



The hCG Diet eBook

The HCG Diet Overview

hCG or Human Chorionic Gonadotropin is not just another diet pill or artificial appetite suppressant. hCG is a luteinizing hormone that is naturally produced at low levels in the body of both men and women, and at high levels in pregnant women. A British doctor named A.T.W. Simeons discovered that hCG enables the body to access a pregnant woman's stored fat supply, thereby providing the developing fetus with a constant supply of nutrients.

This explains how pregnant women who are undernourished or can't keep food down because of morning sickness still have healthy babies even if they only had very little food intake during the pregnancy. hCG can help your body access and burn its stored fat. hCG is effective in both men and in women.

*This eBook is not a substitute for medical advice, get medical clearance before proceeding.



The Three Kinds of Fat:

1. **Structural Fat**- A vital fat that supports healthy organs.
2. **Normal Fat**- Functions as a source of energy that the body reserves and can freely access when the nutritional fat intake is insufficient.
3. **Abnormal/Stored Fat**- Unwanted, unsightly, dangerous

extra fat that can lead to health problems.

After discovering the role of hCG in pregnancy, Dr. Simeons also observed a dramatic loss of abnormal fat (e.g., belly fat) in the boys he was treating with hCG in order to raise their testosterone levels. He then began to put obese patients on very low-calorie diets along with daily hCG injections. In this way, the hCG medical weight loss program was discovered.

Our Medical Weight Loss hCG diet builds on Dr. Simeons and directly targets excess fat stored in the body. Unlike most "diets", this program can help you quickly lose large amounts of fat, quickly while preserving muscle and controlling appetite. And our maintenance program keeps the weight off long term.

Why Do hCG Injections Work?

hCG is a natural amino-peptide protein that exists in every tissue of the human body and because it is naturally found in the body in minuscule amounts, taking hCG injections is safe for most people. During A pregnancy hCG is produced by the embryo daily in a quantity that is thousands of times higher than the amount you will be using with this protocol. The high levels of hCG do not harm the mother or the child. On the contrary, it actually protects the baby, especially if the pregnant woman is malnourished

The presence of hCG signals the body to pull calories and nutrients from all of the regions where abnormal fat is stored in order to feed the baby. Through this same mechanism, hCG will provide you with anywhere from 2000-4000 calories daily from stored, abnormal fat. Therefore, you will not feel hungry on this program even though you are only eating a very low-calorie diet.



The HCG diet has been safely used for more than 50 years and has been shown to support weight loss and sustained weight management in individuals who follow the low-calorie diet and hCG injection protocol Precisely.

Who Is This Program For?

Although hCG injections are considered to be safe, your doctors will conduct a medical examination to ensure that you are a good candidate for the program and to prevent you from experiencing unwanted side effects or complications. The exam usually includes a blood test.

You may be a good candidate for the hCG diet if you are obese but do not have any current infections; hormonal, glucose or fluid imbalances; kidney, liver or thyroid problems, or high cholesterol. Though some with high cholesterol will benefit from the diet.

How Do I Know if I am a Candidate for the hCG Diet?

Depending on our assessment the following blood tests may be performed on you:

A Complete Blood Count (CBC): This screen is to check you for infections by measuring hemoglobin, red and white blood cells, hematocrit, and platelet amounts.

A Metabolic Panel: This checks your kidney function, electrolyte and glucose levels, and fluid balance.

A Hepatic Function Panel: This screen is to determine healthy liver function.

Thyroid Stimulating Hormone (TSH) and Thyroxine (T4) tests: This screen is to check for healthy thyroid function.

A Lipid Panel: A test that will be performed before and during the program to monitor your cholesterol levels and the risk of heart disease. In a small number of cases, hCG injections may *slightly* increase your cholesterol levels. If you are a man, especially one over the age of 50, you will generally be given a ***Prostate-Specific Antigen (PSA) test*** to ensure that your prostate is healthy and functions properly. A blood test may also be issued to ensure that if you are a female patient that you are not pregnant. If the results of your blood work show that you have one or more of these types of health problems, you will not be deemed a good candidate for the hCG diet program.



