

The 27 Most Common Questions About the HCG Diet

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Pretty scary, huh? Disclaimers like that are actually required by the U.S. government. That's another story. Okay, with that out of the way, now let's down to the details.

Just to make sure we are on the same page regarding the HCG diet protocol, I provide a very brief summary of the core of the program as devised in the 1950s. If you have already read the original book by Dr. Simeons or have done sufficient research on your own to know this story, then you can skip right to the questions.

Brief Overview of the HCG Diet

The late British Physician, Dr. A. T. W. Simeons, first discovered the use of HCG in the treatment of obesity. Dr. Simeons first published a report on the topic in 1954, while practicing in Rome, Italy. He devoted years to researching various patients suffering from obesity. During this time, Simeons noticed several important factors, including the lack of symptoms one would expect from a patient on a very low calorie diet. For example, his patients had no headaches, hunger pains, weakness, or irritability as long as the low calorie diet was combined with HCG. Throughout his research, Dr. Simeons noted how patients lost significant amounts of weight while their bodies reshaped naturally, without exercise and without effort. This led him to discover how patients lost more fat tissue directly from adipose tissue accumulations, causing highly visible contouring of the body. Weight maintenance was not an issue for patients that had undergone the HCG+Diet plan, particularly compared with those who simply went on highly restrictive diets without HCG. HCG regulated the metabolism, correcting that which initially caused the obesity.

These theories of Dr. Simeons were very intuitive for his time. Since the late 1950s science has validated many of his theories. Dr. Simeons believed it was the function of our hypothalamus (master gland in the brain) that controlled our hunger, food cravings and the sensation of being satisfied. When this gland became dysfunctional, it would cause abnormal eating patterns, excessive consumption of calories and the storage of “abnormal fat.” This abnormal fat is stored in areas of the body that make it difficult to get rid of with regular dieting and exercise. His theory on the hypothalamus has now been supported by modern science, although scientists still don’t understand all the details. Obesity is still misunderstood.

Dr. Simeons' reasoning in using HCG+Diet for his obese patients is brilliant. In conventional medicine physicians use HCG for various reasons, usually to manipulate other hormones. It was never used for weight loss until Dr. Simeons discovered this application. The way he came to the conclusion that HCG would work for weight loss and the treatment of obesity is very intuitive. Using HCG for weight loss is not a common use of this hormone in the United States and so many physicians will not be aware of this use or nor fully understand it. Be prepared for different opinions that are often negative. Generally, if physicians are not "up" on it, they are "down" on it.

It is well known in medicine that HCG mobilizes fat. As you may already know, pregnant women produce HCG in the first trimester. It's the substance that gives a positive pregnancy test. HCG's role in early pregnancy is to help maintain a healthy fetus until the placenta can take over. HCG mobilizes Mom's fat to assure that the forming fetus gets all nutrients it needs. This is nature's defense mechanism to assure a healthy fetus. Of course, when a woman is pregnant her body produces a tremendous amount of HCG, in contrast with the amount that Dr. Simeons recommends.

HCG is a very safe hormone when used properly. It is not a steroid hormone. It is a protein. It no longer has to come from pregnant women, although most commercial products still do. Some brands of modern HCG are now made by genetic engineering.

Common Questions

This is a short list of the most common questions that my clients have asked me. I am listing them here with brief answers at this time, just so you can have them in an easy to access format.

Additional explanations, directions, and questions about the HCG diet are the subject material of my newsletter. You subscribed when you requested this report, plus my essay on the “Myths and Truths About HCG Weight Loss.” You can unsubscribe at any time, using a link at the bottom of each issue of my newsletter.

All of the information that I provide to you is freely accessible to the public, if you know where to look. Unfortunately, your challenge is to sort through the vast amount of misinformation that is also available, and then decide what is right for you.

So, without further ado, here is the list the 27 most common questions that I have been asked from my clients. They are in no particular order of importance or frequency. My answers follow immediately after the list.

- Can I drink alcohol on the diet?
- Do I really have to wait 6 weeks to do the protocol again?
- How do I use the protocol if I only want to lose 10 pounds?
- How long can I take HCG?
- I'm a vegetarian, so how can I do a 'steak day'?
- What am I doing wrong?
- What are the most effective forms of HCG?
- What are the phases of the HCG diet protocol?
- What can I do for dry skin?
- What do I do when I get leg cramps?
- What if I have to stop the protocol unexpectedly?
- What is a 'steak day' and why is it important?
- What is the 21-day post-HCG phase for?
- What is the best cookbook for HCG-approved recipes?
- What is the best diet for a lifetime after HCG?
- What is the difference the HCG diet and all other diets?
- What's behind the 'apple day' for when weight loss stops?
- Where do I get HCG?

