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YOUR **OPTIMAL
WEIGHT
FOREVER**



What is HCG?

Human Chorionic Gonadotropin (HCG) is a natural hormone produced by our bodies. It has many functions and is used to treat many medical conditions. It is the hormone that almost completely controls metabolic functions.

Who is a candidate for the HCG Diet?

Most men and women can use the HCG diet. It is recommended that you coordinate with a physician concerning your weight loss, along with the appropriate implementation of the HCG protocol.

How does HCG work?

HCG along with the Very Low Calorie Diet (VLCDiet) causes your hypothalamus to mobilize fat from your abnormal fat cells to make it available for use. While you are only taking in 500 calories, your hypothalamus is continually releasing the fat stored in your body. It maintains a normal basal metabolic rate and resets the hypothalamus to prevent future regain.

Can men do this diet?

Yes!! Men usually get better results than women and it is just as safe for men as for women. HCG is actually already found in men. In fact, it is present in every human tissue, including males and non-pregnant females.

What is the hypothalamus gland?

The hypothalamus gland moderates the thyroid, adrenals, fat storage and even more importantly, your metabolic rate.

Is HCG safe?

Absolutely! All women experience very high levels of HCG during the nine months of their pregnancy with no adverse affects. In comparison, the amount used for weight loss is miniscule and has very few, if any, side effects.

How do I take the HCG?

The HCG is taken in the form of sublingual drops. The drops are placed under the tongue twice a day (morning and evening).

How long will I need to be on the diet?

That will be determined by you and the doctor based upon how much weight you would like to lose.

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

That will depend on your starting point. People with more weight to lose will experience a greater loss. On average, our patients lose around 15 to 40 lbs. per month.

The HCG Diet is very low calorie, won't I get hungry?

The HCG is mobilizing your stored fat and making it available to your body as a source of energy. So even though you are consuming lower calories, your body has access to the energy you have stored in fat cells. Therefore, you are utilizing thousands of calories that already exist in your body each day. Overall, most patients are not hungry and feel very good while on the program.

Can I maintain the diet even if I engage in daily hard physical labor or exercise?

Yes. The HCG allows you to maintain this VLCDiet even while performing hard work or vigorous exercise. By mobilizing and using the abnormal fat stores for energy, you prevent the breakdown of lean muscle.

Will I gain the weight back once I discontinue treatment?

Some degree of moderation in eating will be necessary due to the tendency to gain weight after any type of weight loss program. However, stability of normal weight is relatively easy because the weight loss is from stored fat and not structural fat.

Why are some people calling this "The Weight Loss Cure"?

HCG is being called this because after taking it for weight loss, it reprograms your body to use stored fat for energy when your calorie intake is reduced for a period of time. In other words, it helps you to maintain your weight and not gain it back once normal caloric intake is resumed.

Do I have to have my hormones balanced?

It is not necessary. However those with balanced hormones are seeing greater results and have more success in maintaining that loss. Not to mention the overall health benefits and feeling of well being experienced with balanced hormones.