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The HCG Diet Program

Key points about the HCG protocol are often overlooked. Understanding some of the specifics of what Dr. Simeons has written about the program will support your success. Dr. Simeons spent many years perfecting the program. It is important to go over the information found in his manuscript "Pounds and Inches". The following excerpts highlight important aspects of the program.

HCG – Never Heard of It Before

According to Dr. Simeons: What is HCG?

"It cannot be sufficiently emphasized that HCG is not sex- hormone, that its action is identical in men, women, and children, and in those cases in which the sex-glands no longer function owing to old age or their surgical removal. The only sexual change it can bring about after puberty is an improvement of a pre-existing deficiency, but never stimulation beyond the normal.

In an indirect way via the anterior pituitary, HCG regulates menstruation and facilitates conception, but it never virilizes a woman or feminizes a man. It neither makes men grow breasts nor does it interfere with their virility, though where this was deficient it may improve it. It never makes women grow a beard or develop a gruff voice.

I have stressed this point only for the sake of my lay readers, because, it is our daily experience that when patients hear the word hormone they immediately jump to the conclusion that this must have something to do with the sex- sphere. They are not accustomed as we are, to think thyroid, insulin, cortisone, adrenalin etc, as hormones. "

Some further interesting facts about HCG:

HCG is a naturally occurring hormone in the body of pregnant women. Its purpose, it is believed, is to release stored nutrients for the fetus. When the HCG is taken and there is no fetus present to use these nutrients, the body still releases the stored substances, and the body then gets rid of them, detoxing through the elimination system. This enables the body to release stored toxins and fat. You do not lose muscle mass, which is what occurs in other diets. One of the functions of this hormone is to stimulate the body to mobilize and burn extra fat cells for energy.

Normally on a very low calorie diet (VLCD), the body goes into "starvation mode," and in that mode our body stores fat. This is a protective mechanism by our bodies to prevent death during periods of starvation. When using HCG in conjunction with a VLCD for a short period of time,

you stimulate your body to burn excess fat cells while on the low calorie diet. So, you are in fact losing the fat you want to lose instead of storing it.

HCG has been researched since the 1950s by Dr. Simeons and that research was published in 1970 in a book called *Pounds and Inches*.

HCG does not interfere with any medications, including birth control. There will be NO side effects as far as HCG and medications are concerned.

HCG has a number of additional beneficial effects, including:

- reduction of excess body fat
- rejuvenation of necessary structural fat
- muscle tone
- energy
- normalizing cholesterol levels
- helps adrenal glands

It's no wonder that it is being touted as one of the newest anti-aging fountains of youth.

HCG is not HGH

Just so there's no confusion: HCG (human chorionic gonadotrophin) is not the same as HGH (human growth hormone). HCG is ordinarily made by the placenta, and occasionally by "trophoblastic" tumors; HGH is made by the pituitary gland. Both are entirely natural molecules and not intrinsically dangerous, but since large quantities of HGH have given both professional and amateur athletes a competitive advantage seen as unfair, HGH has become very controversial and is treated as a "controlled substance."

There's no athletic advantage associated with HCG (other than weight loss when used with calorie restriction).

Homeopathic HCG

What is Homeopathic HCG?

Homeopathic HCG is the hormone human chorionic gonadotropin and it is homeopathically prepared per the Homeopathic Pharmacopoeia of the United States

- 100% legal in the United States
- Involves no needles, shots, or alcohol pads
- Requires no mixing (comes pre-made in bottles)
- Made in a lab that is 100% approved by the FDA
- Does NOT need to be refrigerated so you can take it along with you for the day

What is homeopathy?

- Homeopathy is a "safe and effective system of natural medicine which uses tiny quantities of specially prepared substances to help the body heal itself".
- Through a process of dilution and succession (vigorous shaking), the therapeutic strength (potency) of the remedy could be increased while virtually eliminating the toxic side effects.

