

## **HCG FACTS**

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### **What is HCG?**

Human Chorionic Gonadotropin or HCG, is a hormone (although many people don't like to call it that) produced by the placenta of pregnant women during the early stages of pregnancy. And although in extremely high doses in a pregnant woman (up to 1,000,000 IU), it's without any negative side effects. HCG, extracted from the urine of pregnant women, has been around since 1930, and like many other pharmaceuticals, has many uses. HCG is used to treat infertility, testicular issues, such as Hypogonadism or Cryptorchidism, Fröhlich's syndrome, preventing or lowering painful menses with Endometriosis & other hormonal issues. However, research suggests that a very small daily injection of approx. 125-200 IU's of HCG, combined with a VLCD (very low calorie diet of 500 calories/day), result in a weight-loss of about ½ - 1 lb. a day average.

### **What is the HCG Diet Protocol & how does it work?**

The protocol includes daily HCG injections (or HCG Homeopathic drops) and a VLCD that is low in calories, carbohydrates & especially fat; as outlined in Dr. A.T.W. Simeons' manuscript, "Pounds and Inches: A New Approach to Obesity". Although not part of the original protocol, there is now an oral version of HCG that is user friendly and said to be as good as the injections and can be given for longer periods at a time.

### **Who is Dr. A.T.W. Simeons?**

The late Dr. A.T.W. Simeons, a British born researcher and endocrinologist, was the first to discover HCG in the treatment of obesity. After many devoted years of researching and treating various patients suffering from obesity, Dr. Simeons' first published a report on the topic in the 1950's, while practicing in Rome, Italy. At that time, Simeons noticed several important factors among his patients that were on his HCG protocol that included the lack of symptoms one would expect from a patient on a very low calorie diet. For example, his patients had no weakness, hunger pains, headaches, or irritability as long as the low calorie diet was combined with HCG.

Throughout his research, Dr. Simeons noted how patient's bodies reshaped naturally as they lost significant amounts of weight - all without exercise, and without effort. This led him to discover how patients lost more fat tissue directly from abnormal adipose (fat) stores, causing highly visible contouring of the body.

Compared to those who simply went on highly restrictive diets without HCG, weight-loss and maintenance was not an issue for patients that had undergone the HCG Diet Protocol. HCG re-sets the hypothalamus and regulated the metabolism, correcting that which initially caused the obesity.

**What is the hypothalamus?**

The hypothalamus gland regulates your metabolism, thyroid gland, adrenals, & fat storage.

**Why are some people calling the HCG Diet the “Obesity Cure”?**

Because after taking it for weight loss and following the protocol to a "T", it helps you maintain and not re-gain the weight you have lost.

**How much weight will I lose with the HCG Diet?**

Most HCG dieters report an average loss of about 1 lb. a day. Many times it's up to 2 lbs. or more, but sometimes only .5 lbs. Generally, men seem to lose faster and women tend to have more fluctuations due to hormonal influences. It is recommended weighing every day at the same time, but look at the weekly loss for a better picture.

**Is it healthy to lose 1 to 2 pounds a day?**

Without the HCG - the answer would be NO. But, unlike the traditional VLCD used alone that targets your muscles and vital organ fat, the HCG targets the irregular fat stores. So you actually lose the abnormal (hard to lose) fat instead of stripping the body of its vitamins, minerals, muscle and essential organ fat that's critical for good health. And what's interesting is that virtually ALL HCG dieters report a feeling and appearance of health and well-being and are surprised of the lack of negative side effects that come with a VLCD. Energy runs especially high, too, since the body is actually burning approx. 2000 calories a day!

**Does the weight loss slow down after the first month?**

Yes, usually one sees a large weight loss in the first month, then a slow down or even a plateau. Now this doesn't mean weight loss has stopped. Usually you'll still see inches being lost continuously and then another large drop on the scale. Weight loss is achieved in stair-step fashion, particularly with women. Dr. Simeons talks more about the plateaus in his book.

**Why the 500-calorie diet (VLCD)?**

The HCG causes your hypothalamus to mobilize the fat out of the abnormal fat stores so that it's available for use. Even though you're only consuming 500 calories a day, the contents of those fat cells are being liquidated, including their stored nutrients, and are saturating your blood with about 2,000 or more calories a day. In essence, your body is not lacking in energy because it is using thousands of calories from fat in your body each day. This is why HCG dieters lose an average of 1 lb. of fat a day.

**Are there any side effects?**

Side effects are rarely reported with the HCG diet. There are side effects reported when using a much larger amount, such as with fertility and other treatments. The larger amount is known to cause occasional headaches and pregnancy symptoms. However, the difference between these amounts is great; about 5,000 IU with fertility treatments compared to 125-200 IU with the HCG diet. Read the HCG drug pamphlet for more information. Also, occasionally a woman who recently has gone through menopause, will report having her period.

