

HCG Newsletter

Many of you saw Dr. Oz's recent show on HCG and have questions. We are been getting a lot of requests for HCG so I wanted to share with you some more information about HCG. Although there are many opinions on the topic, based on my experience and research, HCG does work for many patients. In addition, many conditions like pre-diabetes, high blood pressure, and high cholesterol disappear naturally.

Weight Loss Results on HCG

This patient lost 36 lbs on the HCG protocol. She had several previous Hypocaloric diets, without any success.



This is a 27 y.o patient was treated since the age of 7, because of her childhood obesity.. Before trying the HCG diet, the maximum weight loss she had been able to achieve: 12 pounds. After a 7 week course of hCG she lost 37 pounds. Please note the absence of skin sagging despite massive weight loss.



Read more at www.hcgobesity.org

What is hCG?

HCG (Human Chorionic Gonadotropin) is a hormone that is produced in high amounts during pregnancy

to allow the fetus to survive. hCG is often used for fertility problems in women, increased athletic performance, pain management and a weight loss protocol.

FAQs

1. **Is hCG safe?**

The hCG Protocol is a safe and effective method of weight loss and metabolism improvement for those individuals who cannot otherwise lose weight. The protocol should be administered by a physician.

2. **How does it work?**

In the protocol, hCG is used once each day and is combined with a strict, very low calorie diet (VLCD) of 750 calories. The hCG acts as an appetite suppressant and allows for the body to tap into and utilize the stored fat as a source of energy and nutrition. The hCG hormone plays a vital role in providing nutrients to the growing fetus.

3. **Is it safe for people with diabetes and other health conditions?**

Yes. Under the direct supervision of an experienced physician the protocol has been shown to improve the disease process, decreased the need for medications and in some cases, even eliminated the need for medications. Diabetes, hypertension, elevated cholesterol are among some of the disease processes that this has worked for.

4. **Do I need special foods for the protocol?**

There are no special foods required for the hCG Protocol. You may eat the regular proteins and fruits and vegetables you normally would. All foods should be 100 percent organic.

5. **What are the benefits of following this diet?**

Sustained weight loss and an improved change to your metabolism over a short period of time. The decreased need for medications is another benefit.

6. **How much of a commitment is the diet?**

The hCG Protocol requires a 100 percent commitment from the patient during the entire 39 days of the program.

7. **What type of results can I expect to see? How soon?**

Patients on the hCG Protocol can expect, on average, a weight loss of a half pound a day. At the conclusion of the 39-day program, most patients experience an average weight loss of 15-20 pounds that is sustained.

8. **What are some of the side effects?**

Occasionally, some patients experience temporary side effects of hunger without starvation, dry skin, constipation, and very rarely reversible hair loss. During the 6 years I have been administering the hCG Protocol to my patients, I have found any long-term side effects.

9. **Can I use the over the counter liquid hCG Diet I've seen advertised?**

hCG drops that can be purchased online or in retail stores are not recommended. Many of these products contain the usual ingredients found in over-the-counter weight loss supplements: caffeine, arginine, green tea, guanidine, etc. However, none include the actual hCG hormone and are therefore ineffective.

ForeVIVA Medical Clinique offers the hCG protocol under medical supervision. Your hCG diet experience at our clinic will be customized to best help you meet your weight loss goals.