

## The HcG Diet

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 suffer from headaches?  Yes  No

Do you suffer from Rheumatic pains?  Yes  No

Do you suffer from menstrual disorders?  Yes  No

Do you suffer from constipation?  Yes  No

Do you suffer from breathlessness or exertion?  Yes  No

Do you suffer from swollen ankles?  Yes  No

Do you feel the need to eat snacks between meals?  Yes  No

Before beginning this diet a full physical including the following blood work is required. In some cases and EKG will be required. Blood work required includes the following: a blood-count (CBC), a chemistry panel including uric acid, fasting cholesterol and fasting blood sugar, a sedimentation rate (ESR) and an iodine panel. 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. During Pregnancy the hormone controls metabolic function, and similarly increases metabolic function in non pregnant men and women. Calories stored as fat are released and are used or eliminated by the body using a very low calorie diet.
- No exceptions should be made to the following diet.
- The duration of treatment can be roughly assessed on the basis of an average loss of weight of a little less than a pound, per injection, per day. Most patients on the 23-day program tend to lose about 20-25 pounds; however, the weight loss does not always happen evenly over 23-day period. Some patients may notice a "lull" or a span of a few days where little to no weight loss occurs. Some patients often notice quick weight loss after a "lull" period.
- The maximum in a single course is 40 injections or than 34 lbs. (15 Kg.) at a time. The treatment is stopped when either 34 lbs. have been lost or 40 injections have been given. 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.

## **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. Similarly, 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, which are more marked in women than in men.

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.

## **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 full fat dairy products, nuts, oils, and avocados are best. Do not fear, any weight gain in this first 3 days is usually lost in the first 48 hours of dieting.

### **THE DIET:**

#### **BREAKFAST:**

Tea or coffee in any quantity without sugar.

Only one tablespoonful of milk allowed in 24 hours.

Stevia, saccharin or other sweeteners may be used.

#### **LUNCH & DINNER**

- 1) 100 grams of veal, very lean beef, chicken breast, fresh white fish (Cod, Trout, Tuna or Halibut in water) lobster, crab, or shrimp.
  - a. All visible fat must be carefully removed before cooking, and the meat must be weighed raw.
  - b. It must be boiled or grilled without additional fat.
  - c. Salmon, eel, tuna, herring, dried or pickled fish are not allowed.
  - d. The chicken breast must be removed raw from the bird. Free range, organic is preferred.
  - e. The 100 grams of meat must be weighed raw after all visible fat has been removed.
  - f. Tuna should be limited due to Mercury contamination. The ewg.org provides a safety calculator online.
- 2) One type of vegetable only to be chosen from the following: spinach, chard, chicory, beet greens, green salad, tomatoes, celery, fennel, onions, red radishes, cucumbers, asparagus, cabbage.
- 3) One grissino Italian breadstick (if you can find it) or one Melba toast.
- 4) One fruit: An apple, an orange, a handful of strawberries or one-half grapefruit.

#### **OTHER:**

- The juice of one lemon daily is allowed for all purposes.
- 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. Many patients are afraid to drink so much because they fear that this may make them retain more water. This is a wrong notion as the body is more inclined to store water when the intake falls below its normal requirements.
- The fruit or the Melba toast may be eaten between meals instead of with lunch or dinner, but not more than four items listed for lunch and dinner may be eaten at one meal. There is no objection to breaking up the two meals. For instance having the Melba toast and an apple for breakfast or an orange before going to bed, provided they are deducted from the regular meals. The whole daily ration of two the Melba toast or two fruits may not be eaten at the same time, nor can any item saved from the previous day be added on the following day.
- Every item in the list is gone over carefully, continually stressing the point that no variations other than those listed may be introduced.
- All things not listed are forbidden.

## **INJECTIONS**

Once HCG is in solution it is far less stable and should be kept refrigerated.

HCG produces little or no tissue-reaction, it is completely painless.

It is also important that the daily injection should be given at intervals as close to 24 hours as possible.

Inject yourself daily with \_\_\_\_\_ units of HcG.

## **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.
- Absolu: 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](http://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](http://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

- Biologe
- 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](http://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. 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.

When the three days of dieting after the last injection are over, you should 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.

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.

## **SKIPPING A MEAL**

As long as your weight stays within two pounds of the weight reached on the day of the last injection, you should take no notice of any increase in weight and eating is encouraged but the moment the scale goes beyond two pounds, even if this is only a few ounces, you must on that same day entirely skip breakfast and lunch but take plenty to drink. In the evening you must eat a huge steak with only an apple or a raw tomato. This rule applies only to the morning weight.

It is of utmost importance that the meal is skipped on the same day as the scale registers an increase of more than two pounds and that missing the meals is not postponed until the following day. If a meal is skipped on the day in which a gain is registered in the morning this brings about an immediate drop of often over a pound. But if the skipping of the meal - and skipping means literally skipping, not just having a light meal - is postponed the phenomenon does not occur and several days of strict dieting may be necessary to correct the situation.

## **RELAPSES**

As a general rule one can say that 60%-70% of cases experience little or no difficulty in holding their weight permanently. Relapses may be due to negligence in the basic rule of daily weighing.

## **PLAN OF A NORMAL COURSE**

- 1) 125 I.U. of HCG daily (except during menstruation) until 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) For the following 3 weeks, all foods allowed except fruit, starch and sugar in any form
- 5) After 3 weeks, very gradually add starch in small quantities, always controlled by morning weighing.

## **NATURE OF SERVICES**

Many of the treatments and diagnostic procedures used at the Center for Hormonal Healing™ 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.

### 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	
Waiste	
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	