

HCG DIET PROGRESS CHART

Day	Weight	Blood Pressure
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		

Day	Weight	Blood Pressure
15		
16		
17		
18		
19		
20		
21		
22		
23		
24		
25		
26		
27		
28		

Day	Weight	Blood Pressure
29		
30		
31		
32		
33		
34		
35		
36		
37		
38		
39		
40		
41		
42		

Starting Weight and Measurements:

Neck	
Chest	
Waist	
Hip	
Upper Arm	
Thigh	
Calves	
Weight	
Total Cholesterol/LDL/HDL	
Fasting Glucose	
ESR	
Uric Acid	

Ending Weight and Measurements:

Neck	
Chest	
Waiste	
Hip	
Upper Arm	
Thigh	
Calves	
Weight	
Total Cholesterol/LDL/HDL	
Fasting Glucose	
ESR	
Uric Acid	

The HCG Diet “Cleanse”

Excerpts taken from *Pounds and Inches A New Approach to Obesity* by A.T.W. SIMEONS M.D.

BEFORE YOU BEGIN:

Before beginning this diet please provide the following information to your physician:

Do you take thyroid hormone? Yes No

Do you take Cortisol? Yes No

Do you use diuretics? Yes No

Do you have a family history of autoimmune disease? Yes No

Do you suffer from constipation? Yes No

Before beginning this diet a full physical including the following blood work is recommended but not required. In some cases and EKG will be required. Blood work required includes the following: a blood-count (CBC), a chemistry panel, fasting cholesterol and fasting blood sugar, a thyroid test (TSH) and a sedimentation rate (ESR). Insurance will not cover lab testing when used for the sole purpose of weight loss.

GENERAL INFORMATION:

- The hCG Diet is a strict **500 Calorie diet** accompanied by injection treatments of **Human Chorionic Gonadotropin (hCG)** developed by **Dr ATW Simeons in 1971**.
- The hormone hCG is produced by women during pregnancy but is present in both men and women. hCG is presently relied upon as a medication for fertility and it is also used to safely promote the production of testosterone in males. During Pregnancy the **hormone controls metabolic function, and similarly increases metabolic function** in non-pregnant men and women. hCG hormone is able to open fat cell membranes so that fatty acids are able to leave fat cells. Calories stored as fat are released and are used or eliminated by the body using a very low calorie diet.
- **SAFETY:**
 - hCG has been used safely by thousands and thousands of men and women in weight loss treatments since 1950s. The side effects of hCG use are uncommon. Side effects include the onset of headaches, irritability, restlessness, slight water retention, tenderness of breast tissue, swelling of the injection sight, and depression. Most side effects are likely the result of withdrawal from commonly ingested addictive substances such as caffeine, sugar, alcohol and food addictions.
 - There are some rare, severe side effects as well, which include the development of ovarian hyper stimulation in females. Side effects are associated with dosages used in fertility, which are much greater (20 units versus 10,000 units). Symptoms however would include pain in the region of the pelvis, the swelling of the extremities, abdominal pain or swelling. If a user of hCG products notes any side effects it is recommended that he or she cease using the products immediately and call the office.
 - As with any medication allergic reaction is always possible though rare. If you notice any symptoms of a serious allergic reaction, including: rash, itching/swelling (especially of the face/tongue/throat), severe dizziness, trouble breathing, shortness of breath contact the office immediately.
 - Common side effects are symptoms of detoxification duering the first week including headache, fatigue, acne or breakouts and irritability. Symptoms over the course of the diet include constipation and dry skin due to the limited amounts of food bulking the stool and limited fat.

WHAT TO EXPECT

- **An average loss of weight is a little less than a pound per day. Most patients on the 40-day program tend to lose about 25 pounds.**
- **The minimum course of injections is 28 days. If you do not have 15 pounds or more to lose then this diet is not best suited for you.**
- **The maximum in a single course is 40 injections or than 34 lbs. (15 Kg) at a time.**
- The reason for limiting a course to 40 injections is that by then some patients may begin to show signs of hCG immunity. **After 40 daily injections or 34 lbs of weight loss, it takes about six weeks before this so called immunity is lost and hCG again becomes fully effective.** When a third, fourth or even fifth course is necessary, the interval between courses should be made progressively longer.
- Weight loss does not always happen evenly over 40-day period. Some patients may notice a "lull" for a few days where little to no weight loss occurs, then patients notice quick weight loss after a "lull" period.
- **No exceptions should be made to the following diet.**

MENSTRUATION

- **During menstruation no injections are given, but the diet is continued** and causes no hardship; yet as soon as the menstruation is over, the patients become extremely hungry unless the injections are resumed at once.
- **In menstruating women, the best time to start treatment is immediately after a period.** Treatment may also be started later, but it is advisable to have at least ten days in hand before the onset of the next period.
- **The end of a course of hCG should never be made to coincide with menstruation.** If things should happen to work out that way, it is better to give the last injection three days before the expected date of the menses so that a normal diet can be resumed at onset. Alternatively, at least three injections should be given after the period, followed by the usual three days of dieting.

