

Getting Started With HCG

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A Brief History of the HCG Weight Loss Program

Dr. A. T. W. Simeons, an English born, German educated physician, published the first reported use of HCG with weight-loss management in 1954 while practicing medicine and conducting research in Rome, Italy. Years earlier, while working in India, Dr. Simeons used HCG in the treatment of specific health conditions and observed that body fat distribution was modified during HCG treatment, in addition to improving the underlying issues treated. On-going research and study on a variety of health conditions, including fertility treatment, continued to validate his hypothesis that HCG and a very low calorie diet would be effective for weight loss programs. Soon after the report's publication, a great deal of interest was generated within the medical community, prompting Dr. Simeons to write and publish a book entitled, "Pounds and Inches: A New Approach to Obesity". As originally proposed by Dr. Simeons, the method consisted of the daily administration of HCG by intramuscular injection, plus, a detailed diet of approximately 500 calories per day. According to Dr. Simeons, patients lost about one (1) pound daily, modified their body contour, and felt positive and energetic throughout the treatment period. Dr. Simeons postulated three basic conclusions from his method:

- Patients did not experience headaches, weakness of hunger while on a low calorie diet and HCG.
- Weight reduction results were consistent and more satisfactory over standard low calorie diets.
- Patients lost significant body fat in upper body, waist, hips, and thighs – regions where adipose tissue accumulations are most conspicuous.

In an oversimplified definition, the HCG weight loss program is often referred to as "fat on the move". Studies, including many thousands of participants over more than thirty years, prove this method for weight loss is effective for both men and women.

What is HCG?

HCG is the acronym for Human Chorionic Gonadotropin and is a hormone present during pregnancy - once a fertilized egg implants in the uterus.

1. Read "**Pounds & Inches: A New Approach To Obesity**", by Dr. A.T.W. Simeons. You cannot do his diet successfully without a good understanding of the original protocol. This will be your bible. Read, read, and re-read!!!
2. **Get a good digital bathroom scale.** It is, by far, more preferable to use one that measures in 0.1 lb. increments. One such scale is made by Conair for Weight Watchers. It is programmable and will remember your start weight; your weight from your previous weigh-in; your recent loss (or gain); and your first goal, which is 10% less from your start weight.
3. **Get a good digital food scale.** You'll need this to weigh your foods. A digital food scale is much more accurate and easier to read than a traditional food scale. You can place a container, such as a plate or bowl, on top before turning it on and it will only weigh the food you place on it, which is very convenient. It will provide extremely accurate information.
4. **Get a small indoor electric grill & a steamer if possible.** The grill is for quick cooking indoors for your protein, allowing any excess fat to drain. You can use a traditional stovetop steamer for veggies, or a microwave steamer is convenient, too. If you travel and stay in basic hotel rooms, a small sandwich grill will fit well in your suitcase and allow you to stay on track with your diet.
5. **Prepare for the diet (Phase 1).** Follow your doctor's instructions. Prepare your menus, shopping lists, and purchase a fiber supplement or colon cleanse product. Also see "Preparing for the diet" below – which includes your (2) "load" days.
6. **Prepare for the VLCD (Phase 2).** Take your measurements and before pictures. Be sure to measure every part you can get a fabric tape measurer around: stomach, thighs, hips, arms, chest, ankles, calves, neck. Your before pictures should show your full front side (from neck down if you choose), a side view, and a full rear view. Wear as skimpy an outfit as you can, i.e. swimsuit or shorts and tank top.
7. **Learn about organic foods and artificial sweeteners.** They are not all the same. Try to find and use as many organic foods as possible. Realize that there are times when organic is more important than others. If you eat the skin on the fruit or veggie, organic is best. If you eat eggs (one whole + 3 whites is allowed as a protein substitute occasionally), buy cage-free organic or natural brown eggs. The taste is much better! Also, look for organic or natural chicken breasts. You will also learn that the only safe, all natural sweetener on the market is a product called "Stevia". Everyone likes Splenda, but do your research and you will learn that even Splenda has chemicals and causes problems. Crystal Light is a great sweetener for your water.

