

**THE SUPER SIMPLE HCG DIET: A PERSONAL GUIDE  
AND JOURNAL TO A NEW THINNER YOU**

**Kathren Pai**

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Was lethargic, no real interest in life. Then same thing as before about 7 days later nerves and everything else as before got worse.

And you are trying to look after your health so good for you! I ended up having diabetes. He is having a hard time though keeping the weight off even though he is consistently competing in marathons, triathlons etc... Would this diet be okay for him with how much he competes? Fiber also aids in preventing constipation by adding bulk to the stool.

Hello. Here is a video tutorial showing you how to do the actual injection—yes, yet I have these skills that apply to now that in the dreams I needed. They are then boiled and shaped to form noodles.