The hCG Diet Plan

A 500-800 calorie diet means that you won't be eating very much food, therefore, there is a two-day loading phase before the 42-day diet begins. An HCG injection *should* be taken on these two days. During the loading phase you should eat frequently and to capacity the

most fattening foods that you can, such as:

Milk Chocolate

Pastries

Whipped Cream

Cheese

Fried Meals

Eggs

Bacon

Mayo

Meat Lovers' pizza

Bread and Butter

These foods can be eaten consistently in order to load the body with fuel. The very low calorie 42-day HCG diet permits plain tea, and coffee, a fruit for breakfast, and two small meals a day; lunch and dinner. Each meal needs to include one source of protein, one vegetable serving, one bread serving, and one fruit serving (see below for acceptable options).

Proteins that are allowed: (It will be helpful to purchase a food scale)

4 oz. of veal

4 oz. of 90% lean ground beef/97%lean ground turkey

4 oz. sirloin steak (limit to one time per week)

4 oz. chicken breast

4 oz. of white fish

4 oz. of shrimp

4 oz. of crab

4 oz. of lobster

4 oz. of scallops



Men who feel hungry can increase their protein to 5-6 oz. Fatty fish that are high in calories such as salmon, tuna (sushi), herring, eel, pickled or dried fish are *not* allowed.

Vegetables that are allowed: 2 cups raw / 2 times per day. Greens can be measured by using two handfuls that are the size of a fist (this is the equivalent of about one cup). Other veggies need to be measured. Try to keep it interesting, as two cups of vegetables may include a small salad and a cooked vegetable.

Recommended vegetables include:

Spinach
Chard
Chicory
Salad Greens
Tomatoes
Beet greens
Green salad
Celery
Fennel
Red radishes
Cucumber
Asparagus
Cabbage
1 Small Onion

Bread Serving: You may have one breadstick or one piece of Melba toast.

Fruit Serving: One orange, apple, pear or peach, a handful of strawberries, or half of a grapefruit.

The diet also permits as much water, coffee, and tea as desired throughout the day, as well as up to 1 table-spoon of milk per day or 1 cup of unsweetened almond milk. You should consume ½ to 1 gallon of water every day during the diet. Sugar and artificial sweeteners should not be used to sweeten drinks; however, Stevia may be used.



Prohibited Foods Include:

- No sugar or sugary drinks (e.g., sodas and diet sodas)
- No starches including pasta, cookies, etc.
- No fast foods including salads (not dressing)
- No alcoholic beverages- especially beer and wine.
- No pork, no lamb.
- No nuts
- No butter or oil
- No peas, corn, or carrots
- No juice and ***Do not*** juice any of the allowed fruits. Juicing

fruit or vegetables changes the glycemic index and turns it to sugar.

The final days: It is imperative that you continue to follow the low-calorie diet for at least three days after the last HCG dose as this is how long it takes HCG to leave the system. The last HCG Injection: (Day 42)

After you take the last HCG injection, the low-calorie diet must be followed for at least the next 3 days. This is because the body is flooded with HCG and it should take about 3 days for it to leave the body. Note: If you need to lose more weight after this period, you can take a 4- 6 week break and then resume the program a second time under a physician's supervision. A third session will be ineffective if a 4-6-month break is not taken. Only 3 sessions per year are recommended.

What Makes the HCG Diet Program So Effective?

Currently, hCG is marketed in the form of drops, nasal sprays, lozenges, and pellets, but these forms have not proven to be as effective as the injections. When the diet program is carried out properly and under supervision, hCG injections have the ability to promote sustained weight loss. The hCG diet has specific dietary guidelines. This diet is maintained throughout the program which lasts for 42 days and the hCG injections should begin two days prior to starting the very low-calorie diet before the 42-day diet period.

What Else Should I Know: You should be supervised weekly by your team who will perform weekly assessments of: body fat, total body water, body composition, body mass index (BMI), intracellular and extracellular water, and basal metabolic rate. Blood work, including cholesterol, glucose, and triglyceride levels are usually assessed at the beginning and at the end of the program. When carried out correctly and under weekly supervision, this HCG diet program is safe, fast, and effective at helping you control your weight long term. More specifically, if you properly perform the hCG diet and are monitored, you can expect to benefit from a decrease in hunger, body fat, and BMI, as well as an increase in intracellular water, which indicates improved nutritional status and cell health. This diet also causes decreases in total cholesterol, low density lipoprotein (LDL), and the ratios of LDL to high density lipoprotein HDL; all of which are markers for cardiovascular disease.

Day	Date	A.M. Weight	Gain or Loss	Total Loss	Loss Per Day
LOAD 1					
LOAD 2					
1					
2					
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