

Elite Rejuvenation

Medical Aesthetics

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Frequently Asked Questions Based On the Dr Simeon's hCG Diet for Weight Loss

During the first 2 days of the diet, the patient eats excessively. This is to prepare the body for the next phase of the diet. Following the first 2 days of binge eating, the 500 calorie per day diet begins. During these first 2 days, the injections are given from day one.

Every day on the diet the patient should take the same number of days off the diet. For example if the patient is on the diet for 30 days, then they should be off the diet for 30 days. No injections and no diet for 30 days.

What is hCG?

HCG stands for Human Chorionic Gonadotropin, a hormone produced by the placenta during pregnancy. During pregnancy, the substance almost completely controls the woman's metabolic functions.

How much weight will I lose with the hCG diet?

Most hCG dieters report a loss of 1 to 2 pounds a day. At the very least ½ pound a day and at the most 3+ pounds a day. 1 pound is generally lost in the first day. Factors that guarantee faster weight loss include adding/increasing vegetable intake and mixing salads with each meal. Fiber intake is extremely important. As is water intake.

What preparations are required for hCG diet shots?

Prior to treatment, your physician or practitioner will request blood tests and perform a general health assessment. For individual injections, generally no preparations are required. If your physician has you self-injecting, specific sterilizing processes are involved and certain steps can be taken to reduce the discomfort of injections.

Is it healthy to lose 1 to 2 pounds a day with hCG shots?

HCG weight loss studies have shown that weight loss following the Simeons protocol comes directly from adipose fat tissue rather than lean muscle. In doing so, the weight loss comes directly from fat and does not strip the body of much needed muscle, vitamins or minerals essential to maintain good health, while at the same time, releasing excessive amounts of fat-stored nutrients into the blood stream to be absorbed by the body. For this reason, hCG dieters report a feeling and appearance of great health and marvel at the loss of negative health risks they had as an overweight individual.

hCG Diet Overview

The hCG Diet was developed by Dr. Simeon who devoted much of his life to finding a cure for weight loss. Dr. Simeon's studies found that weight gain is not necessarily affected by the quantities of food that one eats. There are many factors that affect weight gain; most of all is how well ones hypothalamus gland and diencephalon work. His lifelong studies came to show, not only can you lose fat in those hard to burn areas like your bellies, chins, love handles, thighs and arms, but you can also change how your metabolism functions over time.

So, based on Dr. Simeon's guidelines to change how your metabolism functions and to lose your stubborn abnormal fat, you need to follow a low calorie diet and use Human Chorionic Gonadotropin (hCG). HCG is a hormone that is commonly found in your body. In fact, when you are young, it is present in every cell of your body. It also shows up in very large amounts in women when they become pregnant. Doctors have used hCG for years in treatments including fertility and pregnancy tests. It also has been clinically proven to work in weight loss when coupled with a low calorie diet.

The hCG Diet works on this basic principle; when hCG is absorbed into your body, it causes your body to attack your stored fat. HCG triggers the body to break down fat cells, and put in into the blood stream to be burned off as energy. This process puts anywhere from 1500 to 4000 calories in your system per day. This allows us to utilize a low calorie diet while still maintaining our strength and energy levels. If you use hCG with a normal diet then you will gain weight.

When a person that is overweight tries to lose by implementing a very low calorie diet without hCG, the dieter will first lose normal fat reserves followed the burning of structural fat. Both of these 2 types of fat are essential in our bodies.

Lastly, the body finally starts to burn abnormal fat (bad fat). Once this happens, the dieter will begin to feel weak and hungry until the dieter gives up. If there are signs of weight loss, it is usually not in the desired areas (hips, bellies, chins, arms and thighs). The good fat is diminished and the bad fat stays.

