

## **What is the hCG Diet?**

The hCG weight loss protocol consists of a very low calorie diet (VLCD) accompanied by treatments of hCG, rather oral or injected. The average hCG dieter experiences rapid weight loss averaging 1 to 3 pounds per day. In addition to loss of unwanted fat, the true benefit of the hCG protocol is its ability to help modify the dieter's relationship with food and eating, resulting in easily maintained, long-term weight loss.

### **Quick overview:**

200 iu of hCG is administered daily (with the exception of menstruation.)

Until 3rd injection the patient eats excessively.

Following the third injection, the 500 calorie diet and personal care product restrictions are applied and continue through 72 hours after the last injection.

For the continuing 3 weeks, all foods are allowed except sugar and starch- this includes sweet fruits.

After the 3 weeks. starches are introduced into the diet in very small quantities and weight is monitored to ensure weight maintenance.

## **What is hCG?**

hCG stands for Human Chorionic Gonadotropin, a hormone produced by the placenta during pregnancy. During pregnancy, the substance almost completely controls the woman's metabolic functions. Generally, the hCG used in the diet protocols, is synthetic.

## **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, .5 pound a day, and at the most, 3 + lbs a day. 1 lb is generally lost in the first day. Factors that guarantee faster weight loss include adding/increasing vegetable intake and mixing salad with each meal. Fiber intake is extremely important, as is water intake.

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

Prior to treatment, your physician or practitioner will 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.

### **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.

### **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.

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

A medical doctor may prefer not to use hCG for weight loss due to the FDA's lack of recommendation, however he is legally able to do so in the US. It is advised that you check your country's laws to be certain, however, for most countries, importing hCG diet shots or having pre-filled hCG syringes shipped via mail are considered safe and perfectly legal. If importing hCG from abroad, be sure to check your local laws and follow whatever restrictions are called for.

### **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

### **Who is a right candidate for hCG Diet Shots?**

The majority of men and women can use hCG injections for weight loss. It is recommended that dieters consult a physician concerning your weight loss, along with the appropriate implementation of the hCG protocol. The physician will **NOT** permit hCG weight loss injections for women who are pregnant or nursing.

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

There are rarely side effects reported while using hCG diet shots. When the hCG shots are used for fertility reasons, the larger amount is known to cause occasional headaches, and pregnancy symptoms. However, the amount differences between the hCG diet protocol and hCG used for fertility purposes is significantly different in quantity.

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

After the hCG diet, you will find your appetite has changed, your eating behavior will be changed and your body will of course, have changed. This is the perfect opportunity to adopt that healthy lifestyle to maintain your weight.

You will find a minimum amount of exercise will be sufficient for maintaining a very healthy body- from yoga, to 15 minutes of cardio a day, or whatever you enjoy, that gets your heart moving. With your hypothalamus reset, your metabolism will be different and you will be able to eat moderately without feeling the need to overeat.

### **What is the hypothalamus gland?**

The hypothalamus gland moderates the thyroid, adrenals, fat storage, and more importantly, your metabolic rate.

### **Is hCG safe for men?**

The hCG used for the hCG weight loss protocol is actually already found in men. In fact, it is present in every human tissue, including males and non-pregnant women as well as pregnant.

### **How painful are hCG injections for weight loss?**

The hCG injections for weight loss are administered using a very fine needle and are relatively painless.

## **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.