

WHAT IS HCG?



HCG is an acronym for “human chorionic gonadotropin.” The HCG diet protocol was written and discovered by the late Dr. A.T.W. Simeons, a London-born physician. Dr. Simeons devoted his life to the study of obesity and how to cure it. The first report of HCG for the management of obesity was published in 1954 by Dr. Simeons, while he was practicing medicine at the Ospedale Salvatori Mundii in Rome, Italy.

Dr. Simeons first discovered this treatment by observing women in third world countries. They were working long, hard hours with very little food. He realized that even though these women were practically starving out in the fields, they were still giving birth to perfectly normal, healthy, full-weight babies. From this observation Dr. Simeons realized that whether the mothers ate or not, the baby was still receiving the nutrition needed through a biological process using HCG.

HCG is found in pregnant women’s urine, created by the placenta at first and then by the fetus itself. HCG levels are measured in pregnancy tests to detect whether a woman is pregnant or not. The high levels of HCG that are produced during pregnancy have no negative effect on the pregnant woman’s body or the fetus. In fact, doctors have used HCG for many years in order to assist women who are experiencing hormonal issues or fertility problems. More recently, however, researchers have discovered that very small doses of HCG can actually assist the body to burn fat while being used as a weight loss aid, when combined with a healthy low calorie diet and moderate exercise.

The key to Dr. Simeons’ discovery is this: HCG helps people lose weight by releasing abnormal fat storage pockets in the body, allowing the fat to be burned as fuel. (You could not achieve this result without the use of the HCG.) When combined with Dr. Simeons’ low calorie diet protocol, one can reasonably expect to lose up to a pound a day. However, HCG is not a cure-all method. It does not necessarily eradicate obesity, but weight losses are rapid, more relaxed, and the maintenance period after treatment runs a smoother course.

There are no age or gender limits using HCG, and tolerance to the treatment is excellent. Many patients willingly submit to a second or third treatment to reach their desired results. Weight loss is safe and comfortable for patients, provided that each person meticulously follows the prescribed protocol diet. Any deviation from the protocol is likely to not yield the desired results. Even minor deviations may cause unwanted setbacks.

The HCG diet protocol is a safe and suitable approach for the treatment of obesity which includes behavior modification as well as pharmacological and dietetic aspects. When properly managed, the result is rapid weight loss and improved body shape after treatment is complete. Clinical complications and unfavorable results are related to unsafe modifications of the protocol.

The 500 calorie diet as prescribed in the original treatment by Dr. Simeons proved to be safe and effective when utilized properly with HCG. Results are not surpassed by any other method of obesity therapy. Reshaping of body contour is more noticeable in those patients displaying the so-called obesity types. Although HCG is associated with pregnancy, it can be used safely by both men and women that are seeking weight loss control options.

We recommend the following books for additional information on the HCG diet protocol:

1. Dr. A.T.W. Simeons: “Pounds & Inches” – a free download of the book is available on our Home page.
2. Kevin Trudeau: “The Weight Loss Cure” – available at most online bookstore.