- Why do I feel light-headed or have a headache?
- Why are oil-based cosmetics and supplements forbidden?
- Why do I have to gorge myself on for Days 1 and 2 on the hormone?
- Why is 500 calories not a starvation diet?
- Why is weight loss irrelevant?
- Will I have sagging skin after such fast weight loss?
- WOMEN: What happens during my menstrual period?
- How does HCG work?
- Is oral HCG the same as injections?

Now for my answers. Keep in mind that these answers are from my perspective as a scientist and as a veteran of the HCG diet myself.

- ***Can I drink alcohol on the diet?***

Although this may seem like a silly question, it pops up fairly often. The answer is NO! Alcohol acts like a carbohydrate metabolically, so it adds empty calories to your diet.

- ***Do I really have to wait 6 weeks to do the protocol again?***

Generally, yes. There is some confusion on this question, based on potential differences between oral and injectable forms of HCG. The oral form, if it contains real HCG, has a bit more flexibility. The key is whether you develop resistance to the hormone in your hypothalamus. You can do personal experimentation to find out. If you develop a ravenous hunger when you restart the HCG too soon, then you still have resistance to the hormone. This means

that you did not wait long enough to restart. Simply stop using HCG for at least 6 weeks to become sensitized to it again.

- ***How do I use the protocol if I only want to lose 10 pounds?***

Theoretically, you will only digest the amount of abnormal fat that is available. If your ideal target weight is 10 pounds less than you are now, that is all you will lose. However, you still must stay on the hormone for the minimum amount of time (21-23 days) so your metabolism will stabilize. You can do this by staying on the hormone and doubling the amount of calories you eat per day, with the same foods that you have been consuming on 500 calories per day.

- ***How long can I take HCG?***

The standard maximum amount of time is 40 days. However, as I mentioned above, you can experiment with the oral form (if it is not homeopathic) to see how long you can go. The key is to monitor your hunger. Once you become ravenously hungry, then the hormone has stopped working for you and you must stop using it. Otherwise, you are simply on a starvation diet.

- ***I'm a vegetarian, so how can I do a 'steak day'?***

Your best bet is to take a purified protein powder, either from soy or pea (or even from rice if you can find it). Just make sure that it is carbohydrate-free. You will also benefit from coconut oil supplements, especially those that have an enhanced MCT fraction (i.e., medium-chain triglycerides). And remember your apple! You may have to experiment on yourself. The extra 2-3

pounds that you have gained, which necessitate a ‘steak day’, should disappear by the next morning. The key is to get the right combination of protein and fat.

- ***What am I doing wrong?***

This question, of course, has lots of different answers. The most common mistakes that lead to weight loss plateaus are:

- Fat or oil in the diet or on the skin (soaps, shampoos, cosmetics)
- Sneaky sugars (e.g., balsamic vinegar is loaded!) – you really **MUST** read labels
- MSG: this is a weight loss nightmare; it appears in too many ways to list here, all disguised to hide its presence in foods; the only certainty that you can have for avoiding it is to avoid processed foods entirely
- Going off the hormone and back on, eating too much, violating the diet rules, making up your own rules (!) – these are just some of the examples of what people do wrong *even though they know it is wrong*

- ***What are the most effective forms of HCG?***

There is only one “form” of native HCG, which is a complex protein produced by pregnant women. The genetically engineered forms are incomplete, although they have the same effects as the intact native protein. The controversy about how to take HCG is the issue here: by injection or by mouth (i.e., under the tongue [sublingual]). Either way, they are exactly the same hormone! The key is to get the right dose. The sublingual products are now well-known enough that dosages have been determined experimentally to mimic the injections perfectly. Homeopathic

HCG, however, is not the same as the sublingual HCG. See more on this later in the list.

