



Frequently Asked Questions (FAQ) regarding the hCG Diet

1. Where do I get HCG?

hCG is a natural hormone called human chorionic gonadotropin that is produced in the human body during pregnancy. Although it is a natural substance, it is classified as a drug that is available by prescription only. The FDA has not approved hCG to be used in weight loss treatment and for these purposes it is considered “off-label” prescribing. According to the FDA, it is in fact, legal for doctors in America to prescribe medications for purposes that are not approved by the FDA.

2. What if I just did the diet without the hCG injections?

Many double-blind studies have been conducted that give the answer to this question. If you just do the diet without the hCG injections, you will, in fact lose weight. The problem is, during the diet you will be losing muscle and structural fat; you will not lose any of the abnormal fat deposits in the problem areas. Your body will not be reshaped and re-sculpted. When you finish the diet your metabolism will be lower than before and your hunger higher than before. You will not have achieved the results you want.

3. What does the FDA say about hCG?

They state that hCG has no known effect on fat mobilization, reducing appetite or sense of hunger, or body fat distribution. They further state, hCG has not been demonstrated to be an effective adjunct therapy in the treatment of obesity and does not increase fat losses beyond that resulting from caloric restriction. They even say specifically that hCG should never be used in the treatment of obesity because serious problems can occur. These statements are blatantly and flagrantly false. There is absolutely no documentation or substantiations backing up and proving that these negative statements are true. Dr. Simeons was very clear that if the protocol was not followed exactly as described, the results would not be achieved.

The truth is that in all properly conducted studies, people on the diet with HCG have, in fact, lost both weight and inches. These dieters have seen a dramatic reshaping and re-sculpting of their bodies. They have lost fat in the problem areas.

4. My doctor says this won't work and is not safe.

Find another doctor. If your doctor has not personally treated patients using the Simeons .weight loss cure protocol, exactly and precisely as instructed, how would he know whether the protocol was effective and safe?

That is the benefit of coming to Vivify Health & Wellness. Our practitioners have successfully treated hundreds of patients using this protocol with great success. Our clinic understands the issues associated with this protocol and will be there every step of the way to help you succeed in your weight loss quest.



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5. Is it true that 500 calories a day is too low to be safe?

No. Research now confirms that eating very low calorie diets actually increase overall health, have anti-aging effects, and increase lifespan. This was reported recently in The New York Times. Most importantly, however, is when you are doing the diet combined with the hCG injections, Dr. Simeons reports that your body is being flooded with over 2,000 calories of nutrition from the releasing of the abnormal fat reserves. This is one of the reasons that during the diet, consisting of the diet and hCG injections, you are not hungry and generally have an increase in energy levels.

6. During the diet am I allowed to take supplements and prescription medication?

Yes, it is the view of this clinic that in order to maintain a healthy nutritional balance you should use supplementation. Our clinic will make recommendations based on your medical intake package or blood work (if provided) of supplements that will help you achieve an even greater weight loss. It is also imperative that you continue to take any necessary prescription medication that your primary doctor has ordered.

7. Have any changes been made to the original Simeons .weight loss cure protocol?

Our diet is in fact, the original instructions as described in Simeon's manuscript "Pounds and Inches: A New Approach to Obesity". There are two exceptions. Simeons used 125 i.u.s of hCG. He suggested that taking larger amounts do not improve results, but rather have the opposite effect. Doctors in the 1970s and 1980s began dealing with patients who had many more issues and causes of abnormal hypothalamus activity than Simeons dealt with. Therefore, after Simeon's death in 1970, doctors began researching with slightly higher amounts of hCG. It was found that between 175 and 200 i.u.s were the optimal daily doses. It is still recommended that the dosage should never be more than 200 i.u's.

The second modification to Simeons' original protocol is the exclusion of melba toast, or an Italian grissino breadstick with lunch and dinner. Some have found that by eliminating the small melba toast or grissino breadstick from the lunch and dinner meals speeds up the fat burning process. Another more recent modification is to combine hCG with intermittent fasting by having 2 small, low carbohydrate meals within an 8 or 6 hour period and having only a cup of coffee in the morning during the fasting phase.

