



Lorraine Maita, MD

HCG FAQ

What is HCG?

HCG is a hormone naturally produced in the body. It has many functions and is used medically to treat a variety of conditions. It is the pregnancy hormone, but during pregnancy the levels double every two days. This hormone allows the body to mobilize fat and use it as energy for both mother and fetus. This acts as a "fail-safe" mechanism when energy is needed immediately. For weight loss, we use only a very small amount of HCG to capitalize on this same mechanism. Using HCG in this way does not mimic pregnancy; in fact, both men and women can safely use it.

Is HCG safe?

Virtually no side effects from taking these doses except that if you take it for prolonged periods, you can develop antibodies. All women experience very high levels during the nine months of every pregnancy with no adverse effects. It is also used for male testosterone production.

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| • Pregnancy | 300,000 IU produced daily |
| • Male infertility | 2,000 IU weekly |
| • HCG diet | 125 -500 IU per day |

Who can use the diet?

The treatment works for almost everyone, young, old, male, and female. **You are not eligible for this diet if**

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| • BMI is less than 20 | • Stroke |
| • Cancer | • Unstable Angina |
| • Diabetes (uncontrolled) | • Tumors (benign or malignant) |
| • Heart Attack | • Pregnant or nursing |
| • Insulin Dependent Diabetes | • Eating disorder |
| • TIA or mini stroke | |

Will my birth control methods be affected by using hCG?

hCG will not interfere with any form of birth control.

Are there any side effects with using hCG?

There are no side effects associated with HCG. Very few experience slight headaches or dizziness for the first few days but this is extremely rare and mild. hCG has been used for weight loss for 50+ years, so there is plenty of evidence to back up its safety.



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Will the hCG interfere with medications my doctor has prescribed to me?

It is a good idea to consult with your doctor before beginning any weight loss program.

Does this have to be refrigerated?

The injectable form must be refrigerated to insure its stability during the time of use. It will be stable up to 60 days with refrigeration. The oral form does not have to be refrigerated.

Can I continue the program for longer for 45 days?

You may not continue to use it beyond 40 days, however you can start another cycle after 6 weeks and each subsequent cycle must have a longer rest period.

Will I keep the weight off?

After the HCG diet, you may find your appetite, eating behavior and your body will of course, has 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- from yoga, to 20 minutes a day cardio a day, or whatever you enjoy, that you're your heart moving. With your hypothalamus reset, your metabolism will be different and you will be able to eat moderately without feeling the need to overeat. Amongst the people who have tried this program, 75 to 90% have had hardly any or no difficulty keeping their new, ideal weight.

How much weight can I expect to lose?

Weight loss varies between ½ pound and 3 pounds per day, with the average loss being ½ to 1 pounds per day. As with any weight loss program, there are no guarantees for individual weight loss. Information provided herein is based on historical research, studies, and results from the many thousands of former HCG (human chorionic gonadotropin) weight loss clients. Individual success is dependent upon a variety of factors.

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

While losing 1-2 pounds daily without the use of HCG would be unhealthy, the HCG in fact changes this. You lose fat and the weight loss comes directly from this fat loss and does not strip the body.

Why the 500-calorie diet?

HCG causes your hypothalamus to mobilize the fat out of the fat storage locations so that it's available for use. While you are only consuming 500 calories, your hypothalamus is continually releasing the fat stored in your body. Because of this,



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your body is actually operating on thousands of calories a day. The result is your body using thousands of calories from fat from your body each day, the reason hCG dieters lose 1-2 pounds of fat or more, per day. Also research confirms that eating very low calorie diets can increase overall health, have anti-aging effects and increase lifespan.

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.

Wouldn't I lose the same amount of weight eating a very low calorie diet without HCG?