Facts about Homeopathy

- The World Health Organization reports that homeopathy is the 2nd most widely used medical modality for primary health care in the world.
- 500 million people every year receive homeopathic treatment.
- 3,000 doctors and health care practitioners in the U.S. practice homeopathy.
- 21 out of 24 Colleges of Pharmacy in France teach homeopathy.
- There are over 100 homeopathic medical schools in India.
- In Germany, over 25% of the family physicians prescribe homeopathy.
- Homeopathy began to be popular in 1796 when Dr. Samuel Hahnemann wrote his Essay on New Curative Principles.
- Users of homeopathy: Thomas Edison, Queen of England, Mother Theresa, Mark Twain, President McKinley, Samuel Morse, Mahatma Gandhi.

Special Instructions for Women Who are Menstruating

According to Dr. Simeons: Starting treatment for menstruating women

During menstruation no HCG is given, but the diet is continued and causes no hardship; yet as soon as the menstruation is over, the patients become extremely hungry unless the HCG is resumed at once.

In menstruating women, the best time to start treatment is immediately after a period. Treatment may also be started later, but it is advisable to have at least ten days in hand before the onset of the next period. Similarly, the end of a course of HCG should never be made to coincide with menstruation. If things should happen to work out that way, it is better to stop the drops three days before the expected date of the menses

Important Observations:

- **During menstruation the HCG is already being made by the body. If you introduce additional HCG then your body will become immune to the benefits of HCG, such as the no appetite, and the continuing weight loss.**
- **Instead of taking it during the whole period, take it only during the spotty, or very light flow days and stop the HCG only during the heavy flow days. If in doubt, then discontinue during any bleeding and resume taking HCG when bleeding has stopped.**

- Continue the 500 calorie diet while menstruating.
- Be prepared to experience hunger the first day after the period, but on that day use green tea to help curb your appetite until the next day when your appetite will decrease again.
- Usually while on HCG weight loss diet women report that the amount or level of cramping during their menstrual period is almost nil.
- This program is not an acceptable treatment for a woman who is already pregnant or trying to get pregnant, due to the low calorie diet. Even though HCG is supposed to be a protective mechanism during times of starvation for pregnant women, we do not want to run the risk of a woman losing her pregnancy due to the VLCD.

HCG and Your Vitamin Supplements

According to Dr. Simeons: Why not take supplement during treatment?

Sooner or later most patients express a fear that they may be running out of vitamins or that the restricted diet may make them anemic. On this score the physician can confidently relieve their apprehension by explaining that every time they lose a pound of fatty tissue, which they do almost daily, only the actual fat is burned up; all the vitamins, the proteins, the blood, and the minerals which this tissue contains in abundance are fed back into the body. Actually, a low blood count not due to any serious disorder of the blood forming tissues improves during treatment, and we have never encountered a significant protein deficiency nor signs of a lack of vitamins in patients who are dieting regularly.

While on the HCG program, you may wish to take digestive enzymes with each meal to help support your ability to digest and absorb your food while on the diet. If you find that you tend to be constipated, then it is recommended to either add a fiber product into your diet and/or include a gentle laxative.

Important Observations:

- **During Phase 2 you are recycling your vitamin and minerals**
- **It is not necessary to take additional supplements while you are on Phase 2 of the program**
- **While on the HCG program, you may wish to take digestive enzymes with each meal to help support your ability to digest and absorb your food while on the diet.**
- **If you find that you tend to be constipated, then it is recommended to either add a fiber product into your diet and/or include a gentle laxative**
- **You can resume your supplements including healthy oils when you arrive at Phase 3**

Changes in Weight Loss

According to Dr. Simeons: Fluctuations in weight loss

After the fourth or fifth day of dieting the daily loss of weight begins to decrease to one pound or somewhat less per day, and there is a smaller urinary output. Men often continue to lose regularly at that rate, but women are more irregular in spite of faultless dieting. There may be no drop at all for two or three days and then a sudden loss, which reestablishes the normal average. These fluctuations are entirely due to variations in the retention and elimination of water, which are more marked in women than in men.

The weight registered by the scale is determined by two processes not necessarily synchronized. Under the influence of HCG, fat is being extracted from the cells, in which it is stored in the fatty tissue. When these cells are empty and therefore serve no purpose, the body breaks down the cellular structure and absorbs it, but breaking up of useless cells, connective tissue, blood vessels, etc., may lag behind the process of fat-extraction. When this happens the body appears to replace some of the extracted fat with water, which is retained for this purpose. As water is heavier than fat the scales may show no loss of weight, although sufficient fat has actually been consumed to make up for the deficit in the 500-Calorie diet. When then such tissue is finally broken down, the water is liberated and there is a sudden flood of urine and a marked loss of weight. This simple interpretation of what is really an extremely complex mechanism is the one we give those patients who want to know why it is that on certain days they do not lose, though they have committed no dietary error.

