



Introduction

Hello! I am very pleased that you have decided to undergo the highly efficient weight loss and metabolism normalization process called Doctor Simeons' Diet or HCG Diet.

This guide is based on Doctor Simeons' original study „[Pounds and Inches – a New Approach to Obesity](#)” as well as on my own extensive experience in supporting people who have decided to undergo this process and achieve absolutely real results – from 8 up to 15 kilograms of weight loss in 40 days.

The goal of this guide is to help you understand the weight loss process itself, its basic principles and the expected results, but also to support you in all of the phases of the process by providing you with all the necessary information and practical answers to key questions that you might have.

For additional answers and more detailed explanations, please contact me for support either through the [Support forum](#) according the phase of the process you are at. You can also just write to me at any time through the [Contact support](#) page and I will shortly reply you with an accurate answer that is suitable to your particular case.

Best regards and warmest wishes,
Anat Stern, Chief consultant

[Dr. Simeons Diet](#)