

What is HCG and how does it result in rapid weight loss?

HCG stands for Human Chorionic Gonadotropin, a hormone present in both men and women, but which is produced in great amounts in pregnant females. During pregnancy, the substance almost completely controls the woman's metabolic function. In non-pregnant individuals, research suggests HCG similarly increases the metabolism. In this weight loss program, a very small amount is used to stimulate the body to burn fat cells for energy while the body is on a very low calorie diet (VLCD.) This may result in an average weight loss of 1 to 2 lbs a day.

The injection in conjunction with a low calorie diet tricks the body to release and burn your stored fat. Taking HCG triggers the hypothalamus a compartment of the human brain to use stored, abnormal fat for its main energy source. This allows your body to burn 2000 calories a day for fuel. When fat is converted to calories there are vitamins, proteins and minerals contained in the fat tissue which are given back to your body. You don't feel hungry and run down because your body is now running on your fat reserves, and the hypothalamus is beginning to reprogram and reset your body to a new lower weight so that you maintain the weight loss and don't experience a yoyo effect. HCG combined with a low calorie diet allows your body to shed off all the unnatural locked fat reserves and keeps your muscle and structural fat in order.

Wouldn't you lose the weight with just a low calorie diet?

You would lose weight, but not from your stored locked fat! The body has a natural protective mechanism that is designed to store fat in order to prevent death and starvation. When a person tries to reduce calories to lose weight, they will first burn up their normal reserved fat. Once these are all used up, the body will burn up the structural fat. Only as a last result will the body let go its abnormal fat reserve.

How much weight will I lose with the HCG diet?

Most HCG dieters report a loss of 1 to 2 lbs a day. At the very least, half a pound a day, and at the most, 3 plus pounds a day. Fiber intake is extremely important, as is water intake.

Is it healthy to lose 1 to 2 pounds a day with HCG injections?

HCG weight loss studies have shown that weight loss following the protocol comes directly from adipose fat tissue rather than lean muscle. In doing so, the weight loss comes directly from fat and does not strip the body of much needed muscle, vitamins or minerals essential to maintain good health, while at the same time, releasing excessive amounts of fat-stored nutrients into the blood stream to be absorbed by the body. For this reason, HCG dieters report a feeling and appearance of great health and marvel at the loss of negative health risks they had as an overweight individual.

Why the low calorie diet?

HCG diet injections cause your hypothalamus to mobilize the fat out of the fat storage locations so that it's available for use. While you are consuming a low calorie diet, your hypothalamus is continually releasing the fat stored in your body. Because of this, your body is actually operating on thousands of calories a day. The result is your body using thousands of calories of fat from your body each day; the reason HCG dieters lose 1 to 2 lbs of fat or more, per day.

Will I be hungry on the HCG Diet Plan?

It is common for mild hunger during the first few days, however this will pass and by the 2nd week, you will find even very tiny servings, to be completely satisfying. This is partly due to your hypothalamus adjusting your metabolic rate, but largely due to the amount of calories circulating in your system from the fat being released. It is common that HCG dieters feel as though they are stuffing themselves in order to reach that daily calorie limit!

How about safety and side effects of HCG Diet injections?

There are rarely side effects reported while using HCG diet injections, or oral HCG for weight loss. When the HCG injections are used for fertility reasons, the larger amount is known to cause occasional headaches, and pregnancy symptoms. However, the amount differences between the HCG diet protocol and HCG used for fertility purposes is significantly different in quantity.

Will I gain the weight back after the HCG diet?

After the HCG diet, you will find your appetite has changed, your eating behavior will be changed and your body will of course, have changed. This is the perfect opportunity to adopt that healthy lifestyle to maintain your weight.

You will find a minimum amount of exercise will be sufficient for maintaining a very healthy body. With your hypothalamus reset, your metabolism will be different and you will be able to eat moderately without feeling the need to overeat.

Is HCG safe for men?

The HCG used for the HCG weight loss protocol is actually already found in men. In fact, it is present in every human tissue, including males and non-pregnant women, as well as, pregnant woman.

How painful are HCG injections for weight loss and can they be taken orally?

The HCG injections for weight loss are administered using a very fine needle and are relatively painless. We recommend injections because it is much more effective.