FLUCTUATIONS IN WEIGHT LOSS

- After the fourth or fifth day of dieting the daily loss of weight begins to decrease to one pound or somewhat less per day, and there is a smaller urinary output.
- **Women have more irregular weight loss in spite of faultless dieting.** There may be no drop at all for two or three days and then a sudden loss, which reestablishes the normal average.
- **These fluctuations are entirely due to variations in the retention and elimination of water.**
- **If you fear you are not losing weight, purchase ketone strips. If you are in ketosis you are burning fat. The weight will come off on the scale eventually.**
- Patients who have previously regularly used diuretics as a method of reducing, lose fat during the first two or three weeks of treatment which shows in your measurements, but the scale may show little or no loss because they are replacing the normal water content of your body which has been dehydrated. Diuretics should never be used for reducing weight.
- **A plateau that lasts 4-6 days potentially occurs during the second half of a full course, particularly in patients that have been doing well.** Those who are losing more than the average all have a plateau sooner or later. **A plateau always corrects itself**, but many patients who have become accustomed to a regular daily loss get unnecessarily worried and begin to fret. **This is water weight retention and will pass. Check you ketones to allay any fears.**

DIETARY ERRORS

Any interruption of the normal loss of weight or gain of more than 100 grams with the exception of the 4-6 day plateau, or premenstrual fluid retention is always due to some minor dietary error.

THE 3-DAY GOURGING PHASE

You must eat to your full capacity the most fattening food you can consume until you have completed your third injection. High fat calorie foods such as nuts, oils, and avocados are best. I do not encourage eating sugary, high processed foods as this makes withdrawal symptoms worse in the first week. Do not fear, any weight gain in this first 3 days is usually lost in the first 48 hours of dieting.

THE DIET:

BREAKFAST:

Herbal/Black Tea or Coffee in any quantity without sugar.

Only one tablespoonful of milk is allowed in 24 hours. Avoid milk if trying to go Allergy free/Cleanse. Stevia and Xylitol are the best, most natural, non-caloric sweeteners.

If you are not interested in “cleansing” then you may use sucralose (Splenda), saccharin (Sweet-n-low), aspartame, or other non-caloric sweetener.

LUNCH & DINNER

- 1) 100 grams (3.5 oz) of veal, very lean beef, chicken breast, fresh white fish (Cod, Tilapia, Trout, Light Chunk Tuna or Halibut), lobster, crab, or shrimp.
 - a. All visible fat and skin must be carefully removed before cooking
 - b. The meat must be weighed raw after all visible fat has been removed.
 - c. Meat must be broiled or grilled without additional fat.
 - d. Salmon, eel, tuna, herring, dried or pickled fish are not allowed due to fat/calories.
 - e. Tuna should be limited due to Mercury contamination. The ewg.org provides a safety calculator online.
 - f. Avoid Farmed fish which is high in PCBs.
 - g. Free range, organic beef and chicken and wild fish are preferred for “Cleansing”.
- 2) One type of vegetable only to be chosen from the following: One cup of broccoli, cauliflower, tomatoes, celery, fennel, onions, red radishes, cucumbers, or asparagus. Unlimited amounts spinach, chard, chicory, beet greens, green salad, or cabbage. If not losing weight with these portions then eat one cup of a single vegetable as the original diet instructed.
- 3) One Melba toast. If trying to follow an allergy free diet/Cleanse, then an allergy free option is a rice cracker or a rye cracker with 20 calories and 0 grams of fat. *
- 4) One fruit: A small apple, a small orange, 3-5 strawberries or one-half grapefruit. *

OTHER:

- **Vary your food** selections between lunch and dinner to prevent boredom or malnutrition.
- The juice of **one lemon** daily is allowed.
- Salt, pepper, vinegar, mustard powder, garlic, sweet basil, parsley, thyme, majoram, etc., may be used for seasoning, but **no oil, butter or dressing**. There are no restrictions on the use of sea salt however use the same amount daily to prevent fluctuations in water weight gain and loss.
- Tea, coffee, plain water, or mineral water are the only drinks allowed, but they may be taken in any quantity and at all times. You should **drink about 2 liters** of these fluids per day.
- Flavored Stevia is available at sprouts and may be used in sparkling water to replace soda.
- * If you experience low blood sugar/dizziness, then you may eat your fruit and cracker between meals instead of with lunch or dinner. For instance, having the toast and an apple for breakfast or an orange before going to bed is ok provided they are deducted from the meals.
- The daily rations of two the Melba toast or two fruits may not be eaten at the same time, nor can any item be saved from the previous day to be added on the following day.
- **All things not listed are forbidden.**

PLAN OF A NORMAL COURSE

- 1) 125,000 to 200,000 units hCG daily (except during menstruation) until a maximum of 40 injections have been given.
- 2) Until 3rd injection forced feeding.
- 3) After 3rd injection, 500 Calorie diet to be continued until 72 hours after the last injection.
- 4) Return to the clinic for a follow up visit and maintenance dieting instruction.
- 5) For the following 3 weeks, a low carbohydrate diet is recommended. Avoid fruits (Except what you were originally consuming on the diet, starch and sugar in any form.
- 6) After 3 weeks, very gradually add starch (Complex carbohydrates) in small quantities, always controlled by morning weighing.

