

## hCG Diet FAQ

- **What is HCG and how does it work?**
- **To get started, read Dr. Simeons' famous "*Pounds and Inches*" first.**  
It is considered as the bible of HCG Weight Loss

HCG stands for Human Chorionic Gonadotropin, a hormone naturally produced in the body. It has many functions and is used medically to treat a variety of conditions. It is the pregnancy hormone. This hormone allows the body to metabolize fat and use it as energy for both mother and fetus. This acts as a "fail-safe" mechanism when energy is needed immediately. For weight loss, we use only a very small amount of HCG to capitalize on this same mechanism. Using HCG in this way does not mimic pregnancy; in fact, it can be safely used by both men and women.

Although the HCG diet has been receiving a great deal of attention lately, it actually is not a new concept. In fact, the use of HCG as a diet aid was first discussed in a report that Dr. A.T.W. Simeons published in 1954. The report did gain some attention at that time, but it took several years before the use of HCG with dieting really started to catch on. Today, an increasing number of dieters are turning to HCG to help them lose those unwanted pounds.

Dr. Simeons noticed that his patients could drastically reduce their caloric intake without experiencing irritability, hunger pains, headaches, or weakness while also taking HCG. As Dr. Simeons continued his research, he found that an HCG injection did more than just help his patients lose weight. In fact, he found that the injections also helped to naturally reshape his patient's bodies even if they did not engage in exercise while on the diet. Dr. Simeons concluded that this was because the patients lost their fat tissue from adipose tissue accumulations, which made changes in the body shape more visible. What people were losing wasn't simply weight, but fat, a particular kind of fat. We generally think of fat as just "fat," but in fact there are three distinct kinds of fat, two of which we need, and one we don't. If you've tried dieting, perhaps diet after diet, and found that the weight comes back, it's because diets often can't rid us of the one kind of fat that most needs to be eliminated.

Of the three kinds of fat, structural fat is essential because it cushions our organs. Then there's the kind of fat that gives us a reserve of energy, fueling the body between meals. But a third kind of fat-the unsightly fat that ruins our appearance-is totally unhealthy. This unwanted fat is not only unhealthy, it just happens to be almost impossible to lose. It can be mobilized only in times of starvation and pregnancy.

In a non-pregnant state, HCG as a weight-loss aid, helps reduce the craving for food by making stored fat available for metabolism, thus aiding in the ability to adhere to a rigid diet program. HCG accesses unnecessary fat stored in the body just as it does in early pregnancy. Abnormal fat deposits disappear; the double chin, potbelly and fat around hips and thighs are the first to go. HCG does not deplete subcutaneous or other essential fat.

- **How much weight will I lose with the hCG diet?**

Most hCG dieters report a loss of 1 to 2 lbs a day. At the very least, 0.5 pound a day, and at the most, 3 + lbs a day. 1 lb is generally lost in the first day. Factors that help promote faster weight loss include adding/increasing vegetable intake and mixing salad with each meal. Fiber intake is extremely important, as is water intake.

- The original Dr. Simeons diet, (500 calorie diet or VLCD) can be found on this web site; [Carefreehealthpath.com](http://Carefreehealthpath.com)

➤ **What preparations are required for hCG diet shots?**

Prior to treatment, your physician or practitioner will generally request blood tests and perform a general health assessment. For individual injections, generally no preparations are required. If your physician has you self-injecting, specific sterilizing processes are involved and certain steps can be taken to reduce the discomfort of injections below:

➤ **Easing the Discomfort of Injections**

If your physician has sent you home with pre-mixed injections of hCG for your weight loss protocol, these tips may help with self administration of your hCG shots.

Pinching the skin and pulling it out gently, can provide distraction to your nerves so you do not feel the needle. Some people prefer the quick motion shot, while others prefer resting the needle on the pinched skin and pushing it through in a smooth motion.

Relax the muscles prior to injection.

Apply ice to numb the location prior to injection.

Rotate injection sites.

Allow medications that have been refrigerated to warm to room temperature before injection.

Allow the alcohol on your skin to air dry prior to injection.

