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About the Author. Tammy Skye is a fellow HCG Dieter who has lost almost 60 pounds with the amazing HCG diet. She has a medical background as a Physical Therapist Assistant and has had an avid interest in alternative medicine, natural health and healing, and nutrition for many years.

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Very Low Calorie Diet. HCG is used in combination with a low carbohydrate diet providing only 500 calories a day. Dieters can expect to lose up to a pound a day on this protocol. Prior to commencing the diet you begin by eating high-fat foods for two days. Then you will use HCG for 23 or 43 days with the very low calorie diet.

The HCG Diet Gourmet Cookbook Over 200 'Low Calorie' Recipes for the 'HCG Phase'

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