

# HCG Diet Information

## FREQUENTLY ASKED QUESTIONS

### **What is HCG?**

Human Chorionic Gonadotropin (HCG) is a hormone which is found in the body during pregnancy and has an effect on the hypothalamus of the brain. It is felt that a low dose HCG stimulation causes the body to utilize excessive abnormal fat as the energy source for the body, thus resulting in weight loss. *Please do not confuse this with HGH (Human Growth Hormone), as this is a completely different hormone.*

### **Because this is hormone found in pregnant women, it is just for females?**

No, this is for males and females. It will not cause male feminization and will in no way interfere with his sex. In fact, males typically lose weight quicker than females with this hormone.

### **How does the diet work?**

HCG is administered in a nasal spray in which you will spray one spray per nostril, per day, following a 26 or 40 day schedule. It may also be administered in an injectable solution, in which you will make an injection each day for 26 or 40 days. Coupled with a non carbohydrate diet of 500 calories daily, dramatic weight loss has been accomplished by allowing the abnormal fat cells to be released and circulated through the blood stream for metabolism.

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

You can lose weight simply by eating fewer calories and fat, but because the body stored fat during times of deprivation, you will most likely lose muscle and bone before fat. This causes cellular metabolism to slow down, so in the long run, it would make gaining weight easier, as well as decrease bone density and muscle mass.

### **How can I follow a 500 calorie diet and not be hungry and exhausted?**

HCG allows abnormal fat cells to leave that area and circulate in the blood stream for metabolism. Because of this, your body is getting energy from those cells that have been stored in your body. It seems that HCG brings about this continual saturation of the blood, which is the reason why obese and overweight patients under treatment with HCG never feel hungry or tired in spite of their drastically reduced food intake.

### **I have never heard of someone actually following a 500 calorie diet. Is that okay to do?**

Bariatric physicians actually put patients on very low calorie diets as an alternative to bariatric surgery, or as a last option before surgery. Some patients go as low as 400 calories a day, and some patients rotate fasting days (0 calories) with low calorie days. This is actually not an uncommon practice. If you are following the HCG diet, do *not* change the caloric intake to less than 500 calories.

**Will I experience any changes in my menstrual cycle with HCG?**

Some women experience delayed menstrual cycles, early menstrual cycles, heavier flow, lighter flow, or heavy cramping. Each individual is different and may or may not experience these results.

**How much weight should I expect to lose?**

You can lose up to 35 pounds per 40 day course of treatment, providing you follow the diet as directed. If you need to lose 15 pounds or less, you will follow the 26 day regimen. If you need to lose between 15 and 35 pounds, you will follow the 40 day regimen. If you need to lose more than 35 pounds, you will complete one 40 day regimen, rest for 6 weeks, and then continue another treatment schedule, repeating this cycle as often as necessary until desired weight loss is achieved.

**Can I exercise while on HCG?**

Some light exercise is okay. This is walking or very light toning with light weights. If you exercise too much while taking HCG, you will burn too many calories and cause your body to go into starvation mode. If this happens, your body will start to burn protein instead of fats. Any weight lost during this state would be at the expense of normal, healthy muscle.

**How long do I have to stay on it?**

Depending on how much weight you need to lose, your pharmacist and physician will determine whether you need to follow a 26 or 40 day regimen.

**What happens when I go off?**

You will follow the same diet for 3 days following the last spray or injection. Afterward, you are to follow a healthy diet, avoiding sugars and starches. Keep a bathroom scale on hand to monitor your weight. If you make a lifestyle change, and eat your daily recommended allowance, you should not gain your weight back. If you go back to your previous eating habits, you will gain your weight back. You will find that your appetite has changed over the course of the HCG Diet. This is the perfect opportunity to adopt that healthy lifestyle to maintain your weight.

**Does this require a prescription?**

Yes, this does require a prescription for the nasal spray or the injectable.

**I can order this over the internet. Why do I want to get a prescription for it?**

The prescription HCG is pharmaceutical grade. It is purity and quality controlled, so you know exactly how much HCG you are getting in your dose. Some over the counter HCG products do not even contain the hormone HCG.

**Which dosage form is better, the injectable or nasal spray?**

One is not better than the other. It is a personal preference. We see the same results with both dosage forms.

**How do I know if my doctor will write a prescription?**

If you are interested, let us know and we will contact your physician or nurse practitioner for you to see if he/she will write a prescription for HCG. You may need to make an appointment to see your doctor.

**How much does this diet cost?**

The price varies based on how long your course of treatment is.

**Nasal Spray**    26 days: \$95.00  
                          40 days: \$135.00

**Injectable**        26 days: \$200.00  
                          40 days: \$225.00

(Alcohol swabs included. Does not include cost of syringes.)

Your pharmacy insurance may cover a portion of the cost. Bring your insurance card in with you and we will submit it to your insurance company.

