

HCG Diet Quick Start



Basic Facts:

In the 1950s, a British endocrinologist by the name of A.T.W. Simeons discovered that the use of HCG when treating certain medical conditions also promoted weight loss at an accelerated rate. Today, the HCG diet is still referred to by some as “Simeon’s Protocol”. HCG is the acronym for Human Chorionic Gonadotropin.

The HCG diet combines a very low calorie diet, about 500-800 calories per day, with daily HCG injections ranging from 125iu to 250iu. The duration of the diet is either 23 or 46 days, depending on the amount of weight loss that is desired. After the diet is completed, a well-balanced diet combined with exercise should be utilized for keeping the weight off. Sixty to ninety days should be allowed before repeating the diet again as the body can build up a tolerance to HCG.

The HCG diet, using real HCG, can only be done under the supervision of a physician.

How it Works:

The recommended calories per day of 500 – 800 is very restrictive. Normally, under such caloric restrictions, the body goes into what is referred to as “starvation mode”. In starvation mode, the body tends to store fat, instead of burning it. This is where HCG comes in! Proponents of the HCG diet believe that HCG signals the hypothalamus, to encourage fat burning instead of fat storing. It is also believed that the HCG also helps to curb hunger and maintain lean muscle mass during the restrictive diet.

During the diet, patients, on average, will lose one to two pounds per day.

Supplemental Medications:

When following a low-calorie diet, there are other items to consider as well, such as immune system and energy. Both can be in short supply when severely restricting calories. This need is often offset by weekly visits to the physician’s office for IM injections of vitamin cocktails.

See Olympia’s medication list below.

Accountability:

Accountability is as much as an important part of a diet, as the diet itself! Each office should have someone who can meet with patients each week for administering the IM injections and weigh ins. Keeping the patients accountable and motivated in their weight loss journey is paramount to the success of the program.