8. Plan your load days and first week's menu. Your load day is forced feeding of as many fatty foods as you can possibly eat! Don't skip here or your first week of VLCD will be more difficult. See "Loading: Day 1 and 2 of the protocol" below. Pre-measure and cook the protein for the entire first week's menu, freezing any that won't be eaten in the first 3 days. Buy the organic fruits & veggies you will need. Anything you can pre-measure will save you time. If you work, pre-measure, cook, and store entire meals so you can just grab and go the morning and pop into the microwave for lunch. Remember, 350 – 500 calories per day is required.

Preparing for the Diet

1. Many people have found that cleanses help prepare the body for what is to come ahead. A Candida cleanse helps with sugar cravings and a colon cleanse can begin the process of clearing out the toxins and prevent constipation during the protocol. These are not necessary, but can be helpful.
2. It will really benefit you to give up Splenda, Aspartame and MSG (in their many forms and hidden names on the label). They all make you hungrier and are fuel addictions, not to mention other terrible effects.
3. Take the time to memorize the protocol. Then, make sure your schedule is ready to take on your new diet (i.e. no vacations planned, etc.). You will have some time to read while you are waiting for the HCG to arrive, so take the time and get comfortable with the protocol.
4. You can also spend some extra time beforehand planning your meals, shopping for the protocol, shopping for new clothes (you'll drop many sizes quickly), and you can even begin growing your own fruits and vegetables. This will ensure "organic" certified produce. Although organic foods are not required for this diet – it is the form in which Dr. Simeons' conducted his research. For some, organic foods are simply unavailable in their area. For others, organic foods are just too expensive. This should not deter you from engaging in this diet and non-organic foods are perfectly acceptable.

Loading: Day 1 and 2 of the protocol

1. Do NOT try to limit your food during these days; the fattening food is necessary for the diet to work correctly, and more importantly, to re-establish the structural fat that's been reduced or lost by years of fad-dieting. The more you eat, the better results you are going to have. Those who do not load to the fullest also experience difficult hunger pains throughout the diet. You SHOULD gain weight on the loading days, you will lose it all within the first week, probably even the first 2 days!
2. It may seem impossible to load yourself with really fatty, unhealthy items (especially if you're on your second or third round of the protocol), so here is a list of healthy items you can load on that are high in fat:

- Healthy Cold Pressed Oils · Drizzle Extra Virgin Olive Oil, Sesame Oil, Coconut Oil on everything!

- Avocados : 26.5 grams for just one of these beauties...slather some Veganaise in the pit dent and eat with a spoon!!!

- Nuts: Especially Walnuts, Macadamia Nuts, Pecans, Pine Nuts, in that order, can really boost your fat gram load.

- Nut Butters & Tahini

- Seeds: Sesame, Sunflower, Pumpkin are all great!

- Coconut: The oil, the milk, the meat ... fabulous! May also contribute to healing thyroid gland.

- Olives: Green or black, and stuff them with Tahini!

- Seeds: Sesame, Sunflower, Pumpkin are all great! ·

3. Eat foods that you crave that are especially high in fat such as Dairy Queen, cakes, cookies, custards, creams, pastries, chocolate, etc. as it has a psychological effect of saying good-bye (for now!)

4. Focus on high caloric creamy foods.

5. Drink whatever you want on your load days; including soda, beer, wine, sake, etc.

6. Be sure to take pictures and measurements at this beginning stage so you can see the difference in your body and watch those inches melt away! The best thing to remember is to always measure in the same location. Also, if you do not have a measuring tape available, use twine or cording to take the measurements, and mark with a black permanent marker...watch the lines get smaller and smaller.

7. If you are concerned about cheating, go through your pantry and cupboards and remove anything that might tempt you. Donate the food, do not THROW it away.

8. Dr. Simeons specifically lists milk chocolate, pastries with whipped cream, sugar, fried meats (particularly pork), eggs and bacon, mayonnaise, bread with thick butter and jam, etc. We recommend you eat at least SOME of these foods.

9. The BEST suggestion is to read, and re-read, Dr. Simeons manuscript. Take the time to print it out, read it, and highlight important sections. Then you could prepare your own "cheat sheet" and grocery list to prepare for the protocol ahead.

