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Thursday, March 10, 2011



**Jennifer Theuriou**  
"HCA Cleanse Diet  
uncovers steps to  
weightless success."



**James Field**  
"HCA Cleanse Diet,  
Is it a scam or not?"

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## 1 Trick of a Tiny Belly: Reporter Loses Her "Belly" Using 1 Easy Tip

As part of a new series: "Diet Trends: A look at America's Top Diets" we examine consumer tips for dieting during a recession

Thursday, March 10, 2011

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**Garcinia Cambogia (HCA) Facts**

Garcinia Cambogia Extract - A Natural Weight Loss Supplement

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AS SEEN ON:



**Julie** investigates the HCA Cleanse diet to find out for herself if this super diet works.

(Piscataway) - HCA is the latest weight loss fad and with many positive University studies out, is gaining huge momentum in the diet world. It is extracted from the so called super fruit Garcinia Cambogia and has been getting a lot of international attention. And like you have probably already seen; they are all over the internet in blogs and success stories of people who have apparently used the pills and lost a ton of weight.

But we here at Daily Health 6 are a little skeptical and aren't sure that we've seen any real proof that these pills work for weight loss. So we decided to put these products to the test. What better way to find out the truth than to

conduct our own study?

To get started, I volunteered to be the guinea pig. I applied for a free trial of the [LeanSpa with Pure HCA](#). While there are ton's of ads for HCA online, [LeanSpa with Pure HCA](#) is one of the most credible and trustworthy suppliers on the market. The HCA used are in their purest form unlike other competing supplements. Artificial HCA is what is used in most supplementets and is uneffective, LeanSpa gets it's HCA directly from the Garcinia fruit and is the only supplement that does so. It included the free trial of the product and it did not try to fool me into agreeing to additional hidden offers. Another reason why I chose [LeanSpa with Pure HCA](#) is because it is the most concentrated and purest garcinia products on the market. This would give me the most accurate results for my test.

**Here is what LeanSpa with Pure HCA claimed on their website...**

- Up To 4 Times More Weight Loss Than Standard Diets
- Boosts Energy without the 'jitters'
- Burn Calories
- Boost Immune System
- Rich in Antioxidants
- Pure form of HCA (very rare)

We were pretty skeptical, but wanted to find out for ourselves if this product could actually do everything that it claimed. Most of the success stories talk about combining HCA with colon cleansing products to achieve maximum weight loss. I decided to do the same. The idea behind combining the products is that while the [HCA](#) encourages weight loss and increases energy, the colon cleanse helps rid your body of toxins and allows your body to work and burn calories more efficiently. I chose [LeanSpa Cleanse](#) to test.



**Garcinia Cambogia (HCA)**

Julie Ayers, our Health and Diet columnist, recently put the HCA Cleanse Diet to the test. After four weeks of testing the effects of America's Newest Superfood combined with a Colon Cleanse, she has reached the conclusion to what this diet is all about, and the results were surprising.

**She lost 25lbs in 4 weeks.**

The benefits of the HCA Cleanse diet beat all of our initial skepticism. We found the diet not only with weight loss, but it seemed to boost energy levels, and also helped Julie sleep better and to wakeup more rested.

**Step 1:**

First get [LeanSpa with Pure HCA](#)  
Use our exclusive promo "**LEAN195**" and  
get price reduced to **\$1.95!**

**Step 2:**

Then get [LeanSpa Cleanse](#)  
Use our exclusive promo "**CLEANSE195**"  
and get price reduced to **\$1.95!**

**\*\*This is key. Use both for results like Julie**

Free Trials expire on Friday, March 11, 2011

Weather



**Here is what LeanSpa Cleanse claimed on their website...**

- Helps Eliminate Bad Toxins that have Built Up Over the Years
- Removes 'Sludge' from the Walls of the Colon
- Helps Get Rid of Gas and Bloating
- Helps to Regulate the Metabolism

And the LeanSpa Cleanse, like the HCA, had a free trial with a 100% satisfaction guarantee and had no hidden offers.

**Putting HCA to the Test**

Both the [LeanSpa with Pure HCA](#) and [LeanSpa Cleanse](#) arrived within 4 days of having placed my order online for the free trials.

The bottles I received held a month's worth of pills which worked out perfect as I was to follow the supplement routine for 4 weeks time and document my progress throughout.

