



hCG

FREQUENTLY ASKED QUESTIONS

Q: What is hCG?

A: Human Chorionic Gonadotropin (hCG) is a hormone naturally produced in the body. It has many functions and is used medically to treat a variety of conditions.

Q: What is the hCG Diet?

A: The hCG diet was developed by British doctor A.T.W. Simeons. In 1954, Dr. Simeons made clinical observations suggesting that a hormone produced in women during pregnancy plays a key role in directing the body's metabolic activity. Those observations lead to the development of a synthetic form of hCG, which activates the circulation of accumulated abnormal fat deposits, so they can be quickly metabolized and used as energy. HCG has been used in the United States to some degree since the 1970s but has increased in popularity during the past couple of years.

You can find Dr. Simeons diet and protocol online at

<http://www.hcgdietinfo.com/Dr-ATW-Simeons-Pounds-and-Inches.htm>

The original study on Dr. Simeons diet was done by Asher-Harper in 1973

<http://www.ajcn.org/cgi/reprint/26/2/211>

Many follow up studies did not have the same positive results as the original study, however a recent double blind study has provided very exciting results.

http://oralhcg.com/bibliography/Double_Blind_Study_hCG2.pdf

Overall, in real life with real patients, the hCG diet works.

Q: How does it work?

A: HCG causes a decrease in the storage of fat in fat cells. HCG may also stimulate the mobilization of fat from fat deposits. When coupled with a very low calorie diet, hCG effectively inhibits the ability of the body to create new fat stores so only the burning of fat is possible, not muscle.

Some people with obesity have an imbalance of neuropeptides in their hypothalamus, a part of the brain. Due to this problem they may accumulate fat much more than others. The metabolism of their fat tissue may also be different from other people. HCG contains endorphins and when injected accumulates in the hypothalamus. The endorphin content in hCG may account for the sensation of well-being people experience during treatment.

Q: How much weight can I expect to lose on the program?

A: On average, our clients lose around a 0.5 to 1 lb per day.

Q: Is HCG safe?

A: HCG is very safe. The small amount used for weight loss generally has NO known side effects. HCG is an FDA approved, all natural hormone; however, it is not approved for weight loss at this time. For your safety, we require medical information as well as blood tests to be performed prior to beginning hCG therapy. Your treatment will be overseen by a medical professional and we will be monitoring your body fat percentage, body measurements and your water balance.

Q: Will my metabolism slow down if I'm on a very low calorie diet?

A: Normally when we cut back our calories and fat, our bodies store fat and our metabolisms slow down. This happens because fat is really a life-saving source of stored energy. When a very low calorie diet is employed with hCG, the body is signaled to use the fat that is stored for energy or for elimination.

Q: Wouldn't I lose the same amount of weight eating a very low calorie diet without HCG?

A: You can lose weight by simply eating fewer calories and fat, but because the body stores fat during times of deprivation, you will most likely lose muscle, bone and essential fat stores before abnormal fat. This causes cellular metabolism to slow down, so in the long run, it would make gaining weight easier.

Q: The HCG diet is very low calorie, will I get hungry?

A: 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 is able to access the energy you have stored. Most people have plenty of energy and feel good while on the program. If hunger is an issue we recommend acupuncture to help with this.

Q: Will a diet regimen be provided?

A: For optimal results, we recommend you strictly follow our provided diet. Our patients are successful when they follow this very low calorie diet with the hCG. The body must use all the calories you are taking in from outside resources before it can begin to consume its fat sources.

Q: Does my insurance company cover this?

A: Not usually. Medicare or Medicaid will not cover expenses associated to HCG Therapy. You may ask for a superbill to turn into your insurance for the office visit reimbursement.

Q: Why should I have my blood tested and monitored?

A: It is important that we assess your hormone function and thyroid function, as these can give us a better picture as to the reasons for weight gain. These labs will be addressed prior to and after your treatment in order to ensure success and overall health and balance. It is also important to assess your

liver and kidney function, as there is a component of detox that occurs with this treatment. Your provider can explain this further.

Q: Where do I go to get my blood drawn?

A: You can either have your labs drawn at the clinic during your initial evaluation or you will be provided a list of the closest lab patient service centers that are located within your area.

Q: How will I receive my test results?

A: After completing your lab test process, your results will be automatically sent to us for review by the lab. This typically takes 1 week. At that time you will come in for a follow up to review the labs, discuss any interventions prior to using hCG, begin with your body fat measurements and initiation of the program.

Q: Are the results and your treatment confidential?

A: Yes. We are fully HIPAA compliant. We respect your privacy and maintain strict confidentiality.

Our practitioners at Holistica Integrative Care do not endorse any book, document, or article that promotes hCG or any other product as a weight loss therapy or promise any specific weight loss results. Weight management can be a serious medical condition and everyone should expect varying results without assuming that any program will provide rapid, dramatic, incredible, or magical results. No product, medication, or supplement can guarantee safe weight loss and every weight loss program must follow an approved diet and exercise program. It is for this reason that we recommend and require detailed blood testing, complete medical histories, and regular exams by the provider prior to pursuing any weight loss therapies.