

*Weight-B-Gone*  
hcg drops



## Weight-B-Gone

HCG DROPS:  
HOW DOES IT WORK



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## **Weight-B-Gone HCG Drops**

### **How Does HCG Work?**

#### **HCG Diet Faq's How Does HCG Work?**

This method of weight reduction was developed by Dr. A T W Simeon and is based on the theory that there are three types of fat – necessary fat supporting the kidneys, cushioning the arteries etc, and the fat for fuel which is localized all over the body. The third type is surplus fat which accumulates in the typical areas and causes obesity. Fat deposits of this kind are relatively “fixed” and not easily available to the body as fuel. Hence the “starvation diet” method that attacks the easily available, necessary fat and the patient suffers fatigue, becomes haggard, skin begins to wrinkle and they lose fat from the wrong areas. Dr. Simeon discovered that human chorionic gonadotrophin – HCG – attacks “fixed” fat first and injections of diluted HCG combined with a 500 calorie diet means that the patient loses the “right” fat without becoming fatigued, because the HCG triggers the movement of “fixed” fat enabling it to be burned off as fuel. This leaves the normal fat reserves not only unaffected but actually restored so that the patient has a fresh, healthy appearance. Homeopathic HCG has since been developed in drops

#### **Will I be hungry on the on 500 calories per 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. HCG can release 1500 to 4000 calories with the additional 500 calorie diet, which equates to a 2700 to 4700 calorie diet. This is why most people do not feel hungry while on the HCG Diet.

If I just ate 500 calories per day would I not lose the same amount of weight?

If you attempted to lose weight by only eating 500 calories it would eventually backfire, because your body would think that you were starving and would begin to store additional fat.

#### **Who can take the diet?**

The treatment works for almost everyone, young, old, male, or female. You can use HCG if your BMI value is not lower than 20. Always check with your doctor before beginning any new weight loss program. Do NOT use HCG if you are pregnant or nursing.

## **Is HCG safe to use as a weight-loss aid?**

Human Chorionic Gonadotropin, more commonly known as HCG is a hormone which is produced during a women's pregnancy. It triggers the hypothalamus which mobilizes the mother's stored fat. This is essential because it helps insure that the baby gets the fuel it needs in order to be healthy. HCG affects the metabolic functions so that fat can be easily transferred to the blood stream from pools of stored fat from locked fat reserves. Pregnancy tests, test for HCG which is produced only during pregnancy. A high level of HCG indicates a positive pregnancy. In some cases the increased HCG level can be detected in the blood as early as 8 days after conception, but in most cases it is usually around 11 days. During the course of pregnancy HCG levels will increase and decrease, with the levels doubling on average every 30-31 hours until they peak, usually around the 9th and 10th weeks of your pregnancy. According to the Department of Obstetrics and Gynecology, at the University of New Mexico, a pregnant woman produces a peak HCG level of over 3,000,000 IU during the 10th week of gestation. This is 15,000 times less than the daily dose of 200 IU used in conjunction with weight loss. To put this in perspective: A person taking 12 sublingual drops of HCG per day (200 IU) would have to take 180,000 drops to equal what a pregnant woman produces at her peak production of HCG. This equals nearly 2 1/2 gallons of drops.

## **Who should not take HCG?**

Anyone with Heart Disease Women with an ovarian cyst Pregnant women and women who are nursing. Those with cancer, heart disease, kidney disease Young children Those that are instructed by their physician not to take HCG. Those with Diabetes Type 1 Men with Testicular or Prostate Cancer Women should not take HCG during the first two heavy days of their period hCG can aggravate gout, be sure to take a vitamin pill along with Potassium Gluconate. If you have gall bladder issues HCG can aggravate it because of the small fat intake

## **What is the difference between HCG drops and Injections?**

HCG drops are taken under the tongue and directly absorbed into the body. Our HCG dietary supplement does NOT require a prescription. HCG injections must be prescribed by a doctor and are administered by a shot into muscle tissue. A series of HCG injections can cost \$700 or more.

## **Should I consult my physician while on the HCG diet?**

Whenever considering a weight loss program, consult with your healthcare provider. Homeopathic HCG drops do not require a prescription.