**My Test****4 Week HCA Diet: LeanSpa with Pure HCA + LeanSpa Cleanse**

- [Take one LeanSpa with Pure HCA pill per day](#)
- [Take one LeanSpa Cleanse pill per day](#)

**My Results****Week One**

After one week on the diet using both products I was surprised at the dramatic results. My energy level was up, and I wasn't even hungry, an apparent side effect of the HCA which curbs the appetite.

I honestly felt fantastic.

And I didn't even change anything about my daily routine. On day 7 I got on the scale and couldn't believe my eyes. I had lost 9 lbs. But I still wasn't convinced as they say you lose a lot of water at the beginning of any diet. I wanted to wait and see the results in the upcoming weeks. But it sure was looking up! I now weighed under 140 lbs for the first time in years!

**Week Two**

After two weeks of using both supplements, I started the week off with even more energy and was actually sleeping more soundly than before. I was no longer waking up during the night and tossing and turning because my body was actually able to relax (this is a result of getting rid of the toxins I think). Plus I still managed to lose another 7 lbs, putting me at an unbelievable 16 lbs of weight loss, in just 2 weeks.

I must admit that I'm starting to believe that this diet is more than just a gimmick.

**Week Three**

After 3 weeks all my doubts and skepticism had absolutely vanished! I am down, 2 full dress sizes, after losing another 6 lbs. And I still have a ton of energy. Quite often, around the third week of other diets, you tend to run out of steam. But with the LeanSpa with Pure HCA and LeanSpa Cleanse diet my energy levels don't dip, but remain steady throughout the day. I no longer need that cat nap around 3pm in the afternoon! And I am even noticing that my stomach is digesting food so much better. No bloating or embarrassing gas after I eat!!

**Week Four**

After the fourth week, my final results were shocking. I lost an unbelievable 25 lbs since starting the LeanSpa with Pure HCA and LeanSpa Cleanse diet! Actually everyone at Daily Health 6 is kicking themselves for not having volunteered to be the guinea pig. Using the [LeanSpa with Pure HCA](#) and [LeanSpa Cleanse](#) in week 4 I lost 3 more lbs. But to be honest I really didn't have much more than that left to lose. Given the results and the added



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**» Weight Loss Tips**

**1. Set a goal.** Identify your ideal weight and set up a plan to start reaching your goal.

**2. Don't be afraid to ask for and get help.** You're not going to lose weight alone. Tell your family. Get support.

**3. Vitamins are good for you.** The American diet lacks essential vitamins and minerals. Balance your health with the best supplements.

**4. Walk the Walk.** You burn calories when you walk, did you know that? Keep active and balance your diet with regular exercise.

**5. Sleep it off.** To be an efficient fat-burning machine, your body requires at least eight hours of sleep a night. If you think that you're doing yourself a favor by sleeping less, you're mistaken.

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health benefits I will continue to use the products indefinitely!

**I couldn't be any happier with the results.**

**I Lost 25 lbs in 4 Weeks, No Special Diet, No Intense Exercise**

**Conclusion:** Like us, here at Daily Health 6, you might be a little doubtful about the effects of this diet, but you need to try it for yourself; the results are real. After conducting our own personal study we are pleased to see that people really are finding success with it (myself included :). And you have nothing to lose. Follow the links to the free trials I have provided and know that you are getting a quality product that works; no strings attached!

Good luck with your weight loss,  
- Julie Ayers

[Click Here To Get A Free Trial Of LeanSpa with Pure HCA](#)

Use our exclusive promo "LEAN195" and get price reduced to **1.95!**

[Click Here To Get A Free Trial Of LeanSpa Cleanse](#)

Use our exclusive promo "CLEANSE" and get price reduced to **\$1.95!**

**\*\*This is key. Use both to get the same results as Julie!**

Free Trials expire on Friday, March 11, 2011

Would you like to share a consumer tip for next week? If so, please send us an e-mail!

## Comments (10 out of 177)

Read Responses For: "Diet Trends: A look at America's Top Diets" - Julie Ayers Report

**Diane says:**

11:33 AM Wednesday, March 09, 2011

My friends and I have all been waiting for the hca cleanse diet to hit the news. Atleast 5 of us have all done the diet (costing us upwards of \$300+) and we all lost a bunch of weight. This stuff truley is incredible and has changed all of our lives. Good luck to everyone who takes advantage of this wonderful opportunity

**Michelle says:**

12:58 PM Wednesday, March 09, 2011

I saw this report on tv the other day and was amazed at the results. I am getting married next month so the timing couldn't have been better!! thanks for the tip!