HOT TO DO YOUR INJECTIONS

- To activate the hCG inject 10 cc of sterile water into the hCG bottle and gently swirl.
- Once hCG is in solution it is far less stable and should be kept refrigerated.
- It is stable for 60 days
- hCG produces little or no tissue-reaction, it is completely painless.
- The daily injection should be given at intervals as close to 24 hours as possible.
- Inject into the abdomen after cleaning the area with alcohol.
- Inject 125,000 to 200,000 units (notch 12-20 on the syringe supplied) per day.
- Begin with 12.5 notches.
- If after 1 week you are extremely hungry, increase your dose to 15 notches.
- If after 3 days you are still extremely hungry increase your dose to 20 notches.
- If after 3-5 days you are still extremely hungry contact the office.
- Dispose of needles in a sharps container- a mail in container is available at Walgreen's
- If weight loss stops check you ketones, if purple, you are burning fat.

OTHER OPTIONS:

- B12 injections are available in our office as needed for energy.
- B12/Magnesium/Bcomplex injections are available in our office as needed for muscle cramps.
- A MIC/B12/B6/AMP injection is available in our office, which potentially promotes improved metabolism, energy and mood elevation.
- Magnesium citrate 250 mg 2 times per day often is helpful to treat muscle cramps and constipation.
- A quality multi-vitamin is highly recommended while on this program. Women's Symmetry: 6 capsules per day, Spectrum Multivitamin: 4 capsules per day or Basic Detox Nutrients: 6-12 capsules per day are great options. A multivitamin helps prevent fatigue, brain fog and muscle cramps.

NATURE OF SERVICES

Many of the treatments and diagnostic procedures used have not received formal approval by the U.S. Food and Drug Administration (FDA) or other regulatory agencies. Our services are considered to be in the field of complementary and alternative medicine (CAM), also referred to as integrative or holistic medicine. Though a large body of world-wide scientific evidence does exist regarding the use of CAM treatments, many have not been proven to be safe and effective for certain medical conditions by scientific studies that meet the criteria of the FDA or other agencies

hCG has not been demonstrated to be effective adjunctive therapy in the treatment of obesity. There is no substantial evidence that it increases weight loss beyond that resulting from caloric restriction, that it causes a more attractive or normal distribution of fat, or that it decreases the hunger and discomfort associated with calorie restricted diets.

COSMETICS

Most women find it hard to believe that fats, oils, creams and ointments applied to the skin are absorbed and interfere with weight reduction by hCG just as if they had been eaten. This almost incredible sensitivity to even such very minor increases in nutritional intake is a peculiar feature of the hCG method. **During the hCG protocol, it is critical that you eliminate the intake of oils, which includes oils applied externally in the form of lotions, cleansers, and cosmetics. With the exception of the approved products, cosmetics are prohibited.**

Approved Product List

The following products are advertised as oil free:

Clinique

- Moisture Surge Extra
- Dramatically Different Moisturizing Gel
- Face moisturizers
- Available at the cosmetic counters at Macy's, Nordstrom, other.

Lancôme Aqua Fusion: Tinted and non-tinted moisturizer, with SPF and without. (\$38)

- Pure Focus: Toner (\$21), Cleanser (\$21), Scrub (\$23), Moisturizer (\$36), T-zone gel.
- Absolue: Anti-aging, Wrinkle Defying Face Moisturizer. Pump only is oil free. (\$110)
- Renergie: Anti-aging, Wrinkle Defying Face Moisturizer. Pump only is oil free. (\$78)
- All available at the cosmetic counters at Macy's, Nordstrom, other.

Shiseido

- Pureness: Face Moisturizer.
- Available at the cosmetic counter at Nordstrom.

Chanel

- Tient: Innocence and Pro Lumiere: base/foundation/compact
- Purete: Line of facial cleansers and blemish control products
- Available at the cosmetic counters at Nordstrom, Macy's, other (also at www.chanel.com).

Estee Lauder

- Individualist: Double wear: Foundation (liquid and powder)
- Available at the cosmetic counters at Nordstrom, etc.

