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HCG Diet Coaching

How Long to Wait Between HCG Diet Rounds?

Following your first round of the HCG Diet there is a six-week maintenance phase to readjust your metabolism back to its original state. If this protocol is not followed and you start another round prematurely, your weight loss will suffer dramatically or possibly come to a screeching halt.

The most familiar question dieter's ask is how long to wait between multiple rounds in order to be effective and continue the weight loss. As mentioned earlier there is a six week readjust phase after a round. However, with multiple rounds the break should be extended according to the list below.

The amount of weight that you need to lose will sometimes determine how many rounds you should do. People that need to lose any-more than 34 pounds usually end up doing at least 2 rounds of HCG Diet Injections

How Long to Wait Between HCG Diet Rounds?

- Between Rounds 1 and 2 – You wait at least 6 weeks
- Between Rounds 2 and 3 – You wait at least 8 weeks
- Between Rounds 3 and 4 – You wait at least 12 weeks
- Between Rounds 4 and 5 – You wait at least 20 weeks
- Between Rounds 5 and 6 – You wait at least 6 months