**Jen says:**

1:54 PM Wednesday, March 09, 2011

I've gone ahead and ordered my free trials. I can't wait to get started and see what happens.

**Stephen says:**

4:24 PM Wednesday, March 09, 2011

I've been seeing hca diets all over. I even heard my mom talking about this diet a few days ago since one of her friends has lost like 12 lbs in the first 15 days! I definately have to try this, thanks.

**Julie says:**

5:16 PM Wednesday, March 09, 2011

Yay! glad to see it's helped and that my story is getting out there! good luck!

**Davis says:**

6:05 PM Wednesday, March 09, 2011

This stuff is amazing! My best friend Jessica did the same diet and lost an incredible amount of weight.. i couldn't believe it and had to do some research on my own which is how I found this article. I can't

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believe they are offering free trials! I know Jessica spent something like \$600 and was thrilled.. imagine how excited she would be if it cost her under \$10.00. This is a godsend, thanks so much!!

**Damo says:** 7:17 PM Wednesday, March 09, 2011

I've been struggling my whole life with my weight and I really hope this is the answer. I've gone ahead and ordered the free trials and signed up to the gym aswell. I really hope to lose atleast 50 pounds before the end of the year.

**Amy says:** 7:38 PM Wednesday, March 09, 2011

Hey Julie, i just ordered my free trials. I can't wait to get them!! Thanks, Amy xoxoxo

**James says:** 8:31 PM Wednesday, March 09, 2011

My wife used both these products, and the change in her is remarkable. She looks and feels wonderful and we are BOTH grateful!

**Wanda says:** 9:45 PM Wednesday, March 09, 2011

A friend of mine did the LeanSpa with Pure HCA diet and recommended it to me 3 weeks ago. I ordered the products and received them within 3 days (although I didnt get the discounted shipping). The results have been incredible and I can't wait to see what weeks 3 and 4 bring.

**Leave A Reply**

Comments will appear after approval by our editorial team. Thank you.

Name:

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Message:

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**\*LeanSpa with Pure HCA T&C** (the following was taken directly from their website): By placing your order today you'll be shipped 1 bottle of LeanSpa Weight Loss System tablets (just pay S&H). If you feel The LeanSpa Weight Loss System is not for you, cancel within 14 days from today to avoid the purchase fee of \$79.99 and enrollment in the auto-shipment program which sends you a 1 month supply every 30 days starting 30 days after your trial period. You can cancel at any time by contacting our Customer Care Department via phone at 1-800-839-9990 • This transaction will appear on your bill as "LEANSIPA 888 839 9990"

**\*LeanSpa Cleanse T&C** (the following was taken directly from their website): By placing your order today you'll be shipped a 30 day supply of LeanSpa Cleanse tablets (just pay S&H). If you feel LeanSpa Cleanse is not for you, cancel within 14 days from today to avoid the purchase fee of \$79.99 and enrollment in the auto-shipment program which sends you 1 bottle every 30 days starting 30 days after your trial period. You can cancel at any time by contacting our Customer Care Department via phone at 1-800-839-9990 • This transaction will appear on your bill as "LEANSIPA 888 839 9990"

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Thursday, March 10, 2011

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**Jennifer Theuriau**  
 "HCA Cleanse Diet  
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 "HCA Cleanse Diet,  
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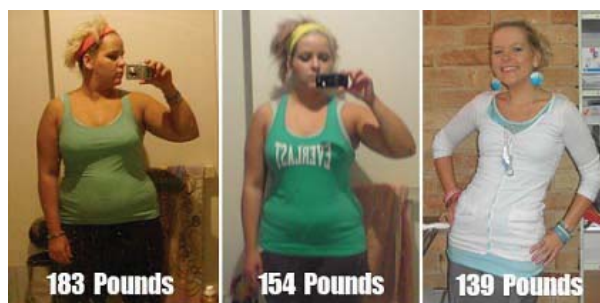
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AS SEEN ON:



\*\*\*Note: Offers Expire On Friday, March 11, 2011



*Shown above is a blogger from New Jersey that lost 42 pounds with Pure HCA and Colon Cleanse!*

### STEP 1: [Click here for LeanSpa with Pure HCA](#)

Use our exclusive promo "LEAN195" and get price reduced to \$1.95!

### STEP 2: [Click here for LeanSpa Cleanse](#)

Use our exclusive promo "CLEANSE195" and get price reduced to \$1.95!

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