8. Must I gorge for the first two days of the diet?

Yes, eat to capacity, but don't overdo it. Dr. Simeons states that a person will not be comfortable on the 500 calorie diet unless his normal fat reserves are reasonably well stocked. It is for this reason that in every case a person must eat to capacity the most fattening food they can get down for the first two days in Phase 2. It is a fundamental mistake to start the 500 calorie diet as soon as hCG injections are started as it seems to take about three injections before abnormal fat deposits begin to get released and circulate, thus becoming available to the body as fuel.



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9. How do I measure the 100 grams of protein?

Use a kitchen scale or postal scale. 100 grams equals about 3.6 ounces. Weigh the meat in its raw state.

10. Can I substitute smoked fish, pickled fish or deli meats?

Absolutely not, nothing smoked, dried, or pickled. Never use deli meats. The meats must be of the leanest variety. If at all possible, buy organic as it will be free of all of the hormones, antibiotics and other animal drugs which slowdown or stop the fat burning process. Try to buy wild fish and not farm raised fish for the same reasons as above. Eating beef and veal that is not grass fed and 100% organic will slow down or stop the fat burning process.

11. Can I mix vegetables?

No, with one exception. You can make a salad consisting of various organic lettuces, organic cabbage, organic spinach, organic celery, organic onions, organic cucumbers, organic radishes, and organic tomatoes. Season with organic raw apple cider vinegar, or the juice of one-half an organic lemon. Add sea salt, black pepper, crushed garlic, in any amounts of dried or fresh organic herbs.

12. Can I change some of the food items on the diet?

No, you must be very strict in following the diet exactly if you want to achieve results. Simeons was very particular in his research about how even the very smallest change or variation would slow down or stop the fat burning process completely. He said that the diet used in conjunction with the hCG injections must not exceed 500 calories per day. He also stated that the way these calories are made up is of the utmost importance. He pointed out that if a patient dropped the apple and had a little more protein he would not be getting any more calories, but he would not lose weight. There are a number of foods, particularly fruits and vegetables, which have the same or even lower caloric values than those listed as permissible. However, when substitutions are made Dr. Simeons found that they interfere with the regular loss of weight under hCG. This is due to the nature of their chemical compositions.

13. Can I eat lamb, pork, duck, while on the 500 calorie diet?

No!

14. Will I be hungry during this protocol?

During Phase 2 you may have slight hunger between one and seven days. If you following the instructions to .load up on calories. the first two days, this will not be as noticeable. Each person is different but for the most part the hunger is slight.



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15. Can I use artificial sweeteners while on this protocol?

No. You should never use any artificial sweeteners. All artificial sweeteners, including NutraSweet and Splenda, should never be consumed. They increase depression, are physically, chemically addicting, and they make you fat.

An alternative to this problem is a product called Stevia. There is a website called www.stevitastevia.com that has every conceivable stevia product available.

16. Can I use MSG (monosodium glutamate)?

No, you should never eat anything with MSG in it ever again as long as you live. It is an excitotoxin that increases depression, increases appetite, and makes you fat.

17. While on the protocol can I use gum, mints, lozenges, or cough syrup?

No!

18. If I am not hungry while doing the diet, do I still have to eat everything as described?

Yes. Whether you are hungry or not, you must eat the lunch and dinner in their complete form. You cannot have one big meal per day. You may take the apple from either lunch or dinner and eat it at breakfast. You may also take the fruit from dinner and eat it for a mid-day snack. No other changes or substitutions are allowed as they slow or stop the fat burning process.

19. What if I cheat on the diet during the diet?

If you do cheat for a meal or for one or two days in a row, all it means is that the weight loss process will stop for a few days or a temporary slight increase in weight may occur. Immediately start the diet again at the next meal and carry on. If you cheat on a meal every other day you are wasting your time.

20. What if I have low energy or hunger during the diet?

Some patients may be dealing with insulin resistance or low blood sugar. It is suggested that you may drink Eleotin tea to help this. Also, make sure that you eat your apple mid-morning. Low energy could also be caused by a hypoactive thyroid, Candida yeast overgrowth, poor circulation, or parasites. If you feel any of this pertains to you or if you have a concern, call the clinic and the matter will be referred to one of our doctors. We have several suggestions that will ease all of those problems.

