



HcG = Human Chorionic Gonadotropin

HcG works directly with the Hypothalamus gland. This gland actually controls body fat, emotions and helps to develop the reproductive organs during puberty. Each and every person is given HcG at birth. Unfortunately most of the food these days has been overloaded with chemicals. These chemicals are designed to remove HcG from your body.

Candida yeast overgrowth can be another common reason people lose HcG. This overgrowth is a result of an imbalance in the digestive system. If you have ever, in your life, taken antibiotics there is a high chance you have an imbalance.

The weight registered by the scale... is determined by two processes not necessarily synchronized. Under the influence of HcG, fat is being extracted from the cells, which is stored in the fatty tissue. When these cells are empty and therefore serve no purpose, the body breaks down the cellular structure and absorbs it. But the breaking of these useless cells, connective tissue, blood vessels, etc., at times follow the fat extraction process. When this happens the body replaces some of the extracted fat with water which is retained for this purpose. Because water is heavier than fat, the weight scale may show no loss of weight even though fat has actually been consumed to make up for the deficit in the 500 calorie diet. When such tissue is finally broken down and the water liberated, there is a sudden flood of urine and is marked as weight loss on the scale while following the instructions of the diet.

After the forth or fifth day of dieting... the daily loss of weight begins to decrease to less than a pound or somewhat less per day, and there is a smaller urinary output. Men often continue to lose regularly at the rate, but women are more irregular in spite of faultless dieting. There may be no drop at all for two or three days and then a sudden loss which re-establishes the normal average. These fluctuations are entirely due to variations in the retention and elimination of water, which are more marked in women than in men.

What is HcG and How Does it Work?

HcG is a hormone naturally produced in the body. It has many functions and is used medically to treat a variety of conditions. It is the pregnancy hormone. This hormone allows the body to metabolize fat and use it as energy for both mother and fetus. This acts as a "fail safe" mechanism when energy is needed immediately. For weight loss, we use only a very small amount of HcG to capitalize on this mechanism. Using HcG in this way does not mimic pregnancy; in fact, it can be safely used by both men and women.

Is HcG Safe?

HcG is extremely safe. Women may experience very high levels during pregnancy with no adverse side effects. Currently there is no known established clinical side effects to homeopathic remedies and medicine but as with any diet we recommend that you consult with a doctor before starting this diet and if you have any swelling, shortness of breath, dizziness or heavy redness consult a doctor or medical professional immediately.

What is the difference between prescription and non-prescription HcG?

Prescription HcG is usually pure pharmaceutical grade HcG with no supporting elements to help it perform at 100%. Prescription HcG can be very effective but must be obtained and monitored only by a licensed medical physician or it is considered against the law and very expensive. Pure HcG is usually administered by injection only.

Our non-prescription HcG Formula is homeopathically derived and blended with other effective natural ingredients, which not only makes it legally obtainable without a prescription, but also makes it safer and more affordable, with the same average weight losses of prescription HcG.

Is HcG safe for Men?

The HcG hormone is naturally present in men. It is found in every human tissue, including males, pregnant women, and non-pregnant women. Men get even faster results and tend to lose more weight than women.



If HcG works so well for weight loss, why don't pregnant women lose weight?

HcG works to mobilize fat for utilization by the body only when there is a significant decrease in calories and fat. For weight loss, a very low calorie diet of all the right foods is used to trigger HcG to help rid the body of fat.

Will my metabolism slow down if I am on a very low calorie diet?

It is true that normally when cutting back on calories and fat, our body stores fat and our metabolism slows down. This happens because fat is really a life-saving source of stored energy. When a very low calorie diet is used in conjunction with HcG, the hormone signals the body to use stored fat for energy, and will eliminate excess fat reserves. It is a natural process, so no ill effects on your metabolism will result. The HcG keeps the body from going into starvation mode and holding on to fat as it resets your metabolism.

Wouldn't you lose the same amount of weight eating a very low calorie diet without HcG?

