

HCG Q&A

What is hCG and how does it work?

hCG is short for human chorionic gonadotropin – a hormone naturally produced in the body. It has many functions and is used medically to treat a variety of conditions. It is sometimes known as the “pregnancy” hormone, because during pregnancy the levels double every two days. This hormone allows the body to mobilize fat and use it as energy for both the mother and fetus. This acts as a “fail-safe” mechanism when energy is needed immediately. For weight loss, we use a very small amount of hCG to capitalize on this same mechanism. Using hCG in this way does not mimic pregnancy; in fact, it can be safely used by both men and women.

Is hCG safe?

hCG has been shown to be safe. All women experience very high levels during the nine months of every pregnancy with very few adverse effects.

If hCG works so well for weight loss, why don't pregnant women lose weight?

hCG works to mobilize fat for utilization by the body only when there is a significant decrease in caloric intake and fat. For hCG to work well, a person must lower their daily caloric intake to trick the body into thinking it is close to a “starving state”. For weight loss, we use a very low calorie diet to optimize the efficacy of hCG to help rid the body of fat.

Will my metabolism slow down if I'm on a very low calorie diet?

Yes, normally when we cut back our calories and fat, our bodies want to store fat and our metabolism will slow down. This happens because body fat is really a life-saving source of stored energy. When a very low calorie diet is used in conjunction with the hCG, the hormone signals the body to use stored fat for energy, and eliminates excess fat reserves. High impact exercise is not recommended for anyone on this diet.

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

You can lose weight by simply eating fewer calories and fat, but because the body stores fat during times of deprivation, your body will most likely utilize muscle instead of fat to compensate for the lost calories. Calorie restriction causes cellular metabolism to slow down, so in the long run it would make gaining weight easier as well as decreasing muscle mass. By combining hCG with the low calorie diet, a higher amount of fat is mobilized for energy and some is eliminated.

Since the hCG diet is very low calorie, will I get hungry?

Because hCG helps to mobilize fat and makes it available to the body as an energy source, it has also been shown to reduce appetite. So even though you are taking in fewer calories, your body can access the energy you have stored in fat cells. After about 2 days, many patients notice a significant decrease in their appetite. Overall, most people have plenty of energy and feel good while on the program.

Will hCG interfere with any medications I am currently taking? What about birth control pills or Depo-Provera injections?

Currently, hCG has been shown not to adversely interact with any medications.

Will I experience any changes in my menstrual cycle taking hCG?

Because the amount of hCG is so small, there should not be any changes to your menstrual cycle. Likewise, hCG should not affect your ability to become pregnant, nor should it increase your chances of getting pregnant. Because of the hormone changes during the first three days of a woman's menstrual cycle it is not recommended to take during these three (3) days.

How much weight can I expect to lose on the program?

On average, patients have been losing around 20 lbs. or more per month. Often people have lost 10 to 12 lbs. in the first week. They have an average of about 1 pound per day while on the medication. The original protocol directed by Dr. Simeons suggests not losing more than 36 pounds in the first cycle of the diet. This is the number of days you actually take the medication in the 43 day cycle as one (1) day each week is held to avoid hCG intolerance. hCG weight loss studies have shown that weight lost following the Simeons Protocol comes more from adipose fat tissue rather than lean muscle. In doing so, the weight does not strip the body of much needed muscle, vitamins or minerals essential to maintain good health, while at the same time, releasing excessive amounts of fat-stored nutrients into the blood stream to be absorbed by the body.

Does the weight loss slow down after the first month?

Many times what we see is a large amount of weight loss in the first month, then a plateau or leveling off. This does not mean that your weight loss has stopped. Typically, inches are being lost continuously while on the program, and after a period of time, patients will experience another large drop on the scale. Weight loss is thus achieved in this stair-step fashion. In such cases, we have a few techniques to help you break through the plateaus.

Is hCG safe for men?

The hCG used for the hCG weight loss protocol is actually already found in men. In fact, it is present in males and non-pregnant women as well as pregnant women.