



WHAT IS HCG?

HCG is a hormone that is produced during pregnancy from two sources: The embryo (baby) and the placenta in late pregnancy. The HCG hormone maintains pregnancy by promoting the production of progesterone (the hormone that maintains pregnancy). About 1,000,000 units may be found in a female during stages of her pregnancy. Physicians typically only prescribe 125- 150 units of HCG per day for weight loss. Both men and women may use HCG for weight loss.

How Does It Work?

HCG mobilizes the bad (third) type of fat in the body. It is an entirely abnormal fat that accumulates in the overweight patient that is not easily shed even in times of dire nutritional need.

By mobilizing this bad fat, HCG provides it to the body as a source of energy (about 1500-4000 calories/day). This allows the patient to be placed on a restricted diet without suffering from hunger. The weight loss purely involves areas where the bad fat accumulates (abdomen and thighs). You typically do not see weight loss in unwanted areas like the face as in traditional diets.

Average loss on the HCG diet is usually around 1 pound a day (Men 1-1.5 lbs, Women ¾-1 lb).

Are There Side Effects?

Essentially none if the protocol is strictly followed and one is of normal health. If not followed correctly, weight gain, hunger and light headedness can ensue.

If one suffers from diabetes or has any kind of blood sugar issues, feeling of light-headedness, weakness in the knees, trembling, and unmotivated sweating may occur owing to a drop in blood sugar. But under HCG, hypoglycemia does not produce any feeling of hunger. Patients who have this issue are instructed to carry a sugar candy so they can take it if needed. Weight gain should not occur if it is taken for these symptoms.

Patients with history of gallstones may have worse symptoms on the diet.

What Is The Best Way To Achieve Success With A Medically Supervised HCG Diet Program?

First, contact a physician who is well versed in the diet and have a complete examination.

Inform your physician if you have any type of thyroid disorder.

Patients who need to lose 15 pounds (7 kg.) or less require 26 days of treatment with 23 daily injections. The extra three days are needed because all patients must continue the low calorie diet for three days after the last injection. This is important because the body has to clear out the remaining HCG in the blood so that you are not taking in extra calories which could cause dramatic weight gain.



HCG:

A Natural Weight Loss Alternative

By: James Porter

The treatment is never less than 26 days even in patients who want to lose 5 lbs. The reason is you need to reset your brain via HCG from a storage state-of-mind to a usage state-of-mind and this will take 3 weeks on average. Also, no shots are taken during menstruation, but the diet is maintained.

As soon as patients have lost all their abnormal fat, they at once begin to feel hunger with continued injections. This is because HCG only puts abnormal fat into circulation and cannot, in the doses used, liberate normal fat deposits. As soon as their statistically normal weight is reached, these patients are put on 800-1000 calories for the rest of the treatment.

After the diet is stopped on day 26, the patient is put on a diet that is only restricted of sugar and starches for 3 weeks. Upon completion of this three week phase, the patient is free to eat what they want within reason.

The maximum duration of treatment at one time is 40 days for a maximal weight loss of 37 lbs at one time. If either one is reached, the protocol is stopped. It can be restarted at a later time if more weight is needed to be lost. Patients should not go past 40 injections because the body can produce immunity to HCG. You usually have to

wait 6 weeks before you can restart the shots since it takes that long for the body to recover from the immunity to HCG.

There is a fat loading period that can extend from 1 week to 2 days prior to the 3rd injection. This is important because it makes the body used to utilizing fat as an energy source and also decreases feelings of hunger.

WHAT IS THE DIET?

Breakfast

Tea or coffee in any quantity without sugar. Only one tablespoonful of milk allowed in 24 hours, and Saccharin or Stevia may be used.

Lunch

1. 100 grams of veal, beef, chicken breast, fresh white fish, lobster, crab, or shrimp. All visible fat must be carefully removed before cooking, and the meat must be weighed raw. It must be boiled or grilled without additional fat. Salmon, eel, tuna, herring, dried or pickled fish are not allowed. The chicken breast must be removed from the bird.
2. One type of vegetable only to be chosen from the following: spinach, chard, chicory, beet-greens, green salad, tomatoes, celery, fennel, onions, red radishes, cucumbers, asparagus, cabbage.
3. One breadstick (*grissino*) or one Melba toast.
4. An apple, an orange, a handful of strawberries or one-half grapefruit.

Dinner

The same four choices as lunch.

Seasonings

The juice of one lemon daily is allowed for all purposes. Salt, pepper, vinegar, mustard powder, garlic, sweet basil, parsley, thyme, marjoram, etc., may be used for seasoning, but no oil, butter or dressing.

Beverages

Tea, coffee, plain water, or mineral water are the only drinks allowed, but they may be taken in any quantity and at all times. In fact, the patient should drink about 2 liters of these fluids per day. Many patients are afraid to drink so much because they fear that this may make them retain more water. However, the body is more inclined to store water when the intake falls below its normal requirements.

Note: The fruit or the breadstick may be eaten between meals instead of with lunch or dinner, but not more than four items listed for lunch and dinner may be eaten at one meal.

No medicines or cosmetics other than lipstick, eyebrow pencil, and powder may be used without special permission.



Are There Any Things That Can Slow Or Even Stop Weight Loss?

Weight can fluctuate (*stays stationary*) during the final part of the treatment lasting 1 to 2 days owing to water retention. This is especially profound in women versus men.

The Plateau: A period of no weight loss can last 4-6 days. It also usually occurs in the latter portion of the treatment. It always corrects itself. However, you can break it up with either an apple-day or a diuretic.

Reaching a Former Level: This usually lasts 10 days to 2 weeks, typically in people who originally started off obese, gained a lot of weight and lost back down to their original obesity. It represents a stronger hold to fat that has existed longer. It rarely ever happens on the first course of treatment though. Example: John's ideal weight is 175 lbs.; however, for the longest he can remember he has always weighed 185 lbs. When we see him he is at a weight of 210 lbs. What may happen to him is that he may lose down to 185 lbs., but once he gets there he may not lose further since he weighed 185 lbs. for a long while. However, this is only difficult cases.

Menstrual Interruption: Related to hormonal fluctuations and lasts from 2 days prior to menstruation and during menstruation. Birth control and BHRT can be continued on the treatment.

The above are all normal phenomena that may occur during weight loss. An abnormal phenomenon relates to dietary errors. If the diet is not strictly followed, you will find that weight may increase or not change for several days. Usually it takes three days to correct the errors caused by dietary indiscretion.

What Can Slow Down Weight Loss?

If you have large fibroids (*small or medium sized or multiple fibroids are okay*), it is recommended they be removed prior to treatment.

Stroke or heart attack is not considered contraindications to treatment. However, EKGs must be normal after a heart attack to be eligible for the diet.

Vitamin D, Calcium and Vitamin C are permitted only if they are not in any oily substance. No other vitamins are permitted.