the skin and metabolized. That's why there are restrictions with cosmetics. But you probably haven't thought much about handling meat when cooking.

Even lean meat has fat (oil) on the surface. If you're just quickly putting it on the grill and then washing afterward, there's nothing to worry about.

But other kinds of meat preparation can take longer and your skin can absorb the fat. So a simple trick – and an easy solution – is to wear gloves. May as well play it safe.

10) ???

This is the #1 most common mistake people make. It ruins more results than anything else because it is not dealt with properly. It is explained as part of the FREE "**Advanced HCG Weight Loss 5 Day Email Course**" [which you can subscribe to right here \(click here\)](#).