

## HOW MUCH WEIGHT WILL I LOSE WITH THE HCG DIET?

Most HCG dieters report a loss of 1 to 2 lbs a day. At the very least, .5 pound a day, and at the most, 3 + lbs a day. 1 lb is generally lost in the first day. Factors that guarantee faster weight loss include increasing vegetable intake and mixing salad 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 urine 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 here

## IS IT HEALTHY TO LOSE 1 TO 2 POUNDS A DAY WITH HCG SHOTS?

HCG weight loss studies have shown that weight lost following the Simeons protocol comes directly from adipose fat tissue rather than lean muscle. In doing so, the weight lost comes directly from unhealthy 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.

## 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, per 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 released. It is common that HCG dieters feel as though they are stuffing themselves in order to reach that 500 calorie limit!

## WHO IS A CANDIDATE FOR THE HCG DIET?

The majority of men and women can use HCG injections for weight loss. It is recommended that dieters 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 INJECTIONS?

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 THE WEIGHT BACK AFTER THE HCG DIET?

After the HCG diet, not only will you have lost physical weight, former HCG Dieters also report a change for the better in appetite, and a natural course of modified eating behavior. They also report this as being an ideal situation for easily transitioning into a healthy relationship with food.

With all of these changes and experiences, the HCG Diet is the perfect opportunity to adopt that healthy lifestyle to maintain your weight.

## WILL YOU GAIN THE WIEGHT BACK AFTER THE HCG DIET?

There is no reason you should, so long as you have replaced any former negative eating and inactive lifestyle habits with new, healthy perspectives on food and exercise.

Most post-HCG dieters find a minimum amount of daily activity is sufficient to maintaining their HCG weight loss goal. A minimum amount of exercise is recommended not only for weight maintenance, but also for the added health benefits. Recommended activities include: Yoga, 20 minutes of cardio, or any number of activities you may enjoy, that gets your heart moving. With your hypothalamus, “reset” and your metabolism will reflect these differences, you will be able to eat moderately without feeling the need to overeat.

## 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.