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Monday, August 25, 2014

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The **Garcinia Cambogia Diet** Exposed: Miracle Diet or Scam?

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

Featured on: 



Julia investigates the Acai Berry diet to find out for herself if this super diet works.

AnGarcinia Cambogia formula combined with a Green Coffee Diet is the latest weight loss fad that is taking America by storm. These so called Super Foods that you take as a supplement to lose weight have been getting a lot of international attention. 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. Here at News 6 Health, we are a little skeptical and aren't sure that we've seen any real proof that these pills work for weight loss. Since we have been seeing so much publicity about this "Super Diet," we decided to put these products to the test. What better way to find out the truth than to conduct our own study?

It was inevitable that I was to be the guinea pig, as I am getting married in 5 weeks and wanted to lose 30 pounds for my wedding. In order to do theGarcinia Cambogia formula and Green Coffee Diet diet, I needed to order 2 products. First, I got a free trial of [Garcinia Cambogia](#). While there are ton's ofGarcinia Cambogia formula ads online, [Garcinia Cambogia](#) is one of the most credible and trustworthy suppliers on the market. 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 [Garcinia Cambogia](#) is because it is the most concentrated and purest acai products on the market. This would give me the most accurate results for my test.



One blogger from Houston, TX, claims to have lost 32 pounds in 30 days while taking the Garcinia Cambogia and Green Coffee Dietdiet. She states "I couldn't believe how easy it was.. I didn't change my diet, my daily routine and the fat melted off like it was butter." I love this stuff!

Here is what Garcinia Cambogia claimed on their website...

- 4 Times More Weight Loss Than Diet And Exercise
- Boosts Energy
- Rich in Antioxidants
- Promotes Cardiovascular and Digestive Health

Although we were pretty skeptical, we wanted to find out for ourselves if this product could actually do everything that it claimed. Most of the success stories talk about combiningGarcinia Cambogia formula with a colon cleansing products to achieve maximum weight loss. The idea behind combining the products is that while the [Garcinia Cambogia formula](#) encourages weight loss and increases energy, the Green Coffee Diet helps rid your body of toxins and allows your body to work and burn calories more efficiently. I chose [Green Coffee Diet](#) to test



Health and Diet writer, Julia Miller of the News 6 team recently put the Acai Diet to the test. She spent four weeks testing the effects of America's Newest Superfood combined with a Green Coffee Diet to see for ourselves what this diet was all about. And, the results were surprising

She lost 25lbs in 4 weeks.

The benefits of the Garcinia Cambogia formula 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 Julia sleep better and to wakeup more rested.

Step 1:

First get [Garcinia Cambogia](#): use Coupon Code - **DISCSHIP** - to discount shipping from \$4.95 to \$1.95 shipping.

Step 2:

Then get [Green Coffee Diet](#) use Coupon Code - **DISCSHIP** - to discount shipping from \$4.95 to \$1.95 shipping.

***Using BOTH products is highly recommended for results like Julia.**

Offers Expire On Tuesday, August 26, 2014

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Putting the Garcinia Cambogia and Green Coffee Dietto the Test

Both the [Garcinia Cambogia](#) and [Green Coffee Diet](#) arrived within 4 days of having placed my order online for the free trials.

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

My Test 4 WeekGarcinia Cambogia formula Diet: Garcinia Cambogia + Green Coffee Diet

- [Take one Garcinia Cambogia pill per day](#)
- [Take one Green Coffee Dietpill 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 theGarcinia Cambogia formula 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 pounds 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 pounds, 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 pounds. 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 Garcinia Cambogia and Green Coffee Dietdiet 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 Garcinia Cambogia and Green Coffee Dietdiet! Actually everyone at News 6 is kicking themselves for not having volunteered to be the guinea pig. Using the Acai Advanced and Green Coffee Dietin week 4 I lost 3 more pounds. But to be honest I really didn't have much more than that left to lose. And I am definately going to continue taking the Acai Burn Edge afterwards because it has so many antioxidants and vitamins that makes my skin look unbelievable.

**I couldn't be any happier with the results.
I Lost 25lbs in 4 Weeks, No Special Diet, and
No Intense Exercise**

Conclusion Like us, here at News 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

Julia Miller

[Click Here To Get A Free Trial Of Garcinia Cambogia use Coupon Code](#) - DISCSHIP - to

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Diane says: 9:37 AM Sunday, August 24, 2014

My friends and I have all been waiting for the acai diet to hit the news. Atleast 5 of us have all done the acai 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: 10:09 AM Sunday, August 24, 2014

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!