## **How much weight will I lose?**

If the program is followed perfectly, men report a loss of 1 to 1/2 pounds per day. As a general rule women do not lose as much as men although some do lose around 1 pound per day. The average weight loss for a woman is between 1/2 pound and 1 pound per day. Women that are

taking hormone replacement drugs may not experience as much weight loss as other women. An average of 70% to 90% of people that have participated in the HCG diet claim they have had no difficulty keeping their gains. After the HCG diet, which lasts between 7 and 9 weeks your appetite will have changed along with your body. Unless, you go completely back to your former habits, moderate exercise and healthy eating habits should help you maintain your weight loss.

### **What is the best way to take HCG?**

If done properly, the body will absorb 95% of the HCG under the tongue. Whatever HCG is swallowed will be destroyed in the stomach. Keep it under your tongue as long as you can, 1 minute minimum.

### **What are the basic steps in the HCG Diet?**

26-45 Day Program: 2 days of pigging out and taking the HCG 21-40 days of restricted eating while taking the hCG 3 days of restricted eating AFTER finishing the HCG (this is the first step to the maintenance phase) 21 days of “watching what you eat” – The maintenance phase. (1500 Calories per day) You must then wait an additional 21 days before you start your next round.

### **How long should I stay on the HCG diet for?**

You can take the drops for up to 6 weeks at a time. If you have more than 35-40 pounds to lose, you can do more cycles after taking a break of at least 3 weeks.

### **How much should I order?**

A 2 ounce bottle will easily last 30 days and many have found that they can use 2 ounce for the entire 6 week

### **When is the best time for women to start on the HCG diet?**

The best time for women to start the HCG weight loss program is immediately after their period or menstruation cycle.

### **Can men use HCG for weight loss?**

Yes most men have great success on the HCG diet.

### **Can you take HCG with prescription medications?**

HCG does not interfere with the vast majority of medications you may be taking. However, check with your doctor before you start any HCG diet program.

### **What are the side effects of taking HCG?**

The vast majority of people report no problems with the sublingual HCG. Some people report slight headaches which may be due to the HCG or to the Very Low Calorie Diet. Some that are prone to migraines have reported migraines during the first week. Bodybuilders that take massive amounts of HCG have reported spells of vomiting.

### **Where are HCG ASAP drops made?**

In the United States. Please beware of cheap imitations.

### **Will HCG interfere with birth control?**

HCG will not interfere with any form of birth control.

### **Will I keep the weight off?**

An average of 70% to 90% of people that have participated in the HCG diet claim they have had no difficulty keeping their gains. After the HCG diet, which lasts between 7 and 9 weeks your appetite will have changed along with your body. Unless, you go completely back to your former habits, moderate exercise and healthy eating habits should help you maintain your weight loss. Don't think of HCG as just a diet; use of the HCG program can help reset metabolism and fat regulation so the body is no longer triggered into storing unneeded fat. Continue to be aware of the foods you take into your body.

### **What about wrinkles and stretch marks?**

This is where HCG differs in effect from all other weight loss regimens. HCG eliminates abnormal fat deposits. Double chins, pot bellies, and fat around the thighs are usually the first to shrink. Your body needs certain fats to remain available for healthy body function, and HCG does not reduce those needed structural and essential tissues. Because we use Real HCG in our product goes after the abnormal fat deposits first. Your body will get a new youthful appearance during the program.

### **Are there emotional benefits of the HCG Diet?**

People on the HCG diet also routinely report experiencing less irritability and generally feeling in a better mood. This lift in spirits seems to continue throughout the entire treatment period. Patients also report having more restful sleep, which may be partially responsible for the improved mood. Similarly, patients report feeling more energized while undergoing the therapy. This may be attributed to the improvement in sleep, the loss of excess weight, and the positive impact HCG has on the adrenaline glands. For many, just the weight loss benefits of HCG would be enough to make this hormone worth taking. With the additional benefits that the hormone appears to have, however, it makes the HCG weight loss program that anyone looking to lose weight should consider.

