

HCG Diet Basics

Summary of the HCG Diet

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Let's get right to it. There is only so much that you have to know to be successful on this diet. It is not that complicated. In fact, is the easiest and most effective way to specifically get rid of abnormal fat. It has been around for more than 50 years. Good scientific research supports it. Tens of thousands of people have transformed their lives with this protocol.

So why not you?

The original book, *Pounds and Inches*, published in 1954 by the creator of this diet, Dr. A.T.W. Simeons, is widely available for free. In fact, you should have received a link for your own copy when you requested this report. All you need to know is in that book.

Unfortunately, a whole lot of folks have been publishing misleading and downright incorrect information about the HCG Diet in the internet. This complicates and confusions a protocol that should be very simple.

That is where this summary comes in handy. You don't have to read the entire book (it was written for medical professionals, not the general public). You can start here instead. Then you will have a better eye (aka, "BS detector") for some of the nonsense out there that might other confuse you.

Confused About the HCG Weight Loss Diet? Don't Know Where to Turn?

Here are some simple pointers and guidance:

The Modern HCG Weight Loss Diet

HCG-driven weight loss is a major breakthrough in losing stubborn body fat. Everyone succeeds when they follow the plan exactly. This advanced fat loss program has been helping people lose abnormal fat for more than 50 years.

HCG stands for Human Chorionic Gonadotropin, a hormone that occurs naturally both in males and females. It is best known as the hormone produced by pregnant women. During pregnancy, HCG guides the woman's metabolism to burn calories from stored fat. Research shows that it works similarly in men and non-pregnant women to promote fat-burning metabolism.

HCG Revolution

Although the HCG weight loss diet has become very popular lately, it is not a new protocol. In fact, Dr. A.T.W. Simeons designed and published his major report on the complete program in 1954. Although this report gained some attention at that time, it took several years before the HCG protocol caught on in a big way. An increasing number of desperate dieters are turning to HCG to help them finally be successful in losing unwanted pounds for good.

Dr. Simeons reported that patients taking HCG could drastically reduce their caloric intake without experiencing the hunger pains, weakness, headaches, and irritability that typically occur on a very low calorie diet. Furthermore, Dr. Simeons also found that patients did more than just lose weight. They lost abnormal fat and reshaped their bodies the way they were supposed to look. These results happened regardless of whether patients exercised.

Not All Fat Loss is the Same

We now know that our bodies must contain different kinds of fat for good health. This includes fat that cushions our organs, fat that fuels the body between meals, and fat that enables cell membranes to work right.

However, the fat that accumulates around the belly, on the thighs and buttocks, under the arms, and on the inner part of the knees is an abnormal type that is harmful to health. This is the particular kind of fat that people lose on the HCG protocol.

If you have followed one diet after another, repeatedly experiencing weight loss followed by weight gain, it is because standard weight loss diets do not get rid of abnormal fat. Loss of healthy fat demands that you put it back on. Loss of abnormal fat does not.

Will You Starve on 500 Calories Per Day?

HCG helps reduce the craving for food by metabolizing stored fat. In other words, when you use HCG your daily need for calories is met partially by the food you eat and partially by the fat that you burn. Without HCG, 500 calories of food per day is a starvation diet. With HCG, it is not.

One fabulous indicator for getting calories from your own abnormal fat is body reshaping. When abnormal fat disappears, so does the double chin, potbelly, and flab around hips, thighs, and arms. Furthermore, since this fat is used up properly, you will not get saggy skin when you begin to shrink.

Is Fat Loss the Only Benefit?

Fat loss is the target. However, Dr. Simeons also reported that his patients lowered their cholesterol levels, decreased their blood pressure, normalized their sugar metabolism and sometimes even reversed Type 2 diabetes, and improved their skin elasticity.

Furthermore, HCG resets the hypothalamus part of the brain, which helps to rebalance a variety of hormones. Hormone imbalance is one of the most important factors that leads to gaining abnormal fat in the first place.

What Can You Expect?

Tolerance to the treatment is excellent regardless of age or gender. Weight loss and body fat reduction occur comfortably for patients as long as they follow the protocol to the letter. Any deviation from the protocol may undermine the expected results. Patients can expect an average loss of 0.5 to 1.5 pounds per day. Women typically lose fat more slowly than men do. Generally you can expect to drop 15 to 25 pounds during a 30-day HCG series. One of our male clients set the record by losing 40 pounds in 30 days, so we know that this is definitely possible. I was a more typical example for males, dropping 25 pounds and 8% body fat. My wife, Eve, was a typical example for females, ending up 15 pounds lighter with 5% less body fat.

You might experience mild hunger during the first 5-8 days of the program. By the second week, however, most people find small servings of food to be quite satisfying. Indeed, those who want to lose a substantial amount of weight (30 to 100 pounds or more) look forward to repeating the program until they get to their target weight.

