

 **HCG** Gold Wellness

NEWSLETTER

“Lose Up To 30lbs in 30 Days!”

YOUR INVITED!

FREE SEMINAR

 **HCG** Gold Wellness

WEIGHT LOSS SEMINAR

Are you tired of not losing those unwanted pounds and inches? Learn how to lose up to 30lbs in 30 days with the HCG Gold Doctor Supervised Weight Loss Program.

FEBRUARY 8, 2012

6:00 PM

(805) 310-4591

Please RSVP

1321 S BRADLEY STREET
SANTA MARIA, CA 93454

HCG GOLD WELLNESS CENTER IS HOLDING A WEIGHT LOSS SEMINAR!

COME LEARN HOW TO LOSE UP TO 30LBS IN 30 DAYS WITH OUR DOCTOR SUPERVISED WEIGHT LOSS PROGRAMS!

PLEASE RSVP AS SEATING IS LIMITED!
(805) 310-4591

STAR OF THE MONTH

★ Sandy Howard



WOW!!! Is all I can say... I am down 30 plus pounds and over 26 inches. I went from size 16 to a size 9 and have more energy than I know what to do with. At this point with my HCG I have started working out and now am more focused on the inches lost vs. weight. **DON'T GIVE UP!** From the emotional roller coaster of plateau and given the tools to break it I continue to move forward. **"KNOW ONE SUCCEEDS ALONE"** Thank goodness for the HCG Gold Wellness Center for always making time to answer my questions. It's a good life!

WWW.HCGGOLDDIETSANTAMARIA.COM

CLINIC SPECIAL

HCG WEIGHT LOSS

“Lose Up To 30lbs In 30 Days!”

Are you tired of not losing those unwanted pounds? Our Medically Supervised Weight Loss Program is designed to help you lose those unwanted pounds and inches. Come join the thousands of other people that have achieved their personal goals on the program!

**SAVE
\$30.00
OFF YOUR
INITIAL
DOCTOR VISIT**



Offer Expires: 02/28/2012

VISIT US ONLINE TO LEARN MORE AND TO
DOWNLOAD YOUR FREE EBOOK!

WWW.HCGGOLDDIETSANTAMARIA.COM

 HCG Gold Wellness

SUPPLEMENT SPECIAL

ULTRA B COMPLEX

COMPLETE B VITAMIN, CONTAINING THE
PHOSPHORYLATED FORMS
OF B VITAMINS FOR SUPERIOR ABSORPTION



- *Maintains proper B vitamin levels*
- *Supports proper blood sugar balance*
- *Supports healthy nerve function *
- *Helps regulate healthy Cholesterol levels*
- *Supports healthy visual, skin, digestive, and oral functions*
- *Assists in maintaining healthy mental and emotional states*

VISIT US ONLINE TO LEARN MORE ABOUT THIS
PRODUCT AND TO DOWNLOAD YOUR FREE EBOOK!

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RECIPE OF THE MONTH

BALSAMIC BASIL CHICKEN

Ingredients:

- 1lbs boneless, skinless chicken breasts
- 8 ounces cherry tomatoes
- ½ cup low sodium vegetable broth
- ¼ cup balsamic vinegar
- 1 tablespoon fresh basil, chopped



Directions:

Preheat oven to 425 degrees. Coat a baking dish with nonstick cooking spray. Place chicken and cherry tomatoes in the baking dish. Pour the broth and balsamic vinegar over the chicken and tomatoes. Sprinkle basil over the top. Bake chicken for 20-25 minutes or until the juices run clear and the internal temperature reaches 165 degrees.

Nutritional Facts

Servings	1
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Per Serving	144 Calories
<hr/>	
2g Fat	
<hr/>	
28g Protein	
<hr/>	
4g Carbohydrate	
<hr/>	
1g Dietary Fiber	
<hr/>	

**FOR MORE GREAT RECIPE IDEAS,
CHECK OUT THE HCG GOLD
WEIGHT LOSS COOKBOOK!**



**ORDER ONLINE AT:
WWW.HCGGOLDDIETSANTAMARIA.COM**

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DOCTOR'S TIPS

Eat Healthy, Be Well

Healthy eating is not only good for you, it grows on you! The more nutritious food you eat, the more you'll want it. Because we're used to fast food and prepared, processed foods, healthy food is almost an acquired taste. Although you might miss burgers and fries at first, you'll find that the more you incorporate a healthy diet into your lifestyle, the less you'll want food that's not good for you.

Four Good Reasons To Eat Healthy

1. Prevent illness. Food that's rich in vitamins, minerals and nutrients wards off disease. Low-fat diets prevent heart disease and lower the risk of cancer. High-fiber fruits, veggies, and whole grains reduce the risk of diabetes, high blood pressure, cancer and heart disease. Leafy green veggies and dairy foods fight osteoporosis. Reducing sugar lowers the risk of Type 2 diabetes. Lean proteins lower blood pressure and cholesterol.
2. Lose weight. Healthy, whole foods are generally lower in calories than fast foods and, because they're denser and more nutritious, the stomach feels fuller. You're less likely to feel hungry after a meal, and you'll feel full for a longer time.
3. Replenish yourself. A balanced and nutritious diet gives your body the high-octane fuel it needs for optimal performance. It also helps to maintain healthy skin, bones, tissues and organs.
4. Prevent constipation. A high-fiber diet rich in veggies, fruit, dried beans, and whole grains aids digestion, greatly reducing the toxic effects of chronic constipation.

To supercharge your diet even more, consider going organic. One of the first things you'll notice is that organic food tastes noticeably better.

Four Good Reasons To Go Organic

1. More nutrition. Fruits and veggies grown without pesticides and fertilizers produce more antioxidants and proteins. Meat from animals not treated with hormones and antibiotics is richer in vitamins and minerals.
2. Disease-free. Synthetic feed for animals can cause Bovine Spongiform Encephalopathy (BSE), a fatal and incurable brain disease. Otherwise known as Mad Cow Disease, BSE can afflict anyone who eats the infected meat.
3. No artificial additives. Organic food is not treated with toxic additives harmful to humans.
4. No genetic modifications. Genetically modified food has not been around long enough to determine its long-term effects on humans.

At HCG Gold Wellness Center, we've witnessed firsthand the powerful difference that a healthy diet can make. Eating junk food is like putting cheap gas into a high-performance luxury car. Why not fill up the tank with premium fuel instead?