## **What are the other possible benefits or effects of HCG?**

Some report improved menopausal symptoms. The reason for this is unknown. Most people report re-distribution of normal fat and body contouring leading to a much more shapely body and soft features. A few have even reported normal fat being added to their breasts while abnormal fat has been removed from the thighs. Many report a feeling of well-being and/or increased energy levels.

## **Is the use of HCG injections for weight loss legal?**

Any U.S. medical doctor can legally write a prescription (Rx) for HCG in weight loss. However, due to the FDA's recommendation, he may choose not to. And, for most countries (check your laws), it is perfectly safe and legal importing HCG or having pre-filled HCG syringes shipped via mail. The oral sublingual version of HCG does not need a prescription (as long as it is used for approved purposes) as it is deemed a homeopathic remedy.

## **Who is a good candidate for HCG Diet?**

The majority of adults can use HCG for weight reduction. Although, it is recommended that dieters consult with a competent specialized physician concerning weight reduction and appropriate implementation of the HCG diet protocol **ESPECIALLY** if you are overly obese. Implementing a 500 calorie regimen can cause damage to the body of some who are unusually over-weight, because the body can go into shut-down mode because you are losing too much weight too fast. PLEASE consult your doctor if you need to lose over 100 pounds, as he may want to make adjustments the VLCD plan. A doctor will NOT prescribe HCG for women who are pregnant or nursing.

## **Will I gain the weight back after the HCG diet?**

After the HCG diet, you'll find that several things have changed. Your appetite has reduced, your eating behavior has been altered and your body of course has changed. This is the perfect time to embrace a healthier lifestyle to maintain your weight. A minimum amount of daily exercise should be sufficient. With your hypothalamus now reset, your metabolism will be different and not only will you be able to eat moderately without feeling the need to stuff yourself, but you'll also be able to enjoy those comfort foods. People who have severe emotional ties to food or with eating disorders, of course, will still need help. Simeons stated that as a general rule, 60%-70% of his cases experienced little or no difficulty in holding their weight permanently. Major life changes such as pregnancy or menopause were typically the problem. However, today we have problems that didn't exist in the 1950's. We now live in a much more toxic world and eat very poor diets (particularly in the U.S.) that are filled with highly processed foods & include thousands of preservatives, pesticides, & chemicals, most of which are not required to be listed on food labels. However, it should not affect maintaining your weight, provided that you consume an organic diet and preferably do body cleanses on a regular basis to prevent toxic build-up.

## **Is HCG safe for men?**

Yes. HCG affects everyone the same ...men, women, children and the elderly. Men are not feminized or affected negatively in any way. In fact, increased libido is reported when there is an already existing deficit.

**Can I continue to use my current medications?**

Yes, you can use most medications if necessary. Birth control pills and over-the-counter pain medications are fine. Consult your family doctor.

**Can I continue to use beauty creams and lotions?**

No, you cannot use any creams, shampoos, conditioners, or lotions that contain oil or lanolin. They'll be absorbed into your skin, thereby, causing a decrease in weight loss.

**Do I have to see a doctor?**

If possible, it is also advisable that you do the protocol under a doctor's supervision or at least be in good health. Although people with various diseases can tolerate the protocol and still take their medications, those people need to be monitored more closely. The protocol is also very strict and needs to be followed precisely for optimum results without side effects. So, in a perfect world, it is highly recommended that you be under the treatment of a competent, specialized physician who is very knowledgeable of the original Dr. Simeons' HCG protocol and follows it to the letter. Like stated...in a perfect world. In actuality, these physicians may be hard to find and their programs expensive. In fact, many healthcare professionals modified the original protocol based on their own assumptions on how the protocol works. So a word to the wise, whichever method you choose and your way of going about it, try to stick to the original protocol if you can.

**If the HCG diet has been around for decades, why haven't I heard about it?**

For reasons unknown, most of the research on HCG and its therapeutic potential deals with investigations related to ovaries or testicles. Very few investigations have been performed in other clinical fields.

**Why all the controversy?**

In 1954, when Dr. Simeons first published his discoveries in the Lancet, obesity was considered a matter of aesthetics and its treatment was limited to the simple suggestion of "keeping the mouth shut". After the publication, doctors from all over the world flocked to Dr. Simeons' hospital to get first hand information on his treatment. Unfortunately, some were led only by profits. Then upon return to their countries, "Fat Clinics" sprung up everywhere. Complications were reported as a result of improper management. So in 1974, the FDA stated HCG was of no use for obesity management because its administration rendered similar results regarding weight loss both in treated and non-treated patients. And that's agreed upon. However, the argument is, the HCG patients lost more body fat than the non-treated patients.