To read the full HCG Diet Manuscript, go to : [http://hcgdietinfo.com/HCG\\_Diet-Dr-Simeons-Manuscript.htm](http://hcgdietinfo.com/HCG_Diet-Dr-Simeons-Manuscript.htm)

# 1

## GETTING STARTED

- Store your HCG prescription in the refrigerator. If it gets warm, it is ruined.
- Be sure to take the HCG at a consistent time, preferably first thing in the morning.
- Continue to study the food choices provided in this packet so you don't accidentally eat something not included on the diet.

# 2

## YOUR FIRST TWO DAYS ON HCG (LOAD DAYS)

- The first two days are your "load" days or "gorge" days. These days should be spent eating as much fattening food as possible to restore structural fat and avoid hunger start up. Load days are crucial to overall success of this protocol.

# 3

## ON DAY THREE, BEGIN THE 500 CALORIE PER DAY DIET

- Follow the HCG Diet Protocol on the next page
- Anything not listed in the Diet Protocol is NOT a part of the diet. People call us all the time and say "I know it's not on the list, but can I eat \_\_\_\_\_?" Our response will always be "Eat at your own risk, if you don't lose weight, you will know why and what to eliminate."

## THINGS TO REMEMBER

- Weigh and record weight every day.
- Measure yourself every day.
- Take your HCG!
- Keep exercise at a minimum during the protocol. We suggest a daily walk or light toning. No intense workouts.

# HCG DIET PROTOCOL

## BREAKFAST

- Any non-calorie fluids in any amount.

Sample: Tea or coffee without sugar. If you are used to flavored coffees, try adding Walden Farms caramel or chocolate syrup to your coffee.

## LUNCH

- 100 grams of veal, beef, bison, chicken breast, fresh white fish, lobster, crab or shrimp. All visible fat must be removed before cooking, and the meat must be weighed raw. It must be boiled or grilled without additional fat.
- 3.5 ounces of one type of vegetable. Choose from spinach, chard, chicory, beet-greens, green salad, tomatoes, celery, fennel, onions, radishes, cucumbers, asparagus, and cabbage. Do not eat more than one type of vegetable per meal.
- One breadstick (grissini) or one Melba Toast.

## DINNER

- Same choices as lunch
- Do not eat the same protein that you did at lunch. Food selections should be varied to avoid plateau.

## SNACK

- Apple
- Orange
- 1/2 Grapefruit
- Handful of Strawberries

Your snack should be consumed when you most need it. Choose 1 of the above choices for each snack. You get 2 snacks daily.

## HELPFUL HINTS/LITTLE EXTRAS

- Juice of 1 lemon is allowed daily
- Salt, pepper, vinegar, mustard powder, garlic, sweet basil, parsley, thyme, marjoram and other spices are allowed.
- NO butter, oil, cooking spray, etc. allowed.
- Use artificial sweeteners. No sugar is allowed.
- 1 tablespoon of milk or creamer only each day.
- Walden Farms products are allowed!!!

**FLUIDS:** Minimum of 2 liters (10 glasses) daily, Tea/Coffee, Soda Water, or Mineral Water. No diet drinks.

## BEAUTY AND HYGEINE

- Buy oil free skin care product, including make up and lotion. “All Natural” and “Organic” does not mean oil free. Examples of products you can use: Bare Minerals, Corn Huskers Lotion
- No chapstick, lipstick, or lipgloss is allowed.
- No eyeliner or lip liner is allowed.
- Be careful handling any oil based products. If you are massage therapist, cook, stylist, etc., you may come into contact with a lot of oils.

## THE POWER OF WATER

Drink a minimum of 2 liters of water a day, or divide your body weight in half and drink that many ounces of water per day. Try adding a glass or two of green tea to your day. If you hit a plateau, increase your water intake.

## PLATEAU BREAKERS

- Increase water intake to 2-3 quarts a day.
- Try adding a glass or two of green tea.
- Don't eat two apples for your snack choice in the same day.
- Cut beef or buffalo down or out.
- Check all condiments for any form of sugar.
- If mixing vegetables, stop.
- Try leaving out one or both breadsticks.
- Do what's called an “apple day.” Eat 3 to 6 apples and fluids only for one day.

## MOST COMMON MISTAKES

- Using wrong spices. Check to see if any form of sugar is one of the ingredients.
- Not loading enough!
- Chewing gum or eating mints.
- Drinking diet drinks.
- Mixing vegetables at a meal.
- Eating too much beef. Buffalo is less fatty. Eat more chicken and approved fish.
- Weighing 100 grams of protein *after* cooking.
- Eating the same protein for both lunch and dinner.
- Not drinking enough water.
- Eating at restaurants.
- Using chaptsticks, eyeliners, lipsticks, etc.
- Using lotion or makeups containing oils.



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