

## Important Facts about HCG

### What is HCG and how does it work?

HCG is a hormone naturally produced in the body. It has many functions and is used medically to treat a variety of conditions. This pregnancy hormone has a property that allows the body to mobilize fat and use it for energy for both mother and fetus. For weight loss, we use only a small amount and we are able to capitalize on this same mechanism.

### What about homeopathic HCG?

Homeopathic HCG comes in a liquid and is taken through drops sublingually (under your tongue). It is manufactured in the United States by an FDA approved homeopathic manufacturer.

### Wouldn't I lose the same amount of weight eating a very low calorie diet without the HCG?

You can lose weight by simply eating fewer calories and fat however, because the body stores fat during times of deprivation, you will most likely lose muscle before fat. Inches and Pounds is a program that is designed to incorporate nutrition, exercise and a specialized high protein diet in combination with the HCG injection. HCG alone will not help you lose the weight you desire, rather the combination all of these factors make Inches and Pounds a weight loss success.

### What are the positive effects of HCG?

Besides the ***accelerated weight loss*** and ***body re-shaping***, many of our clients report:

- better, more deep sleep
- lower cholesterol and blood pressure while on the HCG, and sometimes continuing afterwards
- less insulin or other medications required while on the protocol
- higher energy levels without a nervous or edgy feeling
- a general feeling of well-being

### What are some negative side effects sometimes experienced while HCG is present in the body?

While on the protocol a few patients report:

- a headache for the first few days of the protocol (which can be addressed with aspirin, etc.)
- leg cramping (which can be assuaged if brought to the staff's attention)
- slight, temporary hair thinning (the same phenomenon that occurs after child birth or any excess weight loss method)
- very rarely, tenderness of the breasts

### Why the 500 calorie diet (VLCD—very low calorie diet)?

You are on a VLCD (very low calorie diet) of 500 calories because while you are on the HCG, your body is releasing 1500-4000 calories from abnormal fat into your bloodstream each day. So, with the 500 calories you are consuming plus the 1500-4000 calories being released into your system, you are actually getting the benefit of  $(500 + 1500-4000) = 2000-4500$  calories each day.

**Of course being on a 500 calorie diet will help you to lose weight. How is the HCG protocol different from any other diet out there?**

Dr. Simeons, the physician who developed the HCG Weight Loss Cure Protocol, said:

“When an obese patient tries to reduce by starving himself, he will first lose his normal fat reserves. When these are exhausted he begins to burn up structural fat, and only as a last resort will the body yield its abnormal reserves, though by that time the patient usually feels so weak and hungry that the diet is abandoned. It is just for this reason that obese patients complain that when they diet they lose the wrong fat. They feel famished and tired and their face becomes drawn and haggard, but their belly, hips, thighs and upper arms show little improvement. The fat they have come to detest stays on and the fat they need to cover their bones gets less and less. Their skin wrinkles and they look old and miserable. And that is one of the most frustrating and depressing experiences a human being can have.”

**To rephrase Dr. Simeons:**

The HCG allows your body to tap into your body's abnormal fat deposits (shoulders, upper arms, hips, thighs, and buttocks). In obese clients, these deposits are not usually accessible to the body until the person has gone through both his normal fat and structural fat as described above. This is the reason why no matter how much some people exercise and starve him/herself, they still have, for example, a “big butt”. The HCG coupled with the very low calorie diet allows these abnormal fat deposits to be tapped into, released into the blood stream and used by the body – similar to how a pregnant woman who is nauseous for weeks at a time typically remains relatively healthy and is additionally able to give birth to a healthy baby.

This release of fat/calories into the blood stream is also why clients taking the HCG are generally not hungry and generally have plenty of energy. The HCG actually releases 1500-4000 calories per day into the bloodstream. This is the ONLY reason why it is okay to be on a 500 calorie diet. Without the HCG releasing the abnormal fat and, therefore, many calories into the bloodstream, the client would look haggard, be starving, and be facing excess nutritional deficiency.

Most “diets” begin weight loss by depleting your structural fat (that fat which cushions your organs) and your normal fat reserves. However, they are slow to affect the abnormal fat which is stored in your abnormal fat deposits (shoulders, upper arms, hips, thighs, and buttocks), which seem to have only one efficient key to unlock them: HCG.

Besides tapping into the abnormal fat deposits, HCG also proposes to affect your hypothalamus and your base metabolism. This protocol provides a detox and gives your entire system rest from the onslaught of food and drinks by allowing only a small amount of relatively healthy items to be processed in your body and your hypothalamus. Some experts feel this ‘detox’ allows your hypothalamus to clear itself of the chemical build-up that could be preventing weight loss and re-establishes the natural functioning and hormone release of the hypothalamus.

**Who developed this protocol? Is it safe?**

Dr A.T.W Simeons developed the HCG Protocol in Italy in the 1950's. He worked on the study of obesity for 40 years and on this protocol specifically for about 20 years. He helped countless patients in his clinic. Patients would spend thousands of dollars to go to his clinic in Italy for the duration of their course, receive injections each day, and be monitored by Dr. Simeons. Thanks to modern medicine, we now have a homeopathic HCG option which allows clients to administer their own HCG daily (without having to consult with a physician or illegally order their HCG over the internet).

Both we and Dr. Simeons have found the protocol to be extremely safe and effective. We have had hundreds of clients use the protocol with great weight loss and significant improvement in overall health. Keep in mind, this is the same hormone produced *naturally* in a pregnant woman's body. It is also frequently used in infertility treatments for both women and men. Additionally, in both of these situations, the HCG present/administered is substantially higher than the amount administered for weight loss in the HCG Weight

Loss Cure Protocol. Just to put it into perspective, Dr. Simeons advised each patient on the HCG protocol to administer **125 units** of HCG per day for a *maximum of 40 days*. However, during pregnancy, a woman can produce up to **1,000,000 units per day**.