➤ **Is it healthy to lose 1 to 2 pounds a day with hCG shots?**

HCG weight loss studies have shown that weight lost following the Simeons protocol comes directly from adipose fat tissue rather than lean muscle. In doing so, the weight lost comes directly from fat and does not strip the body of much needed muscle, vitamins or minerals essential to maintain good health, while at the same time, releasing excessive amounts of fat-stored nutrients into the blood stream to be absorbed by the body. For this reason, hCG dieters report a feeling and appearance of great health and marvel at the loss of negative health risks they had as an overweight individual.

Dr. Simeons wrote a book called Pounds and Inches for other doctors and he says that HCG causes a change in metabolism. He says it makes your body mobilize fat out of the fat storage locations. Weight loss comes from adipose tissue, not muscle.

➤ **Why the 500 calorie diet - VLCD (very low calorie diet )?**

hCG diet shots cause your hypothalamus to mobilize the fat out of the fat storage locations so that it's available for use. While you are only consuming 500 calories, your hypothalamus is continually releasing the fat stored in your body. Because of this, your body is actually operating on thousands of calories a day. The result is your body using thousands of calories of fat from your body each day, the reason hCG dieters lose 1 to 2 lbs of fat or more, per day.

➤ **Will I be hungry on 500 calories a day?**

It is common for mild hunger during the first few days, however this will pass and by the 2nd week, you will find even very tiny servings, to be completely satisfying. This is partly due to *your* hypothalamus adjusting your metabolic rate, but largely due to the amount of calories circulating in your system from the fat being released. It is common that hCG dieters feel as though they are stuffing themselves in order to reach that 500 calorie limit!

➤ **How does it work?**

The HCG diet consists of daily injections HCG. In addition to this, you will need to reduce your caloric intake to just 500 calories per day. Obviously, you would be able to lose weight with a 500 calorie diet even if you weren't getting HCG hormone treatments. If you cut back to this many calories without the help of HCG, however, you will likely lose muscle as well as fat. This state is similar to starvation and negatively affects your overall metabolism. Obviously, this isn't healthy and will not result in a toned body.

➤ **What can I expect?**

Weight loss weight lost following the Simeons protocol is safe and comfortable for patients, provided that they meticulously follow the prescribed diet. Any deviation from the protocol is likely to not yield the desired results. Even minor deviations may cause unwanted setbacks. The diet actually helps you do body contouring without exercise. HCG makes it easier for you to cut back calories because it acts as an appetite suppressant. During the first few days of the program, you might experience mild hunger after reducing your food consumption. By the second week, however, most people find small servings of food to be quite satisfying. This is partially because the HCG helps to release calories from your stored fat and these calories then circulate throughout your body. In addition, your hypothalamus makes adjustments to your metabolic rate, which helps you feel full faster.

Your first visit will include a thorough health history along with discussion of any of your medical issues. If you have recent lab work, bring it along with you. We will go over the details of the diet and instruct you on how to self-administer the injections of HCG. We will set personal and nutritional goals with you in order to get you off on the right track.

B12/MIC injections are also available to help assist the liver process fat.

➤ **How about safety and side effects of hCG Diet Shots?**

HCG has been used safely by thousands and thousands of men and women in weight loss treatments since 1950s. Being manufactured in a sterile environment, there are no risks of disease being spread through use of HCG. HCG can be used safely by both men and women that are looking to get their weight under control. When HCG shots are used for fertility reasons, clients report occasional headaches, and pregnancy symptoms. However, the amount differences between HCG used for Weight Loss (125 IU to 200IU) and HCG for fertility purpose (10,000 IU) is significantly different. There are rarely side effects reported while using HCG diet injections, or oral hCG for weight loss purpose in the past decades.

**Disclaimer;**

**The FDA has required labeling and advertising of HCG to state the following;**

**HCG has not been demonstrated to be effective adjunctive therapy in the treatment of obesity. The FDA states that there is no substantial evidence that it increases weight loss beyond that resulting from caloric restriction, that it causes a more attractive or "normal" distribution of fat, or that it decreases the hunger and discomfort associated with calorie-restricted diets.**