hCG eBook
The how-to’s for successful use of hCG
Phase 1, 2 and 3
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Diet Principles: How hCG works?

The hCG Diet is typically a 28-day program. It consists of daily injections of hCG and a very low calorie diet (VLCD). hCG or human chorionic gonadotropin is often known as the “pregnancy hormone”. This is because hCG is found in high doses when a woman is pregnant. It is safe for all sexes.

It is thought that, hCG is produced in pregnant women so their body DOES NOT attack the good fat or muscle needed for an expectant mother to carry the baby to term. With this in mind when hCG is taken in small doses daily and coupled with a VLCD (very low calorie diet) the hCG may tell your body to attack the bad fat in your body. It is suggested, it does this by telling your hypothalamus in the brain to release stored fat in your bloodstream for energy. This release of stored fat may give your body the fuel needed to function while on the VLCD.

What exactly is “good fat” and “bad fat”? Good fat such as unsaturated fats and omega-3’s, are used by your body to protect vital organs, blood vessels and the brain. This fat is needed to help keep you energized, your mind sharp and your waist line slim. Bad fat or artificial trans fats, on the other hand can cause heart problems, sluggish days and, of course, a round waist. hCG helps direct your body to attack the bad fat in your body while on a VLCD.

The 28-day hCG program is broken down in 3 phases. The first is day 1 and 2 and it is called The Gorge. Sounds a little scary but it can actually be fun. Phase 2 are days 3 to 29 days you will observe the 500 calorie diet. This part may not seem as fun. Luckily, the hCG may make Phase 2 a lot easier, not to mention the results at the end. Finally, is Phase 3 or the Maintenance Phase.

Diet Principals: The Basics

The most important factor to the hCG diet plan is commitment. Sticking to the protocol is key. Wavering from it can lead to failure of your weight loss goal. The main points to remember: the diet, high water intake and consistent and timely injections of hCG at the directed dosage and injection location. A single cheat can you put behind by as much as 3 days!

Diet Principals: Phase 1, 2 & 3

Phase 1 is “The Gorge” and is done on day 1 and day 2 of your injections. On these days you get to eat and drink WHATEVER you want. Enjoy it! The goal of eating high fat foods for 2 days is to top off your fat stores. It may help you not feel excessive hunger during the first week of dieting. You may gain 4-5 pounds on these 2 days but that is ok, it should melt off quickly once you start the VCLD.

Many wonder what exactly to eat day 1 and 2. According to Dr. Simeon’s Protocol, “eat to capacity of the most fattening food they can get down”. His suggestions included, candy, pastries, bacon and bread. Many find eating such items all day for 2 days unappealing. If this is the case don’t worry, you can still get your veggies on these days or avoid carbs. Just make sure
you add bacon bits, croutons and full fat dressing to that salad or cheese to your vegetables. Use mayonnaise in your chicken salad or add a loaded baked potato to your dinner. Don’t forget the desert, have two servings!

Day 3 to 31 you are allowed 500 calories. It shouldn’t be as bad as it sounds thanks to your gorge, high water intake and regular hCG injections. Dr. Simeon directed his patients to fill their 500 calorie days with as much protein and fiber as possible. This will help you feel full and fuel your day. This can hinder the progress of weight loss for vegetarians. Vegetarians should expect to lose half of what a meat eater will lose.

Note: Injections are done on day 1 to 28.

A typical 500 calorie day:

- Breakfast - 1 cup of Coffee or Tea
- Lunch - 1 serving of a protein, vegetable, fruit and a carb
- Dinner – Same as lunch
- Drink 2 liters of water

It may sound bland but you can add flavor to your meals. You can add the juice of one lemon to your water throughout the day. Skim milk (1 tablespoon) and stevia can be used with your coffee. When cooking your meals, you can use salt, pepper, vinegar, mustard powder, garlic, basil, parsley, thyme or marjoram.

Do not drink any soda or sugary drinks. Do not use butter, oils or dressings when cooking. Do not eat more than the four separate items listed for each meal.

You may have the fruit or carb serving in between meals.

Day 32 to 45 is the maintenance phase. Don’t take this last step for granted. If not followed correctly, you may gain all the weight back you lost. Your body just lost a lot of weight and fast and it is not happy. It wants its fat stores back to where they are. Your body is not used to its new weight and will do what it can to get back there. According to Dr. Simeons protocol you should follow the guidelines below:

**Diet** - You may begin increasing your food intake including more protein, good quality fats, small amount of nuts, dairy, variety of low starch vegetables, and low glycemic fruits. Eat until full. No Sugars or artificial sweeteners, or starches allowed. Careful with sweet fruit as it has too much sugar.

