

The HCG Protocol

HCG (Human Chorionic Gonadotropin) is a hormone naturally produced in the human body. It has many functions and is used medically to treat a variety of conditions. It is often referred to as the pregnancy hormone since the female body produces high levels of it during pregnancy. HCG contains a powerful Amino Acid complex that allows the body to metabolize stored fat. During pregnancy the amino acids in HCG create a failsafe that provides needed calories for the mother and the baby regardless of how many calories she may or may not be consuming. Doctor Simeon discovered this during his research to find a cure to obesity in the 1950's. He discovered that a balance of a specific low calorie diet combined with the Amino Acid Complex found in HCG would safely allow a person to release abnormally stored fat without being hungry, malnourished, or experiencing complications.

In recent years this weight loss protocol has become widely know and stirred up a great deal of controversy. Many who are not familiar with this well designed protocol and why it works generally express a great deal of fear and objection to it, especially the 500 calories a day. However those that have read Dr. Simeons "Pounds and Inches" manuscript and who have experienced the overwhelming results are convinced of it's sound medical findings and many believe it to be a cure for obesity and many of the conditions that are associated with being overweight. Even the well know Dr. Oz who was once skeptical has endorsed the protocol in recent magazines, provided consumers read carefully the diet program and are cautious as to where they purchase their drops.

Our Advanced HCG Protocol Drops contain the full spectrum of human chorionic gonadotropin amino acid isolates derived from certified grade raw materials (the purest materials available) which are then processed according to GMP (Good Manufacturing Practices), and made in the U.S.A.

If you are planning to begin the HCG Protocol you can feel confident in your success with the quality product we provide. Our 2oz bottles, when taken strictly to direction, will provide you with enough drops to complete a full 43 day protocol as directed in the Dr Simeons "Pounds and Inches" manuscript. Our program follows his original protocol so that you can expect the same results so many have been raving about.

What is the HCG Diet?

Dr. A.T.W. Simeons, a specialist on obesity and weight regulation, introduced a program that has helped many people overcome weight loss resistance. The program utilizes the Amino Acid Complex in a natural hormone that is produced during pregnancy called Human Chorionic Gonadotropin (HCG). Dr. Simeons' theory is that these amino acids cause the hypothalamus area of the brain to trigger a release of abnormal fat stores. When administered in relatively small doses and coupled with a very low calorie diet, women generally lose 0.5 to 1 lb per day and men lose from 1-2lbs per day on average over the length of the diet.

HCG has helped thousands of people lose those stubborn pounds. In addition to weight loss, many patients who have completed the HCG program also experienced many other health benefits, including a drop in cholesterol, blood pressure and blood sugar and other weight related issues.

What is the Hypothalamus?

The hypothalamus is a part of the diencephalon area of our brain. This is the vital part of the brain which controls all of the autonomic functions of the body, including breathing, heartbeat, digestion, sleep and the complex functions of the endocrine system. One of the many functions of the endocrine system is regulation and control of your metabolism, weight and the processing of fat in the human body.

Does HCG work for everyone?

Although HCG is naturally produced only in pregnant women, as a diet aid it works the same for men and women. Generally speaking women generally lose 0.5 to 1 lb per day and men lose from 1-2lbs per day on average over the length of the diet. Although in some cases losses of up to 80lbs in 6 weeks have been recorded.

What is the difference between drops and injections?

While many feel very strongly one way or the other, the reality is that both have proven results in the program. Originally the diet was administered in a clinic and injections were the most convenient way to administer the HCG Amino Acids. However drops taken under the tongue and absorbed into the body do not present the risks involved in mixing solutions and injecting yourself at home. Improper administration and infections are a high risk. If you are still interested in taking the shots we recommend you find an HCG weight loss clinic and have it administered by a doctor. Health and safety is of the utmost important. Most clinics range from about \$1100 -\$1800 a round.

Do I have to follow a special diet while I take the HCG drops?