21. Can I eat salt?

Unless you have been instructed otherwise, during all the phases salt may be consumed; however, always choose sea salt or Himalayan salt. However, using too much salt can result in retention of water, which will show up as increased weight on the scale.



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22. The instructions in all the phases call for a large consumption of water and teas. Is this necessary?

During all the phases you should drink an amount in ounces of water that is equal to one-half you starting weight in pounds. The importance and benefits of adhering to the water cannot be overemphasized. It is absolutely vital in order for the protocol to work effectively.

23. Must I eliminate cosmetics, moisturizers, lotions, and creams during the diet?

Yes, according to the classic protocol. Dr. Simeons stated that most people find it hard to believe that the fats, oils, creams, and ointments applied to the skin are absorbed into the body and interfere with the weight reduction by hCG just as if those ingredients were eaten. This almost incredible sensitivity to even such very minor increases in nutritional and caloric intake is a peculiar feature of the hCG method. Simeons found that persons who habitually handle fats, such as workers in beauty parlors, masseuses, butchers, etc. never show a satisfactory loss of weight when using hCG unless they avoid all contact with the skin of such fats and various products. Many modern cosmetics contain hormones which interfere with endocrine regulations in the body and must be avoided. We have had patients be successful without eliminating cosmetics, moisturizers, lotions, and creams during the diet, but according to Dr Simeons classic protocol you should eliminate them.

24. What about abdominal exercises and aerobics?

Aerobic or cardiovascular exercise has many health benefits. In terms of resetting the body weight set point, walking one hour per day outside can be very effective and much easier to tolerate while on the very low calorie hCG diet. Aerobic exercise is extremely healthy and beneficial and should be engaged in by everyone at any level you desire.

25. Will I gain the weight back?

If you go back to eating fast food, restaurant food, and food containing trans fats, high fructose corn syrup, highly refined food, artificial sweeteners, meat, poultry, and dairy with growth hormone and antibiotics etc. You will in fact mess up your hypothalamus again and regain the weight.

26. If the weight comes back can I do this protocol again?

Yes. If you lose a substantial amount of weight and a year later find you have gained some weight back, so you may do the protocol one more time immediately after completing the first. If you opt to do the protocol twice in a row, we recommend an 8 week period of healthy eating and exercise or an alternative diet before starting again. Some people will decide to do the protocol once a year for a three week period to lose any amount of weight gained just to keep on top of it.



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27. What if the food label says all natural?

Today, the phrase .all natural means absolutely nothing! You must read the ingredient list on the food. Look for 100% organic whenever is possible.

28. What if I show no weight loss for four days in a row?

Dr. Simeons discussed at length daily weight fluctuations or reaching weight plateaus. He explained that at times there may be no drop of weight at all for two or three days, which is then followed by a sudden large drop which reestablishes the normal daily average of about one pound per day during Phase 2. Weight fluctuations occur more so in women than in men. If a person weighs themselves and notices that the weight stays the same for four days in a row, the patient is told that after weighing on the fourth morning, to only eat six organic apples for the day. The patient is told to drink nothing except a small amount of water, just enough to quench their thirst when needed. Two cups of corn silk tea should be consumed. The next morning there should be a drop in weight. If not, do not be concerned. It is important to note that because this protocol is synthesizing and releasing so much abnormal fat, the body may retain excessive water in order to rid the system of this excess released fat and accompanying toxins. This, at times, results in no apparent weight loss on the scale, however, you must know that the body is still being reshaped, and massive fat loss is still occurring.

NOTE: There are two questions that we ask immediately when the above situation arises. The first question for women is; Are you having a period or are you close to having a period? (This seems to cause water retention and as soon as the period is over, the weight is lost.) The second question is; How are your bowel movements? (If you are not having regular daily bowel movements you are retaining weight. It is recommended that you take a supplement or a tea that will help you become regular again.) This, too, should make your weight start dropping again.

29. Can I take higher doses of hCG?

Dr. Simeons said never go above 200 i.u.(s) of hCG a day.

30. Can I stay on Phase 2 longer than six weeks?

Dr. Simeons found that the body has a tendency to create an immunity or resistance to hCG. Therefore, staying on the diet for longer than a total of 42 injections is not advised. You must take at least an 8 week break before you start the injections and protocol of the diet again.