Important Observations:

- **Men tend to lose fat more quickly than women.**
- **Fat loss occurs most rapidly up to 2 lbs a day initially.**
- **The more fat you have to lose, the more you will see a rapid decrease initially**
- **As you continue with the program, the body may reach a plateau for a day or several days with no reduction in pounds. As stated by Dr. Simeons, the body at this point in the process is breaking down old fat cells etc and resculpting. Be patient.**
- **The intelligence of the body will know when it can safely resume the fat loss**
- **DO NOT GET TOO FIXED ON THE LOSS OF POUNDS. Remember you are losing inches as well as pounds.**
- **Whether you lose several pounds a day or no pounds, it is all happening!**

When Your Weight Loss Seems to Stall

According to Dr. Simeons: The Plateau

A plateau lasts 4-6 days and frequently occurs during the second half of a full course, particularly in patients that have been doing well and whose overall average of nearly a pound per has been maintained.

Those who are losing more than the average all have a plateau sooner or later. A plateau always corrects, itself, but many patients who have become accustomed to a regular daily loss get unnecessarily worried and begin to fret. No amount of explanation convinces them that a plateau does not mean that they are no longer responding normally to treatment.

In such cases we consider it permissible, for purely psychological reasons, to break up the plateau. This can be done in two ways. One is a so-called "apple day".

An apple-day begins at lunch and continues until just before lunch of the following day. The patients are given six large apples and are told to eat one whenever they feel the desire though six apples is the maximum allowed. During an apple-day no other food or liquids except plain water are allowed and of water they may only drink just enough to quench an uncomfortable thirst if eating an apple still leaves them thirsty.

Most patients feel no need for water and are quite happy with their six apples. The apple-day produces a gratifying loss of weight on the following day, chiefly due to the elimination of water. This water is not regained when the patients resume their normal 500-Calorie diet at lunch, and on the following days they continue to lose weight satisfactorily.

Any interruption of the normal loss of weight is always due to some possibly very minor dietary error. Similarly, any gain of more than 100 grams is invariably the result of some transgression or mistake, unless it happens on or about the day of ovulation or during the three days preceding the onset of menstruation, in which case it is ignored.

In all other cases the reason for the gain must be established at once. The patient who frankly admits that he has stepped out of his regimen when told that something has gone wrong is no problem. He is always surprised at being found out, because unless he has seen this himself he will not believe that a salted almond, a couple of potato chips, a glass of tomato juice or an extra orange will bring about a definite increase in his weight on the following day. Very often he wants to know why extra food weighing one

We explain this in the following way: Under the influence of HCG the blood is saturated with food and the blood volume has adapted itself so that it can only just accommodate the 500 Calories which come in from the intestinal tract in the course of the day. Any additional income, however little this may be, cannot be accommodated and the blood is therefore forced to increase its volume sufficiently to hold the extra food, which it can only do in a very diluted

form. Thus it is not the weight of what is eaten that plays the determining role but rather the amount of water which the body must retain to accommodate this food.

This can be illustrated by mentioning the case of salt. In order to hold one teaspoonful of salt the body requires one liter of water, as it cannot accommodate salt in any higher concentration. Thus, if a person eats one teaspoonful of salt his weight will go up by more than two pounds as soon as this salt is absorbed from his intestine.

To this explanation many patients reply: Well, if I put on that much every time I eat a little extra, how can I hold my weight after the treatment? It must therefore be made clear that this only happens as long as they are under HCG. When treatment is over, the blood is no longer saturated and can easily accommodate extra food without having to increase its volume. Here again the professional reader will be aware that this interpretation is a simplification of an extremely intricate physiological process, which actually accounts for the phenomenon.

