

# Overview of hCG Diet

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The hCG weight loss protocol consists of a very low calorie diet (VLCD) accompanied by treatments of hCG, rather oral or injected. The average hCG dieter experiences rapid weight loss averaging 1 to 3 pounds per day. In addition to loss of unwanted fat, the true benefit of the hCG protocol is its ability to help modify the dieter's relationship with food and eating, resulting in easily maintained, long-term weight loss.

## Dr Simeons Original hCG Diet Protocol

- 125 iu of hCG is administered daily (exception: no hcg diet during menstruation.)
- Until 3rd injection the patient eats excessively.
- Following the third injection, the 500 calorie diet and personal care product restrictions are applied and continue through 72 hours after the last injection.
- For the continuing 3 weeks, all foods are allowed except sugar and starch- this includes sweet fruits.
- After the 3 weeks. starches are introduced into the diet in very small quantities and weight is monitored to ensure weight maintenance.

## hCG DIET FAQ

### *What is hCG?*

hCG stands for Human Chorionic Gonadotropin, a hormone naturally produced by the placenta in pregnant women and almost completely controls the metabolic function through the hypothalamus throughout the pregnancy. Contrary to popular belief however, the hCG used in the Hcg diet protocols is a variation of the hCG form used for fertility treatments, and in a much smaller dose. All hCG used for medical purposes is natural, but created in laboratories from sterile cells. *It is NOT extracted from women or animal urine- a common misconception.*

### *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, .5 pound a day, and at the most, 3 + lbs a day. 1 lb is generally lost in the first day. Factors that guarantee faster weight loss include increasing vegetable intake and mixing salad with each meal. Fiber intake is extremely important, as is water intake.

### *Is it healthy to lose 1 to 2 pounds a day with hCG?*

hCG weight loss studies have shown that weight lost following the Simeons protocol comes directly from adipose fat tissue rather than lean muscle. In doing so, the weight lost comes directly from unhealthy 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.

*Will I be hungry on 500 calories a day?*

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 500 calorie limit!

*Will I gain the weight back after the hCG diet?*

After the hCG diet, not only will you have lost physical weight, former hCG Dieters also report a change for the better in appetite, and a natural course of modified eating behavior. They also report this as being an ideal situation for easily transitioning into a healthy relationship with food.

With all of these changes and experiences, the hCG Diet is the perfect opportunity to adopt that healthy lifestyle to maintain your weight.

Will you gain the weight back after hCG? There is no reason you should, so long as you have replaced any former negative eating and inactive lifestyle habits with new, healthy perspectives on food and exercise.

Most post-hcg dieters find a minimum amount of daily activity is sufficient to maintaining their hCG weight loss goal. A minimum amount of exercise is recommended not only for weight maintenance, but also for the added health benefits. Recommended activities include: Yoga, 20 minutes of cardio, or any number of activities you may enjoy, that gets your heart moving. With your hypothalamus, "reset" and your metabolism will reflect these differences. and you will be able to eat moderately without feeling the need to overeat.

## Protandim

Dr. Beyler, his wife Lynn, and many others who have gone through the HCG protocol have also been taking an important supplement called Protandim. Protandim is a natural supplement which fights oxidative stress on the level of 1 million antioxidants. Protandim can fight the aging process in our bodies, and many studies have been conducted on diseases such as cancer, heart disease, and Alzheimer's.

Ask Dr. Beyler or one of his staff about his experience with hCG and Protandim.

## **What Makes This Diet Different...And BETTER than any Diet You've Ever Been On? Why could this be the last diet you'll ever need?**

**IT WORKS:** It works- and it works FAST. Our patients average 36 pounds of fat loss in just 40 days. And that's not just hype; there is no fine print with a disclaimer that says something about how these results are not 'normal'. These results *are* normal when participating in the HCG diet through our weight loss clinic. The bigger folks have lost up to 54 pounds. The folks on the lower end of lost around 20 pounds, but that's still in just over a month. The folks that lost the lesser amounts tell us they've never lost that much weight that fast, so they are thrilled.

**REAL FOOD:** No eating out of a shrink-wrapped package or a box. You'll eat real food. You have lots of options with the HCG weight loss program. We suggest all kinds of great meal ideas and you choose what you'd like to eat. If you follow the diet parameters closely, you can expect this kind of rapid weight loss result for yourself. Each morning you'll get up and weigh yourself and smile!

**THE REBOOT:** This diet can re-boot your Metabolism. How does that work? I suspect you have probably dieted so many times that you just can't eat very much without gaining weight. Or every time you diet you just end up gaining it all back. I was like that too. When you can eat like a real human without gaining weight, you can get off the diet roller coaster. Want more? Check out what you get to eat!

### **What Comes With the HCG Weight Loss Program at Beyler Chiropractic Clinic?**

#### 1. The HCG Weight Loss Cure Guide

This diet reference guide contains helpful information for each stage of the diet. Inside you will find:

- instructions for how to prepare for the diet and how to begin
- help on deciding which form of HCG is best for you
- details on how and when to self-administer your HCG
- a comprehensive list of all the foods allowed during each segment of the diet
- helpful hints for cooking that keep the diet phase exciting
- weight loss charts, eating plans, and a chart to track your weight loss

#### 2. Initial exam- Dr. Beyler will give you an exam to deem you fit for the diet.

3. Coaching through the entire process- Lynn Beyler's cell phone number to call her with questions at any time.

Whether you have those stubborn 15 pounds, 150 pounds to lose, or anything in between, HCG weight loss adapts to your situation.

#### **The 21 day program vs. the 40 day program:**

If you have less than 20-25 pounds to lose you will only need to do the 21 day program. You will take the HCG for 23 days, instead of the 40 days on the longer program. For more than 20-25 pounds you will need to do the 40 day program.

Obesity can have an end. Obesity is not a disease and it's not your destiny.

### Weight Loss Price Comparison

Diet	Lose 30 pounds in:	Cost to lose 30 pounds	Methodology
Seattle Sutton	15-30 weeks.	\$2235-\$5070. Includes pre-packaged food.	1200-2000 calories per day + 3 glasses of skim milk.
Weight Watchers	15-30 weeks.	\$97-\$165 + price of food. Total: \$1147-\$2265.	count points and cook your own meals. Attend meetings if you choose.
Medi-Fast	6-15 weeks.	\$449-\$1196 + price of food. Total: \$869-\$2246.	packaged shakes, soups, pudding, & other powdered food. One 'lean and green' meal per day.
Dr. Gautam Gupta	15-30 weeks.	\$2595 + price of food. Includes lab work, weekly office visits, & drugs. Total: \$3645-\$4695.	calorie restriction & drugs.
Bariatric Surgery	fast.	\$20,000-\$25,000 + price of food.	major surgery followed by calorie restriction.
HCG	<b>5 weeks!</b>	\$975 covers a 40 day supply of injections. Our patients spend an average of \$70 per week on fresh food.  Our total comes to \$1745 for the 11 weeks to get you through maintenance, including the food you purchase. Total for first 5 weeks comes to \$1325. The most expensive part of this diet is all the new clothes you will have to buy!	Calorie restriction plus the benefit of the HCG- a calorie-burning natural hormone which burns 2500-4000 calories per day.
Nutri-Systems	No promises.	\$1542-\$3085. Includes price of pre-packaged diet food.	Pre-packaged, processed snacks and entrees with your fruits and vegetables.
Jenny Craig	15-30 weeks.	\$2310-\$4620. Includes price of pre-packaged diet food.	pre-packaged foods.