**Weigh In** - Continue weighing in each morning. You must stay within 2 pounds of the weight you were on the last day of your VLCD. Do not try and lose additional weight during this phase, as this is the time you should be focused on maintaining your losses.
Correction Day- If you exceed the 2 pound gain, then you would need to do a correction day which would involve eating only a large steak with a tomato for the entire day, nothing else. This usually corrects the gain, and you can resume on the diet the next day. You can repeat this correction anytime you go above the 2 pound gain.

You may also want to consider adding LIPO (MIC+B12) to your regimen during Phase 3. LIPO (MIC+B12) will help burn fat, speed up metabolism, prevent cholesterol build up and detoxify the body. It can help reduce the chance of the pounds creeping back.
Diet Principals Phase 2: What to eat?

Protein: 3.5oz/100 grams of

- Lean beef
- Lobster
- Chicken breast
- Crab
- White fish (catfish, cod, flounder)
- Shrimp

Vegetable: No serving size, just make sure to stay under 500 calories

- Asparagus
- Brussel sprouts
- Spaghetti squash
- Green or wax beans
- Snow pea pods
- Carrots
- Chard
- Tomatoes
- Pumpkin
- Cauliflower
- Eggplant
- Avocado
- Lettuce
- Artichoke hearts
- Jicama
- Green onions
- Fennel
- Collards
- Bamboo shoots
- Onions
- Cabbage
- Tomatoes
- Radishes
- Cucumber
- Leeks
- Okra
- Celery
- Spinach
- Kale
- Sprouts

Fruit:

- 1 apple
- 1 orange
- ½ grapefruit
- Handful of strawberries

Carb: Make sure there is not oil listed in the ingredients

- 1 melba toast
- 1 bread stick
Diet Principals Phase 2: What to avoid?

<table>
<thead>
<tr>
<th>Bell pepper</th>
<th>Zucchini</th>
</tr>
</thead>
<tbody>
<tr>
<td>Broccoli</td>
<td>Blackberries</td>
</tr>
<tr>
<td>Mushrooms</td>
<td>Blueberries</td>
</tr>
<tr>
<td>Yellow squash</td>
<td>Raspberries</td>
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</tbody>
</table>

Do not combine multiple servings into one meal. For example, have 2 servings of fruit at lunch and 2 servings of vegetable at dinner.

Do not use cosmetics or lotions containing fats and oils.

Do not cook with or dress your foods with butter, oils, syrups or gravies.
Diet Principals Phase 2: What is a typical 500 calorie day?

Breakfast:
- 16 oz water
- Coffee
- Strawberries

Snack:
- 8 oz water
- Melba toast

Lunch:
- 16 oz water
- 3.5 oz baked chicken seasoned with lemon pepper seasonings
- Celery sticks

Snack:
- 8 oz water
- 1 Apple

Dinner:
- 16 oz water
- 3.5 oz grilled steak seasoned with salt and pepper
- Grilled asparagus lightly dressed with balsamic vinegar
- 1 bread stick

Make sure to complete the serving of water and protein before finishing the rest of your meal. This allows you to get the most important part of the diet in your body before you get full.
Diet Principals Phase 3: What to Eat?

I am sure you are hoping to eat that large pizza you’ve been avoiding for the past month or maybe mac and cheese but don’t do it! It will sabotage all the hard work you’ve been doing. Make sure in Phase 3 you are eating the items on the approved list for Phase 2 along with lean, skinless turkey, salmon and pork. Add in the veggies and fruit on the restricted lists as well. Feel free to add dairy but do it slowly and make sure you are using skim milk or low fat and low calorie cheese, yogurt and cottage cheese. Feel free to have eggs for breakfast but avoid cooking them in butter. Want to enjoy a glass of wine with dinner? Do it! Just make sure it is done in moderation. Unhealthy eating often goes hand in hand with alcohol consumption.

Diet Principals Phase 3: What to avoid?

During phase 3 you will want to avoid carbs and sugars. After not eating them for so long your body would love to turn them into bad fat. So do yourself a favor and skip the ice cream, chips, and sandwiches. You’ll be able to enjoy them in moderation once the maintenance phase is complete.

Diet Principals Phase 3: What is a typical day?