Yes. You must follow the entire HCG Diet Protocol as described in Dr. Simeons' manuscript, "Pounds and Inches: A New Approach to Obesity", where he outlines a special 500-calorie-per-day diet that was tested on thousands of patients. Advanced HCG Protocol Drops are only effective for weight loss if it is taken while strictly following Dr. Simeons' HCG Diet Protocol, including the 500 calorie diet. Taking HCG alone (without the diet) will not cause you to lose weight but gain weight. HCG takes effect when you reduce your food intake so that the mobilized fat will be used for your body's energy needs. If you fail to follow the diet you will fail to lose weight. If you only follow the diet without taking HCG, you are simply starving yourself because there is no fat in the bloodstream to burn. Simply put, *both* are required.

What food am I allowed to eat?

The HCG diet is balanced, unlike many extreme "fad" diets out there. It consists of a healthy variety of protein, vegetables and fruit. You eat them in specific portions and combinations as outlined by Dr. Simeons. Allowed proteins are veal (low grade), beef (95% lean whole cuts), chicken breast (boneless, skinless), crab, crayfish, lobster, shrimp, and any fresh, white-fleshed fish. Allowed vegetables are asparagus, beet greens, cabbage, celery, chard, chicory greens, cucumber, fennel, green salad, onion, red radishes, spinach, and tomato. Allowed fruits are apples, strawberries, oranges, and grapefruit. Limited starches include grissini (breadstick) or Melba toast. Vegetarian protein substitutions (may slow weight loss) are a protein shake, egg (1 whole + 3 egg whites), cottage cheese or fat-free milk.

Why can't I just go on a 500 calorie diet without the HCG?

In order to answer this question you need to understand how the body stores and uses fat. Dr. Simeons identified three separate fat stores:

1. Normal fat: This type of fat can be likened to a checking account from which the body can easily draw energy or deposit it as needed. Normal fat doesn't take a lot of effort to lose.
2. Structural fat: Pads the various organs, protects the arteries and cushions the bony prominences. You don't ever want to lose this fat. It is vital to your health and well being. Yet, on the typical "starvation" diet, this is the fat you lose when the normal fat is depleted.
3. Abnormal fat: This is much like a bank safe deposit box, where fat is stored and basically locked away. This fat is very difficult to lose via exercise and calorie restriction, but with the help of HCG the body readily pulls fat from these "last resort" fat stores.

Bottom line: If you go on a 500-calorie diet without HCG, the body uses the normal fat and then starts to use the structural fat and muscle. Losing your structural fat and muscle tissue can adversely affect your health and well-being. In addition, "starvation" diets without HCG can cause you to be excessively hungry, which is typically not true for those using HCG drops on Dr. Simeons' special 500-calorie schedule. This is not just a VLCD (very-low-calorie-diet).

Will I be hungry on the HCG diet?

On HCG, the vast majority of our customers indicate they were either not hungry (unlike other diets where they were starving), or they felt in control and surprisingly little hunger and had plenty of energy. That aligns perfectly with Dr. Simeons' theories about the fat-releasing properties of HCG; in essence, HCG is helping you get the majority of energy and calories from stored fat instead of only food in your stomach. Everyone is different -- and some report mild hunger in the first week as their body adjusts -- but it has become very clear that the Healthy HCG diet plan is something very special, something out of the ordinary. It is most definitely NOT just a "500-calorie diet". In addition, the HCG diet starts with a "gorging" phase, which helps load the body with calories to use during transition into the low-calorie phase. People who faithfully follow the protocol as outlined by Dr. Simeons in our materials, and stick to it will see fantastic results.

Do I have to exercise while on the HCG diet?

No. Exercise is not a part of the program. While vigorous exercise may increase the amount of weight you lose while on this plan, it is not a significant increase and is not recommended because on a 500 calorie diet you can easily become too exhausted. That leads to discouragement and frustration. However, if you already have a regular exercise program we recommend you simply go for a walk but not more than 1 mile per day and keep the pace moderate.

When you are finished with the HCG protocol and are back on a regular diet you can then pickup the intensity of your exercise routines.