Important Observations:

- **Sometime during your program you will experience a plateau.**
- **This is a normal and expected part of the experience.**
- **An Apple-a-Day Protocol may be tried at this time. However, according to Dr. Simeons, this is more a psychological tool rather than an actual physiological process.**
- **However, do what will ever encourage you to continue the program!**

The Importance of Drinking Adequate Water

According to Dr. Simeons: Water

Patients are usually hard to convince that the amount of water they retain has nothing to do with the amount of water they drink. When the body is forced to retain water, it will do this at all costs. If the fluid intake is insufficient to provide all the water required, the body withholds water from the kidneys and the urine becomes scanty and highly concentrated, imposing a certain strain on the kidneys. If that is insufficient, excessive water will be withdrawn from the intestinal tract, with the result that the feces become hard and dry. On the other hand if a patient drinks more than his body requires, the surplus is promptly and easily eliminated. Trying to prevent the body from retaining water by drinking less is therefore not only futile but even harmful.

Important Observations:

- **Drinking adequate water is essential for the success of this program**
- **It is always advised to drink some sort of purified water, not tap water.**
- **You may use a quart-sized water bottle to help you achieve your optimal water intake. Be sure that you drink at least 2 a day.**

- **Coffee does not hydrate the body.**
- **Drinking the recommend 1/2 gal or more a day of pure water also helps the body to detoxify**

Concerns about Constipation

According to Dr. Simeons: Constipation

An excess of water keeps the feces soft, and that is very important in the obese, who commonly suffer from constipation and a spastic colon. While a patient is under treatment we never permit the use of any kind of laxative taken by mouth.

We explain that owing to the restricted diet it is perfectly satisfactory and normal to have an evacuation of the bowel only once every three to four days and that, provided plenty of fluids are taken, this never leads to any disturbance. Patients who observe this rule find that after treatment they have a perfectly normal bowel action and this delights many of them almost as much as their loss of weight.

Important Observations:

- **You may experience constipation during the program. If that occurs consider adding more fiber into our diet such as Benefiber or psyllium seeds.**
- **Be sure you are keeping up your water intake**
- **If constipation persists, try a gentle laxative such as aloe vera**

What Happens if You Fall Off the Wagon?

According to Dr. Simeons: Unforeseen Interruptions of Treatment

If an interruption of treatment lasting more than four days is necessary, the patient must increase his diet to at least 800 Calories by adding meat, eggs, cheese, and milk to his diet after the third day, as otherwise he will find himself so hungry and weak that he is unable to go about his usual occupation.

If the interval lasts less than two weeks the patient can directly resume HCG and the 500-Calorie diet. When a patient knows beforehand that he will have to travel and be absent for more than four days, it is always better to stop the HCG three days before he is due to leave so that he can have the three days of strict dieting which are necessary after the last HCG. This saves him from the almost impossible task of having to arrange the 500 Calorie diet while en route, and he can thus enjoy a much greater dietary freedom from the day of his departure. Interruptions occurring before 20 days on HCG are most undesirable, because with less than that some weight is liable to be regained. After the day an unavoidable interruption is merely a loss of time.

Important Observations:

- **It is best to play your program during a time that you can continue with the dietary requirements**
- **If you have four day or more that you are not able to take HCG, increase your calories with more protein to about 800 calories. This will keep you from getting too hungry.**
- **If you need to stop early, plan ahead and finish the HCG so that you will be able to do three days of no HCG with the 500 calorie intake that is the normal part of the protocol before starting Phase 3 (the Maintenance Phase)**

Can I Get a Massage or Body Work While on the Protocol?

According to Dr. Simeons: Massage

I never allow any kind of massage during treatment. It is entirely unnecessary and merely disturbs a very delicate process, which is going on in the tissues. Few indeed are the masseurs and masseuses who can resist the temptation to knead and hammer abnormal fat deposits.

In the course of rapid reduction it is sometimes possible to pick up a fold of skin, which has not yet had time to adjust itself, as it always does under HCG, to the changed figure. This fold contains its normal subcutaneous fat and may be almost an inch thick. It is one of the main objects of the HCG treatment to keep that fat there. Patients and their masseurs do not always understand this and give this fat a working-over. I have seen such patients who were as black and blue as if they had received a sound thrashing.