Here is What You Will Need

The only original components of the protocol that people needed in the 1950s were HCG itself and a clinic where doctors administered the program. Things are potentially simpler now for do-it-yourselfers who can get HCG from foreign internet pharmacies for less than \$100, then gather all the how-to information they need online. At the other end

of the spectrum, full medical clinics in every major city offer the complete program, commonly ranging in prices up to \$2,000 for a 30-day or a 43-day protocol.

Some things have changed from Dr. Simeons' original protocol with hormone injections. Nowadays HCG is available in a liquid oral/sublingual form (the real stuff, not the homeopathic products that contain no hormone), sublingual pellets, a nasal spray, and a transdermal (through the skin) form.

Where to Buy HCG

I maintain a suggestion list for where you can get the real stuff, which I link here: [Where To Order HCG](#). Please note that most online sources of "HCG" are homeopathic, which I do not recommend at this time. They contain no hormone at all. If you want to know why I do not recommend homeopathic HCG, take a look at my video post on this from October, 2009, here: [Homeopathic HCG Contains No Hormone](#).

What About Supplements?

Dr. Simeons advised against supplementing with multivitamins. However, this advice was more appropriate in the 1950s, when the nutritional value of food was greater than it is now. For this reason, multivitamins are more important than ever on the HCG protocol.

Vitamin B-12 is particularly important because it makes up for a reduction in energy that many patients feel during the protocol. Most clinics offer weekly B-12 injections, although a good sublingual product (2500 to 5000 mcg dose) can be taken every day as an equivalent.

The most important supplements for metabolic and digestive support are:

- 1) Chromium (2,000 to 3,000 mcg per day, in the form of chromium picolinate or chromium polynicotinate)
- 2) Green tea extract that is optimized for EGCG content; EGCG, not caffeine, is the primary metabolic enhancer in green tea for burning fat.
- 3) Any herbal formula that contains goat's rue for stabilizing blood sugar.
- 4) A good probiotic supplement that supports your native G.I. tract bacteria with nutrient absorption; probiotic foods and most supplements fail to provide the right combination of quantity and quality of bacteria, so make sure the one you buy offers at least 15 bacterial strains and 15 billion cells per dose.

The best products for getting the right combination of the above supplements may be hard to find. The easiest place to find the ones that I recommend, which are the best

ones that I have found, is the list in my [HCG Diet Supplements Package](#) at Doctors Nutrition Center.

Instructions for the HCG Diet Protocol

All the instructional material that you can shake a stick at is available on the internet. Unfortunately, too much if it is contradictory and confusing. When you start a program, make sure that you get clear instructions for when and how much HCG to take, when, how much, and what foods to eat, how to recognize and overcome the inevitable weight loss plateau, what is crucial to do immediately after the protocol, and how best to maintain your target weight for the rest of your life.

To make all this as easy as possible, I include a fairly clean copy of Dr. Simeons' original book as a bonus with my free reports. You should have received a download link to this book when you request these reports.

I have also recorded a video series with some crucial pointers about the protocol that are not widely known. I've posted access to them here: [HCG Diet Videos](#).

My goal is to show you the key steps for beginning the protocol, for getting the most out of it, for enjoying the whole program, and for staying trim (no yo-yo effect!).

Finding the Right Program

1. Make sure that you are getting real HCG. It comes in bottles or vials that have the amount clearly labeled as how many of I.U. (International Units). Homeopathic HCG will have no such amount, since it has no hormone at all.
2. What kind of ongoing advice and follow-up do you get? You should have contact with someone at a clinic and maybe even an online forum of other users that is run by the clinic.
3. How much guidance do you get for meal plans and recipes? This is crucial for getting the right number and source of calories and for enjoying the diet as much as possible. The right advice can make your experience delightful!
4. Do you know what to do after the program, in the 21-day critical period for stabilizing your fat metabolism? Make sure that you get the right guidance.
5. Do you know what to do for lifetime aftercare? Yes, you can gain weight all over again if you don't find out how to eat sensibly. What this means may surprise you.
6. Make sure that you work with someone who has plenty of experience and success in helping others with the HCG diet.

How Best to Enjoy the HCG Diet

To me this just means getting the most enjoyment and satisfaction out of what I eat. When I first went through the HCG Diet protocol, I was continually experimenting with recipes to see what I could do to make my meals truly something to look forward to.

My overall goal was to make simple meals that were delicious and satisfying. So many of my friends and family like the various recipes that I sent them that I put the entire set into a little recipe book. In my opinion, this is all you need for learning how to get through the entire protocol on great dishes at every meal.

Take a look and see what I mean. You can see the entire Table of Contents at this link: [HCG Diet Recipes](#). I hope you like what you see. I'm pretty proud of it.

Disclaimer

The FDA still has not approved HCG for use in weight loss. Therefore it is not to be taken as official medical advice, nor as a diagnosis or treatment for any medical condition. Nevertheless, as I've already mentioned, over a period of more than 50 years, tens of thousands of people have used HCG successfully for losing large amounts of weight quickly and healthfully.