Breakfast:

16 oz water
Coffee or green tea
Protein shake

Snack:

8 oz water
Celery with peanut butter (don’t go crazy)

Lunch:

16 oz water
Salad loaded with healthy veggies and super greens with light dressing
Smoked salmon

Snack:

8 oz water
Peach with low fat cottage cheese

Dinner:

16 oz water
Turkey breast with no skin
Steamed broccoli
Program Essentials: Mixing and dosing

**WARNING:** IF YOU ARE OR MAY BE PREGNANT OR HAVE RECENTLY BEEN DIAGNOSED WITH CANCER, "DO NOT USE” hCG.

Mixing Instructions: Slowly inject 5ml of Bacteriostatic Water into the vial of hCG (dry powder).

** Once reconstituted the vial must be refrigerated.

**DO NOT SHAKE**

You may roll the vial gently back and forth between your hands, to help mix solution.

**hCG Injection Instructions**

Fill Syringe to .17ml

Subcutaneous Injection

The subcutaneous injection is an injection of a solution immediately beneath the skin. It is an efficient route of administering many medications, among them insulin and hCG (human chorionic gonadotropin). It is also referred to as a SC, SQ or subQ injection. It is recommended that you be given the injection the same time every day to maintain the hCG level.

Precautions

Do not inject into an area where there is pain or tenderness. Do not inject in same place with every injection.

Technique

Carefully remove the injection supplies that have been provided. Place the hCG vial and injection supplies on a clean dry surface. This should include the hCG vial, alcohol prep pads and syringe. Wash hands and the area to be injected well and dry with a clean dry cloth. Remove the needle cap. Pull the plunger back so there is a small amount of air in the chamber. Hold the vial in one hand, and carefully push needle into rubber top with the other hand. Turn vial upside down and push the air into the vial. Then, pull the plunger back until the correct amount of solution is in the syringe. Remove the needle from the vial. Be sure to keep needle surface away from any non-sterile surface.
Open the alcohol prep pad, and vigorously clean the area of the body to be injected. Hold the syringe with your dominant hand and pinch the loose skin where you want to inject with the non-dominant hand. Carefully thrust the syringe with SC needle into the pinched skin then inject the solution slowly. Remove needle and discard the syringe safely into a sharps container.

**Post Procedure**
It is extremely uncommon to experience anything more than mild tenderness at the site of injection immediately after the procedure, if the instructions were followed closely. Pressure with sterile gauze should eliminate any oozing. If the site is more than just tender to touch, apply an ice pack to the area for 10-15 minutes.

**Program Essentials: Final Notes**
- Inject .17ml of hCG daily at the same time every day, preferably in the AM
- Gorge on the first 2 days
- Observe a VLCD (500 calories) on days 3 to 31
- Injections are done on day 1 to 28
- Weigh yourself every day
- Take measurements weekly
- Log your food and how you are feeling to keep yourself on track
- While on the VLCD avoid oils, sugars and carbs (unless otherwise directed)
- Don’t forget the Maintenance Phase (Phase 3)
- Get your LIPO (MIC+B12) to help with Phase 3
- Visit our Facebook page for daily tips, recipes and motivation
  [https://www.facebook.com/USHCG/](https://www.facebook.com/USHCG/)

**Q & A**
What is hCG?

hCG stands for Human Chorionic Gonadotropin, a hormone normally found in both men and women in small amounts. HCG levels are substantially increased in pregnant women by the developing fetus. It is produced in very high amounts in pregnant women. In men, hCG’s analogue is produced by the pituitary gland: LH (Luteinizing Hormone) and FSH (Follicle Stimulating Hormone). LH stimulates Leydig cell production of testosterone in men. LH works synergistically with FSH. For this reason, it is usually prescribed in large doses to treat young males with undescended testicles and infertility in women. In considerably smaller amounts, it is used in very low-calorie weight-loss diet programs, like the one formed by Dr. Simeon.

How does hCG work in weight loss?

It is thought that hCG works on the hypothalamus in the brain to signal release of stored fat into the bloodstream. This released fat is used to provide energy and decrease appetite. This process prevents the breakdown of fats that are essential in normal healthy people, e.g. intramuscular fat, fat around vital organs and fat around vessels. This is especially important in a very low calorie diet because the body will break down fat regardless of its location.

Is injectable hCG safe for weight loss?

As prescribed for weight-loss, the medical risks are very few. It is recommended that you consult your physician prior to beginning any diet. Refer to our diet instructions and medical questionnaire.