Important Observations:

- **Wait until you complete the program to get a massage**
- **This is also not an ideal time to give blood**
- **Gentle skin brushing would be helpful during the program**

It's About Losing Pounds and Inches

According to Dr. Simeons: The Ratio of Pounds to Inches

An interesting feature of the HCG method is that, regardless of how fat a patient is, the greatest circumference -- abdomen or hips as the case may be is reduced at a constant rate which is extraordinarily close to 1 cm. per kilogram of weight lost. At the beginning of treatment the change in measurements is somewhat greater than this, but at the end of a course it is almost invariably found that the girth is as many centimeters less as the number of kilograms by which the weight has been reduced. I have never seen this clear-cut relationship in patients that try to reduce by dieting only.

Important Observations:

- **What makes this program so unique is that you will not only lose pounds but also inches, as your body resculpts itself**
- **It is most useful to be sure to take your measurements and your weight before you begin the program so you can truly appreciate the results achieved at the end**

The Importance of the Maintenance Phase

According to Dr. Simeons: Concluding a Course

When the three days of dieting after the last drops are over, the patients are told that they may now eat anything they please, except sugar and starch provided they faithfully observe one simple rule. This rule is that they must have their own portable bathroom-scale always at hand, particularly while traveling. They must without fail weigh themselves every morning as they get out of bed, having first emptied their bladder. If they are in the habit of having breakfast in bed, they must weigh before breakfast.

It takes about 3 weeks before the weight reached at the end of the treatment becomes stable, i.e. does not show violent fluctuations after occasional excess.

During this period patients must realize that the so-called carbohydrates, that is sugar, rice, bread, potatoes, pastries, etc, are by far the most dangerous. If no carbohydrates whatsoever are eaten, fats can be indulged in somewhat more liberally and even small quantities of alcohol, such as a glass of wine with meals, does no harm, but as soon as fats and starch are combined things are very liable to get out of hand.

This has to be observed very carefully during the first 3 weeks after the treatment is ended otherwise disappointments are almost sure to occur.

Important Observations:

- **Phase 3 or the maintenance phase is the period of time after you complete the HCG when you are on a no sugar and no starch (carbohydrate) diet**
- **Phase 3 is crucially important to follow because it is the part of the program when you are creating a new set point for your metabolism.**
- **Successfully following the Phase 3 program insures that you will maintain your new weight and shape**
- **The importance of HCG program is to not only lose pounds and inches but also to reset your metabolism**

Important – Watch Your Weight While on Maintenance Phase

According to Dr. Simeons: Skipping a Meal

*As long as their weight stays within two pounds of the weight reached on the last HCG day, patients should take no notice of any **increase but the moment the scale goes beyond two pounds, even if this is only a few ounces, they must on that same day entirely skip breakfast and lunch but take plenty to drink.***

In the evening they must eat a huge steak with only an apple or a raw tomato. Of course this rule applies only to the morning weight. Ex-obese patients should never check their weight during the day, as there may be wide fluctuations and these are merely alarming and confusing.

It is of utmost importance that the meal is skipped on the same day as the scale registers an increase of more than two pounds and that missing the meals is not postponed until the following day.

If a meal is skipped on the day in which a gain is registered in the morning this brings about an immediate drop of often over a pound. But if the skipping of the meal - and skipping means literally skipping, not just having a light meal - is postponed the phenomenon does not occur and several days of strict dieting may be necessary to correct the situation.

Most patients hardly ever need to skip a meal. If they have eaten a heavy lunch they feel no desire to eat their dinner, and in this case no increase takes place. If they keep their weight at the point reached at the end of the treatment, even a heavy dinner does not bring about an increase of two pounds on the next morning and does not therefore call for any special measures.

Most patients are surprised how small their appetite has become and yet how much they can eat without gaining weight. They no longer suffer from an abnormal appetite and feel satisfied with much less food than before. In fact, they are usually disappointed that they cannot manage their first normal meal, which they have been planning for weeks.

Important Observations:

- **Continue to weight yourself n Phase 3**
- **Your weight must not increase more than 2 pounds from the end of Phase 2**
- **If your weight in the morning is more than two pounds, you will need to do a Steak Day.**
- **A steak day means no food during the day and limited water and only a steak for dinner along with raw tomatoes and an apple.**
- **Gaining more than 2 pounds during Phase 3 can interfere with the new set point for your metabolism**

- It is important not to gain more than 2 pounds for the 3 weeks after a 23-day protocol or for 6 weeks after a 40 day protocol.

