



HCG Diet Coaching Programs

Have you considered doing the HCG Diet, or are you a struggling HCG Dieter with unanswered questions in need of HCG Diet support?

[The HCG diet plan](#) is fairly simple once you understand it. It works, and in its 70-year existence, the HCG diet has helped millions achieve rapid and permanent weight loss. But if you do it wrong you won't get the lasting results you seek and may even further complicate your metabolism.

Introduction

I am Patty Baiano, Healthpreneur with over 25 years of professional experience in the health & fitness industry. Certified Bulletproof® Upgraded Human Potential Coach, Health & Weight Loss Blogger, Biohacker, and Master Pilates Teacher Trainer.

As the founder of [BodyFitSuperstore.com](#), a weight loss and wellness marketplace, I've partnered with advanced Medical Groups specializing in metabolic syndrome, and other prescription lifestyle therapies.

With over 9 years of personal and professional with the HCG Diet, I am a qualified expert in helping people overcome weight-loss resistance with the HCG Diet and other supporting therapies.

My coaching programs and strategies are still bringing hundreds of people a year complete success. Witnessing the transformations of my coaching clients is one of the most satisfying accomplishments of my life and I am with you 100% through your journey.

What is the HCG Diet Program?

Human Chorionic Gonadotropin (HCG) has been safely used for more than 50 years. HCG is a hormone that is only found in pregnant women and is not secreted normally in men or non-pregnant women.

The powerful effects of HCG on fat loss were discovered by A.T.W. Simeons and detailed in his scientific manuscript, *"Pounds and Inches a New Approach to Obesity"*. Since then, medical experts have successfully implemented this treatment program for clients with many different weight-loss needs.

For people that need to lose 10 pounds or 200 pounds, the HCG program has been very helpful. We also use our other weight loss program modalities in conjunction with HCG depending on the amount of weight needed to lose.

If you have found that traditional diet plans have not resulted in weight loss reasonable for your efforts, HCG may help. Some clients may still need further hormone testing, but most do considerably better on HCG than other attempted programs.

Free from Shame

There are certain medical issues, such as problems with individual biochemistry and metabolism that can cause one to pack on pounds and make it virtually impossible to lose weight.

Of the 78 percent of the population who are overweight, portions of these people are weight-loss resistant. The term to describe this physical phenomenon is coined "metabolically deranged."

To simplify the definition, "metabolically deranged" is when something in your metabolism is off and it causes psychological symptoms such as the inability to lose weight.

If you are in that category, know that these medical conditions are studied, and there are ways to correct them.

Our programs were designed through the founder's own journey overcoming metabolic derangement. The mission of BodyFit Coaching, is to assure people who are suffering from this very real condition that your inability to lose weight is NOT

your fault and give you specific measurable means to achieve success losing weight.

HCG Diet Coaching Programs & Pricing

Note: Below costs are for coaching services only and do not include product. Complementary download of Dr. A.T.W. Simeons scientific manuscript, *"Pounds and Inches a New Approach to Obesity"* for all coaching plans.

Plan 1: Discovery and Assessment Session: One session – Approx. 30-minute.

This session is **NOT a commitment** to purchase any products. If you are interested in learning more about the HCG Diet, or have specific questions about the diet, this session is for you. We'll give you an overview of the diet, our coaching programs and answer your questions.

Plan 1 Cost: FREE with the proof of purchase within the past 15 days or \$15 refunded with future purchase of \$75+ within 15 days of call.

Plan 2: Prep, Overview & HCG Diet Jumpstart: One – 90 min. session before you start your HCG Diet Program.

Session Includes:

1. Mixing and administering instructions and demo
2. Complete diet plan and instructions
3. Interactive food shopping list
4. Cooking methods, meal planning & recipes
5. What to expect on the diet, overcoming setbacks, managing the emotional/psychological side of the diet
6. Tips and tricks for diet success
7. Free account set up and instructions on keeping a Meallogger.com food journal. Coach monitoring of food journal (*optional \$12/week*)
8. Long term maintenance plan.

Plan 2 Cost: \$175

Plan 3 - 28 Day Diet Plan: Four – 60 Minute weekly sessions. Includes all points of Plan 1 & Plan 2 with the addition of:

1. Daily monitoring of your food journal with comments
2. Weekly accountability and diet discussion
3. Managing any plateaus or diet slips
4. The integration of Life Coaching (*see below*) into weekly sessions

Plan 3 Cost: \$375

Plan 4 - 56 Day Diet Plan: Eight - 60 Minute weekly sessions. Includes all points of Plan 1 – 3 with the addition of:

5. Daily text check-ins.
6. Access to daily email support

Plan 4 Cost: \$720

Requirements

Coaching clients will need a limited degree of computer and/or smart phone skills.

We prefer all coaching sessions to take place over [Zoom](#) (*free online video-conferencing*), with phone conferencing as an alternate.

Our Coaching program will utilize a free online tool/app, [MealLogger](#), that will help you track your daily food consumption. You will also need limited smart-phone skills or a digital camera to take photos of all your meals and upload them to your personal diet journal.

For Plans 2-4, your meals will be monitored and reviewed by your coach who will give you feedback, suggestions and hold you accountable. The photo food journal will help you eat more mindfully, and you'll receive your guidance directly via mobile app or online. You can also join other social groups of dieters if interested.

Get Started Now!

Email Patty@BodyFitCoaching.com for intake forms.