You can lose weight by simply eating fewer calories and fat, but because the body stores fat during times of deprivation, you will most likely lose muscle and bone before fat. This causes cellular metabolism to slow down, so in the long run, it would make gaining weight easier, as well as decrease bone density and muscle mass. By using HCG with the low calorie diet, extra fat is mobilized for energy and the rest is eliminated; the low calorie diet is vital in preventing immediate refilling of emptied fat cells. You benefit by preferentially getting rid of excess fat without affecting your bone and muscle.

Will my metabolism slow down if I'm on a very low calorie diet?

Yes, normally when we cut back our calories and fat, our bodies store fat and our metabolisms slow 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.

Can I exercise while on the program?

You can do gentle yoga and pilates and its encouraged to walk every day for about an hour if that is possible. However, you should not do strenuous labor, lift heavy weights or do intense aerobic activity since you may not be able to mobilize your fat and calories fast enough. Strenuous activity can actually slow your weight loss and metabolism while on these restricted calories and could cause fainting.

What is the hypothalamus gland?

The hypothalamus gland moderates the thyroid, adrenals, fat storage, and more importantly, your metabolic rate.



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How is the sublingual hCG administered?

hCG is most effective when placed under your tongue. It comes in liquid or pellet form and the calibrated oral syringe is supplied with your hCG bottle, so there is no guess work in measuring. Studies have shown that using 0.5 ml 2 times per day is the most effective dosing.

Are there specific foods I should or should not eat while on the diet?

Yes! You will be given a shortened Simeon's Protocol, which will include access to the specific diet regimen.

Does the weight loss slow down after the first month?

Many times what we see is a large amount of weight loss in the first month, then a plateau or leveling off. This does not mean that your weight loss has stopped. Typically, inches are being lost continuously while on the program, and after a period of time, patients will experience another large drop on the scale. Weight loss is thus achieved in this stair-step fashion.

What makeup can I use during the protocol?

You can use Makeup that does not include fats, oils, creams or ointments.

Can I use mineral oil?

Yes, you can use mineral oils externally as a moisturizer. We do not "recommend" it because it will clog your skin's pores and not allow your skin to function as the organ it was designed to be. However; because there is little nutritional value, do not use mineral oil to cook.

What lip products can I use and can I use breath mints?

Lipstick is permitted. Most breath mints have sugar or xylitol that raise your blood sugar. Try a good quality peppermint oil or use mouthwash with mint and eat parsley.

Can I use Carmex™ and Chap Stick?

Carmex™ is okay because it is a wax and it doesn't penetrate the skin. Chap Stick is not okay because it penetrates the skin.

What Deodorant can I use?

You can use crystal deodorant, which we have available, or you can shop locally.

What Lotion can I use?

Body & Earth, Aloe Vera Gel has some moisturizing properties available in most drug or grocery stores. But our most recommended lotion is Corn Husker's Lotion™ found in drug stores. See approved products list on this site.



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Are Shampoos, Conditioners, and Styling Products okay?

Yes, as long as they are rinsed immediately.

After I complete the program, when can I start a new cycle again?

We recommend at least a 6-week break period before starting the diet again.

Can I color my hair while I'm completing the program?

Yes.

Can I use Crest White Strips for whitening my teeth while on hCG?

Yes.

Can I do an "Apple Day" once a week to lose more weight?

Yes. I recommend only doing this when you plateau for 4 or more days.

Will Lotions and Diaper Creams I put on my children have an effect on me, even if I wash my hands immediately after applying?

The lotions and creams can have a small effect. We recommend you wear gloves to prevent penetration of any lotions or creams. **HOWEVER: we HIGHLY RECOMMEND you consider discontinuing using any lotions or creams on your children that contain petroleum based products and many do.**

Can I go Tanning while I am on the program?

Yes, but do not use Tanning Oil, Lotions or Sprays.

Disclaimer: these weight reduction treatments include oral HCG or an injection of HCG, a drug which has not been approved by the food and drug administration as safe and effective in the treatment of obesity or weight control. There is no substantial evidence that HCG 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-restrictive diets.

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