- ***What are the phases of the HCG diet protocol?***

We probably ought to give Kevin Trudeau credit for resurrecting the popularity of HCG for weight loss. However, he has also made a mess of the concept of “phases” of the diet. If there are any such things as phases at all, they are: 1) Food gorging on the first 2 days of taking HCG; 2) 500 calories per day while taking HCG (usually 25-38 days); 3) 500 calories per day for 3 days of no HCG (to allow the hormone to wash out of your system); 4) and, 21-days of no starch, no sugar. So, whatever you want to call these, whether they are phases or something else, those are the different segments of the protocol. Notice that they have nothing to do with so-called ‘cleansing’ protocols as described by Trudeau.

- ***What can I do for dry skin?***

The best you can do is read the labels of all of your cosmetics and lotions to make sure that they contain no oils. Lotions and creams are generally water-based and should be fine. You don’t have to buy special HCG lotions. Just read the labels and avoid any products with oils or oil-based ingredients (e.g., vitamin E, ascorbyl palmitate, aroma oils, etc.)

- ***What do I do when I get leg cramps?***

The most common mineral deficiencies that lead to leg cramps are magnesium and potassium. Take mineral supplements for the magnesium (ideally with a good amount of calcium for balance). Use dieter’s salt (i.e., KCl or potassium chloride) in lieu of regular

salt. It is available in supermarkets. Also take a potassium supplement.

- What if I have to stop the protocol unexpectedly?

If you have a party binge, then get right back on track with an apple day the very next day. If you are traveling and unable to stick with the protocol, stop the HCG and eat an ultra-low carb diet until you can get back on it again. If you have to be off of the hormone for more than two weeks, start over with the two gorging days again.

- ***What is a 'steak day' and why is it important?***

A steak day applies to the 21-day no starch, no sugar diet after you stop the HCG and low calorie diet. This is the period where the combination of carbs and fat will ruin your success, so staying off of the carbs is crucial. If you do gain weight after a few cookies or some pasta, then the steak provides a protein and fat combination that gets your fat metabolism back on track. Part of the problem that leads to the need for a steak day is that your body is also hanging onto excess fluids, so the apple acts a bit like a diuretic in getting your body to release them. You must have a steak day on the very first day that you exceed 2 or more pounds above your target weight.

- ***What is the 21-day post-HCG phase for?***

This phase stabilizes your metabolism with respect to how your body is going to handle fats and carbs from now on. It is a very crucial part of the entire program. Without doing this phase right,

you will be in danger of converting carbs to fat just like you did before starting the HCG diet in the first place.

- ***What is the best cookbook for HCG-approved recipes?***

Okay, I have to admit that this is not a common question. However, it summarizes many questions that I get about what to eat, how to be satisfied on 500 calories per day, what is allowed or forbidden on the diet, and just generally how to get through the diet without suffering. My wife, Eve, and I quickly discovered that the basic foods allowed for the diet can lack flavor. That is when I looked for and discovered the one book that answers the most questions about how to really enjoy the foods on this diet. It is at the top of my recommended books list on my website at the following page:

<http://besthcgweightloss.com/dr-clarks-recommended-hcg-books/>

Just click on the image that I put there about this book, and you will be directed to the author's description of its contents, which is much better than anything that I could provide. If you like to eat, this is the best guide for how to enjoy your food even when eating just 500 calories per day.

- ***What is the best diet for a lifetime after HCG?***

I'm going to keep this simple: high-protein and fat, low carbs. There is so much research on overweight and obesity, going back at least 200 years, that this advice is absolutely and 100% the best that I have found, based on an overwhelming amount of excellent scientific research. If this advice seems to conflict with what you have heard from doctors, nutritionists, trainers, and any manner of health and fitness gurus, all I can say is that they are

all wrong. I have a lot to say about this, so I am biting my tongue here to hold back. It is a book-length topic all by itself.

- ***What is the difference between the HCG diet and all other diets?***

In a nutshell, the main difference is that the HCG diet is a hormone-directed protocol that removes excess abnormal fat. No other diet is hormone-directed. And no other diet can specifically remove excess abnormal fat.

- ***What's behind the 'apple day' for when weight loss stops?***

When the ability of your body to move food through your system slows down, you retain water. Water retention keeps things from becoming sludge. Apples have the peculiar property of hydrating you so you can shed the excess water. Indeed, you will notice that while having an apple day you will go to the bathroom more often to get rid of the excess fluids. The effect is not truly like that of a diuretic, because loss of water by itself would be dangerous. Apples, instead, loosen the water and the food so that both get back into balance. Indeed, a successful apple day will lead you to drop 2-3 pounds overnight, and get right back on track.