### **Are there health benefits to the HCG Diet?**

Obviously, shedding extra pounds will help improve the overall health of a person on the HCG diet. Researchers also believe that taking HCG helps to normalize the cholesterol levels of those on the diet. In addition, the hormone appears to help normalize the thyroid gland and balance the hormones while rebuilding the adrenaline glands.

### **Does HCG change the shape of your body?**

Many of the people that are using HCG to help them lose weight are finding that the hormone helps with the reshaping of their body's as well. Unlike many weight loss programs that only help with losing weight, HCG appears to help contour the body and decrease the circumference of the body. HCG also helps tone common problem areas, such as reducing the amount of fat deposited in double chins and getting rid of pot bellies. HCG also appears to help rejuvenate structural fat, which helps make the hands, neck, and face look refreshed. Individuals on the HCG diet are also supposed to follow a low calorie diet of only 500 calories per day. Without the help of HCG, a diet consisting of this few calories can result in a loss of muscle mass. Those on HCG, however, do not experience this side effect. In addition, the hormone appears to actually reduce the appetite, which makes it easier to adhere to the 500 calorie diet. Low calorie diets and metabolism. It is true that normally when cutting back on calories and fat, our body stores fat and our metabolism slows down. This happens because fat is really a life-saving source of stored energy. When a very low calorie diet is used in conjunction with the HCG, the hormone signals the body to use stored fat for energy, and eliminates excess fat reserves.

It's a natural process, so no ill effects on your metabolism will result. Why only 500 calories?

Yes. The difference is what kind of weight you would lose and whether it would come right back. HCG targets "FAT" and "FAT ONLY" while starvation type diets target fat, plus muscle and in extreme dieting, your organs.

### **What can I eat while on the HCG diet?**

It's all about normal healthy food that is easy to find at your local grocery store. You will have 2 proteins, 2 veggies, 2 fruits and 2 cracker servings per day. Please check out the recipes on our web site.

### **Is salt allowed on the HCG diet?**

Yes. There are no restrictions on the use of salt, but be sure to read the ingredients on any seasonings you use to be sure they don't contain any added sugar.

### **Can you drink alcoholic beverages while on the diet?**

No. Alcohol is not allowed during Phase 2 while you are taking the drops; however, you can drink in moderation during Phase 3 so long as you are careful to avoid drinks containing sugar or starch.

### **Can I exercise while on HCG?**

Yes, exercise is permitted but not required. If you choose to exercise, keep your intensity level mild to moderate. Avoid strenuous activity. If you feel light headed, lower your intensity. Consult with your doctor before starting any exercise or diet program. Walking, jogging, yoga, pilates, light resistance training, dancing, aerobics, etc.

### **What type of makeup and skincare products can I use while on the HCG Diet?**

Mineral make-up is best. Whatever you use must be oil free. Be sure to read the ingredients on everything you put on your skin to be sure it doesn't contain oil. There is a possibility that if it contains oil, your body will absorb it and cause you to not lose weight. Baby oil, mineral oil and corn huskers lotion are all safe alternatives. What type of personal hygiene products can I use? Most people can continue to use their normal toothpaste, shampoo and conditioner without affecting their weight loss. What is homeopathy? Homeopathy is a complete system of medicine that treats mental, emotional and physical illness. Homeopathic medicines are chosen to treat the whole person, because homeopaths believe the mind and body operate as one, and you cannot treat one part of the body without affecting the whole. Medicines are chosen to fit all the characteristics of the patient, so physical disorders are considered in relation to the individual's mental and emotional state. How does homeopathy work? Homeopathy works on a principle known as 'the law of similars' or 'like cures like'. This law states that a substance that can cause a disease can also relieve it. Are homeopathic remedies safe? Homeopathic remedies are a unique, potentized energy medicine, drawn from the plant, mineral and animal worlds. They work by gently boosting the natural energy of the body, and are very safe, even for pregnant and sensitive patients. There is no danger of addiction or toxicity. Is HCG approved by the FDA? The FDA has not approved HCG for weight loss. In fact the FDA published it's opinion on HCG and weight loss back in 1975. See below. "Since 1975, the FDA has required labeling and advertising of HCG to state: 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. "The FDA does monitor and regulate the production of homeopathic pharmacies in the USA that manufacture HCG and other remedies. Each tincture should be registered with the FDA, which then issues a national drug code for that homeopathic formula. This is called an NDC number which should be printed on the label of your product. A LOT number should also be visible on

