

## **HCG Diet Frequently Asked Questions**

### **What is HCG and how does it work?**

HCG is a hormone naturally produced in the body. It has many functions and is used medically to treat a variety of conditions. It is the pregnancy hormone. This hormone allows the body to metabolize fat and use it as energy for both mother and fetus. This acts as a “fail-safe” mechanism when energy is needed immediately. For weight loss, we use only 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 is extremely safe. Women may experience very high levels during pregnancy with no adverse affects. The small amount used for weight loss has absolutely NO side effects.

### **Where the actual HCG manufactured and what are the quality control guidelines?**

The HCG that we distribute is manufactured by a laboratory that has been producing homeopathic remedies and natural healthcare products around the world for more than 20 years. All homeopathic remedies are registered with the FDA and are assigned a National Drug Code (NDC) number, which is displayed on the primary display panel. Regular inspections by the FDA ensure compliance with current Good Manufacturing Practices (cGMPs) and the Code of Federal Regulations (CFRs) for your safety.

### **Is HCG safe for men?**

The HCG is actually already found in men. It is found in every human tissue, including males and non pregnant women as well as pregnant. Men get even faster results and tend to lose more weight than women.

### **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 calories and fat. For weight loss, a very low calorie diet of all the right foods is used to trigger HCG to help rid the body of fat.

### **Will my metabolism slow down if I am on a very low calorie diet?**

It is true that normally when cutting back on calories and fat, our body stores fat and our metabolism slows down. This happens because 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 used stored fat for energy, and eliminates excess fat reserves. It is a natural process, so no ill effects on your metabolism will result. The HCG keeps the body from going into starvation mode and holding onto fat as it resets your 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 stores 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. By using HCG with the low calorie diet, extra fat is mobilized for energy and the rest is eliminated; the low calorie diet is vital in preventing immediate refilling of emptied fat cells. You benefit by preferentially getting rid of excess fat without affecting your bone and muscle. With HCG you can lose the weight quickly and keep it off!

### **The HCG diet is very low calorie, will I get hungry?**

It is common to feel mild hunger during the first few days. This will pass and by the second week you will find your servings to be satisfying. Because HCG mobilizes fat and makes it available to the body as an energy source, it naturally reduces appetite. So even though you are taking in fewer calories, your body can access the energy you have stored in fat cells. Drinking lots of the green tea all day (we like the cold fruity sweet one sweetened with Stevia) helps a ton as a natural appetite suppressant and your energy level. 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?**

HCG does not interact with ANY medications, including birth control pills or Depo-Provera, so there are NO side effects.

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

Because the amount of HCG is so small, there are no changes to your menstrual cycle. Likewise, HCG will not affect your ability to become pregnant, nor will it increase your chances of getting pregnant. It is best to avoid starting the HCG Diet if you are within 5-6 days of your menstrual period. Wait until after your menstrual period is complete to start HCG. Once on HCG and you have a menstrual cycle, you can maintain the diet and continue taking HCG.

### **What about pregnancy and taking HCG?**

If you are pregnant or become pregnant during the HCG diet, stop taking HCG and consult your physician.

### **Why are some people calling HCG the "Weight Loss Cure"?**

HCG is also being called the "Weight Loss Cure" because after taking it for weight loss, it reprograms your body to use stored fat for energy when calories are reduced for a period of time. It helps you maintain your weight and not regain the pounds you lost.

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

Most people will lose 26 pounds on the 26 day program. Everyone is different. It depends on many factors including how much excess weight you have and how much weight needs to be lost. Often, people lose 7-14 lbs in the first week. You need to have at least 12 lbs to lose in order to do the 26 day program.

### **Does the weight loss slow down after the first two weeks?**

Many times there is a large amount of weight loss in the first week, then a plateau or leveling off of weight loss. 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.

### **Is it ok to skip a meal or protein at one of my meals?**

No you don't ever want to skip any of your meals. It is important to eat all of your 500 calories and especially your protein so that you only lose fat and not muscle.

### **Can I exercise daily?**

Low key exercise only. You can do about 20 min. of walking a day and a few sit ups or pushups if you feel that is needed. Exercise burns calories and therefore causes your hunger to increase. The combination of low calorie intake and exercise could cause your body to go into starvation mode. This can negatively impact your stamina and commitment to the diet. So take it easy. And remember, you will be losing fat. So when you do go back to the gym, it's a skinner, more energetic you!

### **Do I have to take vitamins while doing this diet?**

You must take B12 every day. The [B12 Sublingual](#) is the recommended B supplement because it is in liquid form and is absorbed right in your system. A B12 shot from the doctor's office are also available with added lipotropics (fat burners) once a week. This will increase your energy and metabolism. Also a good multi vitamin helps, make sure it is sugar free and has no fat soluble ingredients like fish oils or vitamin D. Potassium is also good especially if you experience leg cramps (which can be common while on this diet). Calcium/magnesium combo is also a good one to take if needed. L-Carnitine is also good to add to mobilize fat.

### **Is it normal to get a headache during the first week?**

Some people may experience light headaches during the first week, this is because your body is releasing fat cells very rapidly and you will be going through a major detox. You may take and Aspirin or Tylenol as long as it's not sugar coated.

### **Can I take the drops/injections longer than 26 days if I want to keep losing weight?** Yes!

You can take them up to 40 days. After 40 days you must take a break for how many days you were on the drops/injections before you start another session. This is to make sure your body

doesn't become immune to the HCG. 20 days is the shortest amount of days and 40 is the longest you can do the drops/injections. You will need 2 bottles to go a 40 day round. Just remember the last 3 days of your plan is no HCG and continue diet for 3 days until the HCG is flushed out of your body before going into maintenance. Exercise is encouraged once you start maintenance and are back to 1500-1700 calorie diet.

### **Can you split up your fruits and eat them when you want?**

Yes, you can eat them for breakfast or as a snack. Most don't eat them with their meals so they will have a snack when they feel hungry. You get 2 fruits a day.

### **Can I Drink Alcohol on the HCG Diet?**

In the original HCG diet protocol by Dr Simeons, it does not mention or account for alcohol. It has found that some HCG Users whom have been drinkers or even those that are borderline alcoholic, do surprisingly well on the HCG diet. If the simple instructions are followed correctly, the HCG diet will get them out of their drinking routine. These Users have even said that they don't even feel the need to drink while on the HCG diet because HCG works with the hypothalamus gland which controls the emotional eating/ drinking part of the brain, along with other aspects.

### **Can I wear makeup?**

No lotions, moisturizers or liquid make-ups with oil. HCG is very sensitive to oils, creams and fats. These could slow the weight loss process down; you only want it to target your stored fat. You can use any mineral makeup or pressed powders and of course oil free foundations are fine. Other eye make-ups and lipstick are fine. Stay away from lip glosses and Chap Stick. If your lips get dry the protocol says to use Carmex. It also says if needed you can use mineral oil (baby oil) if needed as a moisturizer. Alba makes an oil free moisturizer that is great for face and hands/arms.