Kiehl's

- Sodium PCA (\$25 for 4 oz) and Yerba Mate lotion (\$33 for 2.5 oz).
- Both are face moisturizers, available at Nordstrom.

Almay:

- Eye Make-up remover, paste (\$6.99) and gel (\$5.99)

NeutrogenA: Oil-free Moisture, Face Lotion

- Available at Rite Aid, Walgreens (www.walgreens.com for \$9.99 for 4 oz.)

Naked Minerals

- Bare and Naked Minerals makeup is 100% natural - from foundations to shadows, blushes and lip glazes. These products contain no artificial colors, fillers, binders or preservatives and Naked Minerals is the only type of makeup that actually looks better as the day goes on. The 100% pure minerals blend with your skin's natural oils to provide coverage that is flawless and natural. If you have sensitive skin Naked Minerals is perfect because it works with your skin rather than against it. If you want superior coverage that will give your skin that healthy glow while concealing uneven pigmentation and imperfections, then Naked Minerals is for you.

Body Lotions

- Body and Earth: Available at grocery stores.
- Johnson's Baby Lotion: Available at most drug and grocery stores.
- Aloe Vera gel has been found by some to be a good moisturizer. Available at most drug stores.

Lips

- Dr. Simeons does not restrict the use of lip products.
- Tip: Some people put Carmex on their knuckles to relieve dry cracked skin.

Hair

- Tip: Any shampoo and conditioner is okay if you rinse thoroughly after each use. Leave in conditioner is discouraged.
- Do NOT color your hair while on this protocol

Deodorant

- Natural crystal deodorant stick available at www.herbalremedies.com (4.25 oz for \$5.49). Also available at many drug stores.

DISCLAIMER: The following products/ingredients should be used with caution: lanolin, glycerin, petrolatum, petroleum jelly, Carmex, mineral oil, beeswax. Many patients have used these products for the relief of symptoms of dry skin and chapped lips, without a negative effect on their weight loss. However, if you notice a slowing or drop off in your weight loss while using any of the above products, we recommend discontinuing use.

ACTIVITY

We do not recommend strenuous exercise while completing the protocol. However, **we do recommend walking and other light exercise. If you feel fatigued, then listen to your body and reduce the intensity.** Weight can temporarily increase after an exceptional physical exertion of long duration leading to a feeling of exhaustion. A game of tennis, a vigorous swim, a run, a ride on horseback or a round of golf do not have this effect; but a long trek, a day of skiing, rowing or cycling or dancing into the small hours usually result in a gain of weight on the following day, unless you are in perfect training. Any kind of massage during treatment is strongly discouraged. It is unnecessary for fat loss and potentially disturbs a very delicate process that is going on in the tissues.

UNFORESEEN INTERRUPTIONS OF TREATMENT

If an interruption of treatment lasting more than four days is necessary, you must increase your diet to at least 800 Calories by adding meat, eggs, cheese, and milk to your diet after the third day, as otherwise you will find yourself so hungry and weak that you will be unable to go about your usual occupation. **If the interval lasts less than two weeks then you can directly resume injections and the 500-Calorie diet, but if the interruption lasts longer you must again eat normally until you have had your third injection.**

Interruptions occurring before 20 effective injections have been given are most undesirable, because with less than that number of injections some weight is liable to be regained. After the 20th injection an unavoidable interruption is merely a loss of time.

CONCLUDING A COURSE

Once you have stopped using hCG Continue the 500 calorie diet for 3 more days. It takes about 3 days for you body to eliminate hGC from your system. In that time fat can be regained if you begin to eat too many calories too soon.

It is important that you not continue the 500 calorie diet after completing the hCG diet. You especially need foods high in protein, fat and healthy fiber. Continuing to follow a low calorie diet could result in weight gain.

Please return for you follow-up appointment after concluding a course of hCG. In this appointment we discuss the maintenance diet, food reintroduction for determining food sensitivities and whether you are healthy enough to complete a second round if necessary.

When the three days of dieting after the last injection are over, you can eat anything desired except sugar and starch (rice, bread, pastries, crackers, pretzels, cookies, potatoes, yams) provided you faithfully observe one simple rule. This rule is that you must have your own portable bathroom-scale always at hand. **You must without fail weigh every morning as you get out of bed, having first emptied your bladder. It takes about 3 weeks before the weight reached at the end of the treatment becomes stable**, i.e. does not show violent fluctuations after occasional excess. During this period patients must realize that the so-called carbohydrates, that is sugar, rice, bread, potatoes, pastries, etc, are by far the most dangerous. If no carbohydrates whatsoever are eaten, fats can be indulged somewhat more liberally and even small quantities of alcohol, such as a glass of wine with meals, does no harm, but **as soon as fats and starch are combined things are very liable to get out of hand.** This has to be observed very carefully during the first 3 weeks after the treatment is ended otherwise disappointments are almost sure to occur.