Phase 3 is Not The Time to Lose More Weight

According to Dr. Simeons: Losing more Weight

*An ex-patient should never gain more than two pounds without immediately correcting this, **but it is equally undesirable that more than two lbs. be lost after treatment, because a greater loss is always achieved at the expense of normal fat.** Any normal fat that is lost is invariably regained as soon as more food is taken, and it often happens that this rebound overshoots the upper two lbs. limit.*

Important Observations:

- It is important to maintain the weight you achieved at the end of Phase 2.
- Weight loss of more than 2 pounds during Phase 3 will not be due to long term stored fat but normal subcutaneous fat.
- This will put you at risk of regaining more weight

Get Back To a Normal, Healthy Diet

According to Dr. Simeons: Beware of Over-enthusiasm

The other trouble, which is frequently encountered immediately after treatment, is again due to over-enthusiasm. Some patients cannot believe that they can eat fairly normally without regaining weight.

They disregard the advice to eat anything they please except sugar and starch and want to play safe. They try more or less to continue the 500-Calorie diet on which they felt so well during treatment and make only minor variations, such as replacing the meat with an egg, cheese, or a glass of milk.

To their horror they find that in spite of this bravura, their weight goes up. So, following instructions, they skip one meager lunch and at night eat only a little salad and drink a pot of unsweetened tea, becoming increasingly hungry and weak. The next morning they find that they have increased yet another pound. They feel terrible, and even the dreaded swelling of their ankles is back. Normally we check our patients week after they have been eating freely, but these cases return in a few days. Either their eyes are filled with tears or they angrily imply that when we told them to eat normally we were just fooling them.

Important Observations:

- **When you have finished the HCG and 500 calorie program, you must resume normal eating**
- **Attempting to continue on a low calorie diet will increase the risk of regaining your weight**

The Importance of Getting Adequate Protein

According to Dr. Simeons: Protein deficiency

Here too, the explanation is quite simple. During treatment the patient has been only just above the verge of protein deficiency and has had the advantage of protein being fed back into his system from the breakdown of fatty tissue.

Once the treatment is over there is no more HCG in the body and this no longer takes place. Unless an adequate amount of protein is eaten as soon as the treatment is over, protein deficiency is bound to develop, and this inevitably causes the marked retention of water known as hunger- edema. The treatment is very simple. The patient is told to eat two eggs for breakfast and a huge steak for lunch and dinner followed by a large helping of cheese and to phone through the weight the next morning. When these instructions are followed a stunned voice is heard to report that two lbs. have vanished overnight, that the ankles are normal but that sleep was disturbed, owing to an extraordinary need to pass large quantities of water. The patient having learned this lesson usually has no further trouble.

Important Observations:

- **Getting adequate protein is essential for maintaining weight loss**
- **While on Phase 3 it is essential to increase your protein intake.**

Summary: For 21 days you follow a strict diet of 500 calories a day (not to worry the HCG makes you feel as if you are eating 2000 plus calories a day, you won't be hungry or tired) then a modified diet for 3 weeks and your metabolism will be reset. HCG is a hormone that is secreted during times of famine or when food is scarce. It has the ability to provide the necessary fuel liberating the long term, brown fat stores on the body as a source of food.

Dr. Simeons, the inventor of this protocol, discovered that if you give a man or woman HCG while on a 500 calorie diet, you can liberate these fat stores and reset the hypothalamus so that it does not continue to store calories as long term brown fat, but as short-term, as needed normal fat. Because the HCG liberates the fat stores into your blood stream (as if you had eaten a big fatty meal), most people report having little to no appetite on this protocol.

The schedule consists of:

Phase 1 -Overeating: Build up normal fat stores by eating a diet high in calories and fat. Eat every few hours. Take HCG as directed.

Phase 2 -500 Calories: 23 days. Two meals of 100 grams of protein, plus vegetables, fruits, small amounts of grains. Take HCG as directed.

Phase 3 -Maintenance: Eat as much as you want but it must be low-starch foods (meat, veggies, nuts, seeds).

The whole protocol takes 6 weeks.

To order HCG go to <http://www.marsvenus.com/xcart/home.php?cat=7> or call 415-381-8025.