the bottle. This represents quality control and complies with the FDA regulations regarding tracking of a product in case of a recall. The last thing that you should see on your homeopathic HCG is the manufacture date, NOT the expiration date,<sup>1</sup> but when the product was manufactured. This insures the freshness of your product. The NDC number, LOT number, Manufacture Date and a comprehensive list of ingredients including the homeopathic equations of each active ingredient is the best way to insure you are getting a quality product. Are there clinical studies on HCG for weigh loss? It is thought - the HCG hormone kicks up the metabolism, signaling the body to burn. Following the diet plan your metabolism will operate over 30%--a much more efficient level to burn, rather than store. HCG opens only the excess fat cells allowing excess fat to be burned. No other time in the human body does this happen, and so other diets often remove fat cells the body needs, causing us to lose in places we don't want to first, and finally where you need it. HCG burns the excess fat cells taking the needed fat, and literally sculpting the body, losing inches as well as pounds. The HCG diet program addresses the core of the problem with weight gain. Most diets are for life, because when you reach your goal weight your hypothalamus (where you have a base weight set in the brain) thinks it needs to be at your pre weight loss weight, so it lowers your metabolism, switching it into a storing mode, and causing the body to gain the weight right back, and then some. In other diets the metabolism has not changed, and following the diet will continue to run at the same rate, which in most of us dieters has been found to be at only 8%. Clinical Studies on the HCG Diet As you research the HCG Diet, you will find information on both sides of the issue regarding whether or not the HCG Diet works or if it's no more effective than a placebo. There have been numerous placebo-controlled, double-blind studies done over the years.

Some of these studies concluded HCG does NOT work better than a placebo for weight loss when following a VLCD (Very Low Calorie Diet) as prescribed by Dr. Simeons in his 'Pounds and Inches' manuscript. Other studies, however, concluded that YES, the HCG Protocol does in fact significantly affect fat loss as Dr. Simeons found in his years of administering the protocol to thousands of patients. It should be noted that ALL except one of these studies were conducted before 1991. Only one study has been performed in the past 18+ years, and that study concluded that the HCG Protocol works. Doctors W.L. Asher, MD & Harold W. Harper, MD published their study, in the The American Journal of Clinical Nutrition in 1973. From the Summary of the Asher & Harper study: "The HCG group lost significantly more mean weight, had a significantly greater mean weight loss per injection, and lost a significantly greater mean percentage of their starting weight. The percentage of affirmative daily patient responses indicating "little or no hunger" and "feeling good to excellent" was significantly greater in the HCG group than in the placebo group. Additional investigation of the influence of HCG on weight loss, hunger, and well-being seems indicated. "A more recent placebo-controlled, double-blind study was conducted using an Oral formulation of HCG by Dr. Daniel Oscar Belluscio, M.D., Dr. Leonor Ripamonte, M.D and Dr. Marcelo Wolansky Ph.D: This study concluded: 1) Female obese volunteers participating in a double blind study, and submitted to the administration of an oral presentation of HCG plus a VLCD, decreased specific body circumferences and skinfold



thickness from conspicuous body areas more efficiently than Placebo + VLCD -treated subjects. Since a significant fat proportion from total body fat is subcutaneously located (50 to 65 percent, depending on sex and fat distribution), this HCG metabolic activity would result in a reduction of the total body fat mass, the main cause for obesity. We suggested that the combination of a VLCD and oral HCG could not only trigger clinically significant changes in subcutaneous fat stores but simultaneously decrease body weight and mode late body contour.2) HCG oral administration proved to be a safe and effective procedure on obese treated volunteers. No side effects were observed in the course of the study. There are no reports in the literature regarding this administration route to compare our findings.3) Compared to placebo treated subjects, volunteers managed with an oral administration of HCG coped more efficiently with daily irritating situations, were in a better mood, and handled home conflicts without stepping up family discussions. This study appears to contradict former conclusions on the issue of HCG and obesity. We attribute those differences to a different approach, including variables not assessed in former publications.