

# WHITE PAPER

## How the HCG Diet Works

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## Introduction

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More than 50 years ago, internationally-recognized Dr. A.T.W. Simeons discovered that the hormone HCG (Human Chorionic Gonadotropin) could be utilized to treat obesity in both men and women. His published manuscript entitled "Pounds and Inches" claims that the use of small amounts of HCG together with a low-calorie diet can cause a person's body to metabolize and use the abnormal, excessive fat deposits in his or her body. Many supporters of Simeons' findings claim that by properly following his endorsed protocol, a person can lose 1 – 2 lbs. per day.

## What is HCG?

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The Human Chorionic Gonadotropin hormone is produced by women during pregnancy. Its primary role is to prevent the corpus luteum in the ovary from disintegrating, thereby maintaining progesterone production which is vital for pregnancy in humans. It is also used by the body to protect and nourish the baby by delivering the needed calories to the placenta using the stored fat reserves of the mother's body when she is not eating enough food.

## How Does HCG Cause Weight Loss?

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According to Dr. A.T.W. Simeons, very small amounts of the hormone could disconnect the excessive fats in a person's body, burn it, and discharge the unwanted fat from the body via the kidneys. The Human Chorionic Gonadotropin hormone is capable of opening the cell membranes of adipose deposits so the fatty acids can be extracted from the fat cells.

When HCG intake is complemented with a specifically defined food strict 500-calorie (maximum) diet daily, the reduced glycogen and glucose levels in the person's blood will cause the HCG hormone to act. The low-calorie diet causes the person's body to release unwanted fat leaving the person with normal levels of fat and a lean body mass.

Moreover, the HCG in combination with a strict diet allows the hypothalamus to reset the person's body system to normal weight. This allows the person to keep his or her new normal weight after following the HCG weight loss diet.

## **Dr. A.T.W. Simeons' Protocol**

In his published manuscript, Dr. Simeons described two protocols for the HCG weight loss program: a protocol for the hormone ingestion and a protocol for the HCG diet. Both protocols are to be enforced for a minimum of 23 days in order to achieve the ability to reset the hypothalamus and maintain long term weight loss. The administration of the HCG hormone is made through injections. One hundred twenty five (125) IU is to be injected once every day. In the last few years pharmacies have developed alternate methods for HCG delivery including administering the hormone via oral drops or sublingual tablets. It should be noted that in the initial manuscript women were advised not to take the hormone during their menstrual periods as they may not experience weight loss during their menstrual cycle.

The weight loss diet restricts the client's caloric intake to a maximum amount of 500 a day with a very specific diet of protein, vegetables and fruit that is allowed to be eaten. It is advised that the client's meals are composed of mostly protein, liquids, and fiber. It is important to drink plenty of water while on the diet as the body will retain water in order to flush the toxins out of the body left behind once the minerals and nutrients are taken from the stored fat tissue.

## **Conclusion**

After the death of Dr. Simeons, the diet that he started was spread to many specialized centers and made popular by many individuals. One of which is Kevin Trudeau who is famous for endorsing alternative therapies and treatments. Since then, it has been used safely by thousands and thousands of men and women. Because HCG is manufactured in a sterile environment, there are no risks of disease being spread by its administration. In the past decades, adverse effects rarely occur when using oral HCG or HCG diet injections for the purpose of losing weight.

## **About The Author**

Dr. Marc Schlosser has been a practicing physician for over 20 years in the Boca Raton area. As an avid exercise, wellness and sports enthusiast he has a lifelong

belief in the evaluation and assessment of all aspects of health related conditions and the restorative powers of addressing underlying medical conditions.

Dr. Marc Schlosser's advanced medical training, including board certification as an OB/GYN and as a Specialist in Bariatric Medicine, gives him the experience necessary to diagnose and treat all aspects of obesity and weight-related problems.