With the use of hCG and following the specific diet protocol, dieters can start burning abnormal fat immediately while leaving the structural fat and fat reserves in place to keep the body healthy. Reports show an average loss of 1/2 to 2 pounds per day. Along with the decrease in pounds, you will see inches melt away and those abnormal fat deposits will begin to disappear. Clients have had an improvement in complexion, a drop in high blood pressure and a reduction in wrinkles. HCG can be used by men and women with no reported unsafe side effects.

The hCG Diet protocol has been studied in depth since the 1950's, and has cured thousands. This is the most effective way to lose weight and keep it off. Three weeks after completing the protocol your metabolism is reset and the body can function properly. This has been so successful, that few changes have been made to the original protocol over the last 50 years.

For more specific information on the Simeon Diet Protocol, visit: www.hcgdietinfo.com

Why the 500 calorie diet - VLCD (Very Low Calorie Diet)?

HCG diet shots cause your hypothalamus to mobilize the fat out of the fat storage locations so that it's available for use. While you are only consuming 500 calories, your hypothalamus is continually releasing the fat stored in your body. Because of this, your body is actually operating on thousands of calories a day. The result is your body using thousands of calories of fat from your body each day, the reason hCG dieters lose 1 to 2 lbs of fat or more a day.

Will I be hungry on 500 calories a day?

It is common for mild hunger during the first few days, however this will pass and by the 2nd week, you will find even very tiny servings to be completely satisfying. This is partly due to your hypothalamus adjusting your metabolic rate, but largely due to the amount of calories circulating in your system from the fat being release. It is common that hCG dieters feel as though they are stuffing themselves in or to reach the 500 calorie limit.

Can I exercise daily?

No exercise! Or if you must exercise, low key exercise only. You can do about 20 minutes of walking a day and a few sit up or push ups 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.

Who is a right candidate for hCG Diet Shots?

The majority of men and women can use hCG injections for weight loss. It is recommended that dieter consult a physician concerning your weight loss, along with the appropriate implementation of the hCG protocol. The physician will NOT permit hCG weight loss injections for women who are pregnant or nursing.

How about safety and side effects of hCG Diet Shots?

There are rarely side effects reported while using hCG diet shots or oral hCG for weight loss. When the hCG shots are used for fertility reasons, the larger amount is known to cause occasional headaches and pregnancy symptoms. However, the amount differences between the hCG diet protocol and hCG used for fertility purposes is significantly different in quantity.

Will I gain weight back after the hCG diet?

After the hCG diet, you will find your appetite has changed, your eating behavior will be changed and your body will of course have changed. This is the perfect opportunity to adopt that healthy lifestyle to maintain your weight.

You will find a minimum amount of exercise will be sufficient for maintaining a very healthy body, from yoga to 15 minutes of cardio a day, or whatever you enjoy, that gets your heart moving. With you hypothalamus reset, your metabolism will be different and you will be able to eat moderately without feeling the need to overheat.

What is the hypothalamus gland?

The hypothalamus gland moderates the thyroid, adrenals, fat storage and more importantly, your metabolic rate.

Is hCG safe for men?

The hCG used for the hCG weight loss protocol is actually already found in men. In fact, it is present in every human tissue, including males and non-pregnant women as well as pregnant.

How painful are hCG injections for weight loss?

The hCG injections for weight loss are administered using a very fine needle and are relatively painless.

Which blood test should be run prior to starting the patient on the hCG therapy?

Most patients in good health just need a general blood to see the overall health of the patient. For diabetics, before the diet and during, their blood sugar needs to be closely monitored.

Do women continue taking the shots while they are on their period?

No injections during menstruation on the hCG, diet, however the 500 calorie diet is continued. One menstruation is over, dieters must reinstate the daily hCG injections.

Patients should discontinue their medications and cosmetics. Why? Are there any medications that interfere with the hCG and any contraindications listed for the hCG?

This is difficult to control but even small amount of fats from these products can disrupt the process. Look for cosmetics that do not contain any fats or oils.

For medications, oil and fat based medications, like creams or injections should be monitored. No contraindications are listed for hCG.

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