Cara says: 10:57 AM Sunday, August 24, 2014

I have been procrastinating for 2 months now on losing weight and today is the day I am gonna take action and get started. I've gone ahead and ordered the free trials and going to go do 30 minutes of exercising right now! Thanks News6 for the motivation for get me started! Love, Cara

Kate says: 11:02 AM Sunday, August 24, 2014

I am gonna give this a try. Thanks

Laura says: 11:30 AM Sunday, August 24, 2014

There is a big stir going on these days aboutGarcinia Cambogia formula.. I am seeing Garcinia Cambogia formula all over.. they were giving out free samples of an acai berry drink at the local grocery store and the stuff sure did taste great. I picked up 2 cases of it and am gonna test out the certified acai. Thanks for the links :)

Hailey says: 12:01 PM Sunday, August 24, 2014

Is theGarcinia Cambogia formula vodka going to help me lose weight while I get a buzz? hehehehe. I am so trying this

Dorothy says: 12:33 PM Sunday, August 24, 2014

My daughter has had weight issues since she was a baby and the doctor says we really need to get her on a diet so she can lose 125 pounds. I really hope this is the answer. Thank you News6.

Jordan says: 1:03 PM Sunday, August 24, 2014

How well does this stuff work for guys? I'd like to loose a few pounds so I look better with my shirt off! I think i am gonna give this a try.

Rhia says: 1:27 PM Sunday, August 24, 2014

My husband and I both need to lose weight because we are going to be seeing family we haven't seen in 25 years. We are both going to try this out, thanks. The Higgins family

Stephen says: 3:26 PM Sunday, August 24, 2014

I've been seeing [Acai 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.

Julia says: 4:20 PM Sunday, August 24, 2014

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

Davis says: 6:05 PM Sunday, August 24, 2014

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 news article. I can't 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: 6:49 PM Sunday, August 24, 2014

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 100 pounds before the end of the year.

Amv says: 7:38 PM Sunday, August 24, 2014



TERMS AND CONDITIONS
CAREFULLY READ AND AGREE TO PURCHASE TERMS BELOW BEFORE ORDERING:

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Garcinia Cambogia Garcinia Cambogia -comes with a fifteen (15) day free trial period ("Free Trial") with a shipping cost of \$1.95. (the following was taken directly from their website) If You have any questions about Our Free Trial, please contact Our Customer Service Department toll-free at 1-866-949-0138. Our Customer Service Department is open twenty-four hours a day, seven days a week. Free Trial Policy: Our Free Trial policy requires You to understand certain important dates. The policy, and the important dates for You to know, are as follows: Beginning on the day that You place an order for a product ("Product") from the Website, Your fifteen (15) day Free Trial period begins ("Free Trial Period"). The Free Trial Period is calculated in calendar days, not business days. You will be shipped a thirty (30) day supply of the Product You ordered. Generally, Your Product is shipped 3 to 5 days after placing Your order. Delivery time is subtracted from Your Free Trial Period, and will reduce the number of days allocated to Your Free Trial Period. If You want to extend Your Free Trial Period due to slow postal delivery or delayed pickup, You must call Our Customer Service Department toll-free at 1-866-949-0138. Reasonable requests (as determined by FWM) to extend Your Free Trial Period generally will be granted. If You are satisfied with the Product and wish to continue to receive the Product on a monthly basis, You need do nothing else. Upon the expiration of the Free Trial Period, Your credit card will be billed for the full cost of the Product that You ordered (i.e., a thirty day supply). On the thirtieth day following the date You first ordered Your Product, FWM will send you another thirty (30) day supply of the Product, and the credit card You provided to us will be automatically billed for the Product. Unless You cancel this service, every thirty (30) days thereafter FWM will send you an additional thirty (30) day supply of the Product You ordered, and the credit card You provided to us will be automatically billed for the Product. If You are not satisfied with the Product and wish to cancel future deliveries of the Product, You must call Our Customer Service Department toll-free at 1-866-949-0138 prior to the expiration of the Free Trial Period and cancel Your order. You need not return the Product to FWM if You cancel within the Free Trial Period.

Green Coffee DietRisk Free! - (the following was taken directly from their website) When you order the Trial of Green Coffee Diet your credit card will be charged \$4.95 for shipping and handling of a 1 Month Supply of Green Coffee Diet. You will have 14 days from your original purchase date to decide if Green Coffee Diet is right for you. If you are enjoying Nature Detox Cleanse do nothing and at the end of your 14 day trial period you will be charged the low rate of only \$83.95 for the bottle you received. If you find Green Coffee Diet is not right for you, simply cancel within 14 days of your original purchase date and return the unused portion within 30 days of original order date and you will not be charged..

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