

Frequently Asked Questions (FAQ's)

1. What is hCG?

hCG (Human Chorionic Gonadotropin) is a hormone naturally produced in large quantity during pregnancy. hCG is used in infertility treatment for both men and women. Dr. ATW Simeons found that small regular doses of hCG caused the body to release abnormal fat when used in conjunction with a specific 500 calorie daily diet. This is detailed in Dr. Simeon's manuscript *Pounds and Inches: A New Approach to Obesity*. This low calorie diet is only comfortable and advisable with hCG. Most participants are not hungry and have plenty of energy. hCG is an all natural hormone, also known as a protein polypeptide. hCG is in all living tissue both male and female. However, this hormone is produced in greater amounts during a woman's pregnancy and controls the woman's metabolic functions. This hormone can be found in the urine of pregnant women. The hormone is extracted, sterilized and processed for human consumption and has a long safety record.

hCG is what triggers the hypothalamus to mobilize stored fat into the bloodstream to be used as "food". It is believed to reset your metabolism and to protect your body's good fat and keep muscle tissue from breaking down (which occurs in other low calorie diets without the use of hCG).

2. What are the positive effects of HCG?

Besides the *accelerated weight loss* and *body re-shaping*, many individuals using our product report:

- better, deeper sleep
- lower cholesterol & blood pressure while on the hCG, and sometimes continuing afterwards
- less insulin or other medications required while on the protocol (check with your health care professional before adjusting any medications)
- higher energy levels without a nervous or edgy feeling
- a general feeling of well-being

3. Since this is the pregnancy hormone, does it work for men as well? If so, is it safe for men to be putting pregnancy hormone into their bodies?

Yes! The hCG protocol is safe for men and even works a little faster. While women typically lose .5 lb. - 1lb. per day, men typically lose .75 lb. - 1.5 lbs per day. hCG is also prescribed for men with certain medical conditions, so this is not the only use of hCG with men.

4. What are some negative side effects sometimes experienced while hCG is present in the body?

While on the protocol a few patients report:

- slight headache for the first few days of the protocol (possibly due to sugar or caffeine reduction, can be addressed with aspirin, etc.)
- slight, temporary hair thinning (the same phenomenon that occurs after child birth or any excess weight loss method—body tries to conserve nutrients)
- very rarely, tenderness of the breasts
- some slight leg cramping (adding potassium supplementation usually helps)

5. 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.

[Homeopathic Instructions.pdf](#)

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6. Exactly how does hCG allow you to lose weight?

The hCG allows your body to tap into your body's abnormal fat stores (hips, thighs, buttocks, shoulders and upper arms). In obese individuals, these deposits are not usually accessible to the body for fat consumption. This is typically the reason why, regardless of how much some people exercise and starve themselves, they still have large fat reserves (large thighs or big buttocks, etc). The hCG present in the body allows these abnormal fat deposits to be metabolized, releasing them into the blood stream to be used for fuel. This release of fat (from the abnormal fat stores) is also why individuals taking the hCG are not hungry. hCG helps to release 1500-4000 calories per day (from the abnormal fat stores) into the bloodstream. This is the ONLY reason why it is acceptable to be on a 500 calorie diet (see below). Without the hCG releasing the abnormal fat and its caloric content, the person would be starving, face nutritional deficiencies and when eating returns to "normal" the fat stores would just replenish themselves.

7. 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.

8. How is the hCG protocol different from any other diet out there? "Wouldn't I lose weight by being on a 500 calorie diet anyway?"

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: hCG allows your body to tap into your body's abnormal fat deposits (hips, thighs, buttocks, shoulders and upper arms). In obese individuals, these deposits are not usually accessible to the body until the person has gone through both his normal fat and structural fat (which you need) as described above. This is typically the reason why, regardless of how much some people exercise and starve themselves, they still have large fat reserves (large thighs or big buttocks, etc). 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 individuals taking 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 individual would look haggard, be starving, face nutritional deficiencies and when eating returns to "normal" the fat stores would just replenish themselves. 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 (hips, thighs, buttocks, shoulders and upper arms) which seem to have only one efficient key to release them: hCG. Besides accessing the abnormal fat deposits, hCG also proposes to affect your hypothalamus and your base metabolism. This protocol provides for some detoxification 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 by your hypothalamus. Some experts feel this detoxification allows your hypothalamus to clear itself of the toxic build-up that could be slowing or preventing weight loss and re-establishes the natural functioning and hormone releasing mechanism of the hypothalamus.

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9. What will I eat on this protocol? Do I have to buy some special diet food?

You will eat fresh food that you buy from your grocery store. There is a very detailed list of the foods you can have while on the protocol in Dr. Simeons manuscript. There is no program food or special diet food that you are required to purchase.

10. Who developed this protocol? Is it safe?

Dr A.T.W Simeons developed the hCG Protocol in Europe (Italy) in the 1950s. 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 individuals to administer their own hCG daily (without having to consult with a physician or illegally order their hCG over the internet). We and Dr. Simeons have found the protocol to be extremely safe and effective. We have had hundreds of individuals 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 womans 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.

****The following just applies to the injectable form of hCG--**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**.

The above information was taken from the book [Pounds and Inches: A New Approach to Obesity](#) by Dr. Simeons (Download free on website) and incorporating some information from Kevin Trudeau's book, The Weight Loss Cure They Don't Want You to Know About.

****Medical Disclaimer:** Consult with your healthcare provider when considering any weight loss program. The information contained here is not intended to replace consultation or advice from your healthcare provider regarding your specific situation. Many have had the result of losing 1 to 2 pounds per day on the hCG diet, but it is not guaranteed. The statements and products shown on this website have not been evaluated by the US Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. Those seeking treatment for a specific disease should consult a qualified integrative physician prior to using our products if possible. www.LoseOnePoundPerDay.com is not a medical organization and does not offer any medical advice or diagnosis. You are following the protocol at your own risk and www.LoseOnePoundPerDay.com accepts no responsibility for any damage or health issues as a result of following Dr. Simeon's HCG protocol or using homeopathic HCG WLF. www.LoseOnePoundPerDay.com, LLC 2010