



# InsideOut

WELLNESS &  
WEIGHT LOSS

## HCG 2.0 - Don't Starve, Eat Smart and Lose; A Modern Adaptation of the Traditional HCG Diet

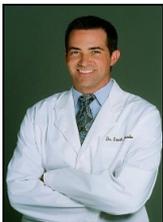
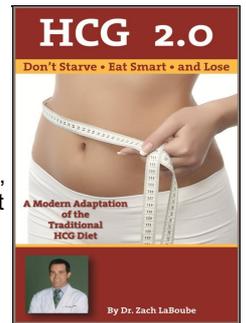
In its 60 year existence, the *HCG diet* has helped millions achieve rapid *weight loss*. However, in that time, the *diet* has not once been updated to incorporate advanced research in *low-carb*, *ketosis dieting*, caloric ratios or even basic food chemistry. *HCG 2.0* is a smarter way to lose and has revolutionized the traditional *diet* to accommodate the average working adult.

Medicine is called a practice for a reason. As new technology and research becomes available, treatment protocols evolve, hopefully for the better. Shouldn't the *HCG diet* follow suit? First published in 1954, the traditional *HCG diet*, as seen on many of your favorite daytime TV shows, including *Dr. Oz*, has helped millions achieve *weight loss success*. However, the strict tone and rigid calorie restrictions have been very polarizing. While the concepts and theory that inspired the traditional diet are still very relevant, the protocol itself is still stuck in the 50s and in dire need of revision.

Introducing *HCG 2.0*, authored and developed by **Dr. Zach LaBoube**, founder of [InsideOut Wellness and Weight Loss](#), *HCG 2.0* utilizes current research into a variety of topics such as low-carb, ketosis dieting, the high-protein diets of Inuit Cultures and innovative new food statistics such as Estimated Glycemic Load, Fullness Factor and Caloric Ratios to add "smart" calories to the diet, thus making it a safer, more realistic *weight loss* option for the working adult.

As an example, the traditional *HCG diet* allows up to 80 grams of carbohydrates in a single day, yet restricts protein. This notion of allowing up to 320 calories from carbs while restricting protein, in an attempt to lose weight, is a direct contradiction to everything we now know about low-carb, ketosis dieting. There is a smarter way to lose!

*HCG 2.0* uses a BMR (Basal Metabolic Rate) calculation to determine the amount of calories a dieter is allowed to consume on a daily basis. This is a significant variation from the traditional *HCG diet* that allows each dieter only 500 calories, whether male or female, big or small. Additionally, *HCG 2.0* uses precise food chemistry, which was primitive at best when the diet was originally developed to provide a wider selection of protein options, while also increasing portion size of items higher in nutritional value, but void of empty calories that only contribute to weight gain.



Whether you're looking to lose weight or simply eat healthy, *HCG 2.0* will accommodate. Understand *ketosis* and the benefits of *low-carb* living. Learn the difference between positive calories and negative calories. Understand how to cut your caloric intake by 200-300 calories per day by simply addressing unnoticed habits, and much more. Available on [Amazon](#).

About the Author; **Dr. Zach LaBoube** is completing a Masters of Science in Clinical Nutrition from Logan University. He founded [InsideOut Wellness and Weight Loss](#) with the belief that true health radiates, fundamentally, from the *InsideOut*.

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