Like most medications, there can be possible side effects. The most common side effects seen with hCG are headaches and constipation. For women, changes in the menstrual cycle are possible. These possible side effects are relieved after completion of the hCG Diet.

**Please note that the homeopathic forms of hCG are not regulated and have been rejected by the FDA for any use.

Why not just go on a 500 calorie per day diet and not do any hCG injections?

A 500 calorie a day diet is similar to putting your metabolism into starvation mode. Starvation mode won’t discriminate what kinds of fat to mobilize. Additionally, with starvation mode the body tends to utilize protein from your muscle tissue to compensate for the caloric deficiency. Long term this is highly negative because it causes your basal metabolic rate (amount of calories needed daily to maintain body weight) to decrease. This is because muscle cells require energy for maintenance, whereas fat cells are essentially inert. Thus vital fat, critical to a healthy human, will be mobilized. This puts vital organs, vessels, and the brain at risk. hCG is
believed to mobilize the unnecessary fat that is stored deep in the body in order to safeguard the essential fat.

What is the controversy about low calorie diets using HCG injections?

In the 1970s, the FDA stated that when hCG was combined with a very low calorie diet, there were no convincing weight-loss results when compared to a low-calorie diet alone. That statement is now rejected by modern age weight loss specialists as it is not the weight loss that is important, but the fat loss. Remember that initially when there is fat loss, weight may not decrease proportionately. As steady weight loss continues, the remaining fat stores are redistributed throughout your body. When your fat “equilibrium” is reestablished, that is when you truly see the results of your hard work on the scale and in front of the mirror. Additionally, the majority of HCG Diets don’t utilize actual hCG. Homeopathic hCG is at best, simply ineffective. At worst, homeopathic products may not even contain actual hCG.

How much weight can I lose with HCG?

When combined with the 28-day Dr. Simeon weight loss diet and reasonable exercise, injections of hCG (175 IU per day) may result in the loss of 0.5-2lbs per day.

If no weight loss occurs consult your primary care physician.

Can men lose weight as well with the hCG low calorie diet?

Yes. The weight/fat loss results are similar to those of women. Remember that at these low doses, risks and side effects are rare in men or women. There may be benefits from the pituitary analogue of hCG, LH (Luteinizing Hormone) effects on Leydig cell testosterone production for men.

What do I do if I stop losing weight while on the hCG Diet?

A standard plateau may last 4-6 days and can occur during the second half of the hCG cycle. The plateau may correct itself, but you may want to try the “Apple Day” to try to break the plateau. The apple day consists of eating only apples when hungry and drinking water only to quench your thirst for 24 hours. Some may see a loss the next day. Another option would be to add a lipotropic injection to the HCG program. We have an excellent kit called “LIPO” available on our website at www.ushcgshots.com. Be sure to avoid several other things: chewing gum, vitamin pills, over the counter medicines, etc. These items contain sugar and/or fats. If you are taking prescription medications, you can expect to lose only half the weight. Some people may hit a plateau in weight but can see a continuous difference in measurements.
Can I exercise while on the hCG diet?

Yes. However, it is important to remember that a 500 calorie per day diet limits the body by decreasing the extra energy that food provides. Therefore, exercise is not required. However, if you intend to exercise while on the diet, it is recommended adding 200 calories (protein) to your food intake right before exercise (i.e. a protein shake). Another option is modifying your exertion by decreasing it if you typically work out hard and increasing it mildly if you are usually sedentary. Most importantly, listen to your body and stop or scale back exercise if exhaustion occurs. A good amount of exercise for most people on this diet is 25-30 minutes of daily walking.

How do I prevent gaining the weight back after the diet is over?

Learning your body’s response to a low calorie diet and understanding the basic principles of this diet will help. Remember, this diet is not just for the quantitative loss of unwanted fat and weight. This diet, if done properly, is designed to change your metabolism by changing your knowledge about fat loss and your eating habits in general. Understanding the physiology of fat metabolism is critical but easy to learn, and following the basic guidelines of this diet will ensure reasonable weight loss and long term weight maintenance.

Is hCG approved by FDA for weight loss?

Legal notice and disclaimer; the United States FDA has not approved hCG for use in weight-loss treatment. The use of hCG for weight loss is an “off label” use which means that it is considered safe when prescribed by a licensed physician.

DISCLAIMER: hCG has been approved by the FDA for treatment of other conditions. Therefore, Nationwide Telemedicine, LLC does not guarantee any specific weight loss result. Information provided on this site is based on analysis of scientific studies, historical research, and results from other hCG patients.