- ***Where do I get HCG?***

There is no easy and straightforward or simple answer to this question. However, I address it more completely on a special page on my website at the following link:

<http://besthcgweightloss.com/buy-real-hcg-diet-pregnyl-online.htm>

The only thing that I can say with some certainty is that cheap, easy to get HCG products probably do not contain any HCG at all. This includes all homeopathic HCG products.

- ***Why do I feel light-headed or have a headache?***

This most likely happens in the first 5-8 days of the 500 calorie per day diet. The reason is that the ultra-low carb approach often leads to immediate water loss, which depletes minerals. The easiest way to replenish them is with a supplement that contains potassium. You may even need additional potassium, since the recommended daily amount for this mineral is huge. You must take it in small doses, though – no more than 100 milligrams at a time. You can find special potassium supplements for energy in most nutrition stores and pharmacies.

- ***Why are oil-based cosmetics and supplements forbidden?***

Anything that goes into your body that requires your fat machinery to kick in will compete with and slow down the burning of abnormal fat. Supplements such as fish oil, CLA, and vitamin E softgels must be stopped during the hormone phase of the protocol. Your skin also has a great capacity for absorbing oil-based products, which will set up the same kind of competition. In fact, just a little oil on your skin will stop your progress completely.

- ***Why do I have to gorge myself on for Days 1 and 2 on the hormone?***

It is like getting a running start. You have to stuff all of your fat cells as much as possible so that the HCG will have a good target of abnormal fat and not structural or other kinds of fat that your body needs for good health. The well-known observation about this gorging phase is that if you don't eat enough, you will suffer when you go to 500 calories per day. It is pretty common to gain 4 or more pounds in these two days, which come off right away once the hormone gets going.

- ***Why is 500 calories not a starvation diet?***

Your caloric needs are fulfilled by burning your own fat. If you need 2,000 calories each day, you will get 500 from your food and 1,500 from your own fat. That is why your fat shrinks. You are literally eating yourself – at least your fat.

- ***Why is weight loss irrelevant?***

Without getting too technical, weight is a function of your mass and the gravitational pull of the Earth. For example, if you weigh 200 pounds on Earth, you will weigh about 33 pounds on the moon. However, if you have 35% body fat on Earth, you will still have 35% body fat on the moon. All this just means that weight is not important – fat is important. You must decrease your body fat composition, which is what the HCG diet does. Weight loss is just a side-effect of fat loss.

- ***Will I have sagging skin after such fast weight loss?***

No. The HCG diet has a reshaping effect. You will not look like so many dieters from other programs who have lost muscle mass and still have their old XXX-Large skin. A great indication of the reshaping effect is the shrinking of the 'chicken neck' or 'double-chin' that people acquire when they accumulate too much fat.

- ***WOMEN: What happens during my menstrual period?***

HCG has two components, one of which is identical to another hormone called luteinizing hormone (LH). Women produce massive amounts of LH during ovulation, which swamps out the low levels of HCG during the diet. So the simple advice that Dr. Simeons offered to women is just to quit taking the HCG for 3-4 days during their menstrual periods. Stay on the 500 calorie per day diet, then restart the hormone after this short layoff.

- ***How does HCG work?***

Since HCG is a hormone, it carries a signal to cells that have receptors for it. These receptors are in the hypothalamus of the brain. The exact nature of how this directs fat metabolism is still unknown. However, the discovery in 1994 of another fat-regulating hormone, called leptin, may help. Leptin also interacts with the hypothalamus, and early experiments with lab animals point to an interaction between HCG and leptin. I predict that a lot more research will be appearing on this topic in the near future.

- ***Is oral HCG the same as injections?***

If the oral HCG contains the same protein hormone as the injectable HCG, the answer is yes. Absorption of sublingual (oral) HCG by blood vessels under the tongue is every bit as effective as injections. Oral products that do not contain HCG, however, are not comparable in any way. These include homeopathic products, which contain no hormone at all. They also include alternative HCG, which is a euphemism for “not really HCG.” Alternative HCG is actually a mixture of herbs and other ingredients, none of which is HCG itself.

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That's it for now. Look for more details, explanations, and questions and answers about the HCG diet in upcoming issues of my newsletter.

All the best in natural health,

Dr. D

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