You can lose weight simply by eating fewer calories and fat, but because the body stores fat during times of deprivation, you will most likely lose muscle and bone before fat. This causes cellular metabolism to slow down, so in the long run, it would make gaining weight easier, as well as decrease bone density and muscle mass. By using HcG with the low calorie diet, extra fat is mobilized for energy and the rest is eliminated; the low calorie diet is vital in preventing immediate refilling of emptied fat cells. You benefit by preferentially getting rid of excess fat without affecting your bone and muscle. With HcG you can lose the weight quickly and keep it off!

The HcG Diet is very low calorie, will I get hungry?

It is common to feel mild hunger during the first few days. This will pass and by the second week you will find your servings to be satisfying. 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 can access the energy you have stored in fat cells. Drinking lots of the green tea all day helps a ton as a natural appetite suppressant and your energy level. Overall, most people have plenty of energy and feel good while on the program.

Will I experience any changes in my menstrual cycle taking HcG?

Because of the amount of HcG is so small, there are no changes to your menstrual cycle. Likewise, HcG will not effect your ability to become pregnant, nor will it increase your chances of getting pregnant. It is best to avoid starting the HcG diet if you are within 5-6 days of your menstrual period. Wait until after your menstrual period is complete to start HcG. Once on HcG and you have a menstrual cycle, you can maintain the diet and continue taking HcG.

Does the weight loss slow down after the first two weeks?

Many times there is a large amount of weight loss in the first week, then a plateau or leveling off of weight loss. This does not mean that your weight loss has stopped. Typically, inches are being lost continuously while on the program, and after a period of time, patients will experience another large drop on the scale. Weight loss is thus achieved in this stair-step fashion.

Is it okay to skip a meal or protein at one of my meals?

No you don't ever want to skip any of your meals. Its important to eat all of your 500 calories and especially your protein so that you only lose fat and not muscle.

Can I exercise daily?

No exercise! Or if you must exercise, low key exercise only. You can do about 20 min. of walking a day and a few sit ups or push ups if you feel that is needed. Exercise burns calories and therefore causes your hunger to increase. The combination of low calorie intake and exercise could cause your body to go into a starvation mode. This can negatively impact your stamina and commitment to the diet. So take it easy. And remember, you will be losing fat. So when you go back to the gym, it's a skinnier, more energetic you!

Do I have to take vitamins while doing this diet?



hCG



You must take B-12 everyday. B-12 sublingual is recommended because it is absorbed right in your system. This supplement is as potent as a B12 shot from your doctor's office. This will increase your energy and metabolism. Also a good multiple vitamin helps. Make sure it is sugar free and has no fat soluble ingredients like fish oils. Potassium is also good especially if you experience leg cramps. Calcium and magnesium is also good to take if needed.

Is it normal to get a headache during the first week?

Some people may experience light headaches during the first week. This is because your body is releasing fat cells very rapidly and you will be going through a major detox. You may take an aspirin or tylenol as long as it's not sugar coated.

Can I take the drops longer if I want to lose more weight?

Yes! You can take them up to 40 days. After 40 days you must take a break for how many days you were on the drops before you start another session. This is to make sure your body doesn't become immune to the HcG. 20 days is the shortest amount of days and 40 days is the longest you can do the drops. Just remember the last 3 days of your plan is no drops and continue diet for 3 days until HcG is flushed out of your body before going into maintenance. Exercise is encouraged once you start maintenance and are back to a 1500-1700 calorie diet.

Can you wear makeup?

No lotions, moisturizers, or liquid make-ups with oil. HcG is very sensitive to oils, creams and fats. These could slow the weight loss process down; you only want it to target your stored fat. You can use mineral make-up or pressed powders and of course oil free foundations are fine. Other types of eye makeup and lipstick are fine. Stay away from lip glosses and Chapstick. If your lips get dry the protocol says to use carmex. It also says if you needed you can use mineral oil (baby oil) if needed as a moisturizer. Alba makes a oil free moisturizer that is great for face and hands/arms.