

CASE CLOSED!

The Whole Truth About the HCG Diet

(Read this report before buying HCG!)

With so many companies shouting at you to buy their HCG products, it's imperative that you make an educated decision. Do yourself a favor—read this to be sure that YOU have a good, HONEST review of all the facts surrounding the HCG diet. Once you have read this report you will know exactly what the HCG protocol is, and **more importantly**, you will have answers to the questions that most companies purposefully won't give in a simple, honest way.

Read on to discover the truth about the HCG Diet.

Caught Red-Handed!

Here are some of the most common myths, misconceptions and sometimes outright fictional statements that some HCG companies are telling you in order to make a sale. That's right – some companies deliberately make misleading statements in order to get your money (that shouldn't come as a big surprise, though).

Misleading Sales Pitch: *The HCG diet has a 100% success rate and works the same for everyone without exception.*

The TRUTH: *The HCG diet rarely fails, but it does happen.*

First of all, you SHOULD feel optimistic about the HCG diet. It's life-changing. Most people on the HCG diet program on average report losing about 0.5 to 1 pound per day (average 0.71/day). If the HCG protocol is followed correctly, *almost 100% should* have similar success, whether male or female, old or young (adults). For those who struggle, experienced support *should* be able to make the difference.

But what companies and books don't like to admit – for fear that they'll lose your business – is that it doesn't always work 100% of the time. There are still a few people (around 1 to 2%) who have trouble and cannot make it work whatever the reason. There are many factors involved in losing weight. Furthermore, it's ridiculous to claim that everyone will see the same results! With ANY drug or medication, or even with food (e.g., allergies to specific foods), individuals react differently.

Therefore, if a company is telling you that they have “only success stories” or that 100% their clients lose 1-2 or more pounds *every* day, they are misleading you – and it is quite simply unnecessary sales hype because even *average* results on the HCG diet are amazing compared to any weight loss plan in existence.

The solution? Remove the stress and risk: Look for a company who is upfront in offering a guarantee in case you need to return the product. A clearly visible guarantee or no-risk return policy also shows confidence in their product and good customer service. Be careful – *read the fine print or details of the guarantee*. Some guarantees do not protect you at all: they often have unrealistically short return time frames (such as 72 hours or a week). Others only give refunds on sealed (unopened) product. Others require documentation such as filled out tracking journals with every calorie you ate (so they can decide if you deserve a refund or not). Or even a “restocking” fee! Bottom line: You shouldn’t have to jump through hoops, rush a decision or be treated as a criminal. A guarantee should be a guarantee.

Misleading Sales Pitch: *Homeopathic HCG is a scam! Prescription HCG or HCG injections are the only type of HCG that works.*

The TRUTH: *Homeopathic HCG drops give the same results according to participants.*

There is no clinical proof that doctor-prescribed HCG (such as injections) works better than HCG homeopathic drops as a weight loss aid. While some claim that the effectiveness of homeopathic medicine cannot be proven with hard science, the fact is that according to the FDA, science cannot offer hard “proof” that *any* type of HCG works for weight loss. (Ouch!) Companies only “bash” homeopathic HCG to sell their own product, when their own argument about hard science shoots it down. It's crazy!

Here's a rational approach: Scientific studies offer useful indicators you should consider, but not blindly follow to the exclusion of all other evidence. Scientific studies regularly prove themselves wrong or contradict other studies. Health-related findings in particular suffer from repeated contradictions. Furthermore, clinical trials are naturally handicapped because they are based on limited numbers of participants in fabricated or “designed” conditions so that results can be analyzed in charts and graphs.

So what are real life HCG diet results? What is the best evidence for the HCG diet in general? The truth – the real proof – of the HCG diet and homeopathic HCG drops in particular, is in the overwhelming number success stories. It's astonishing, really. *Hundreds of thousands if not millions* of people have successfully and quickly lost weight and improved their health and their lives with Dr. Simeons’ HCG protocol ... in real, everyday life. You can't duplicate that in a lab. **Sheer numbers alone tip the scale of evidence.** Couple that with the fact that general homeopathic medicine has 200 plus years of success behind it, as well as millions of testimonials over time. You have to decide

what it is really important to you—hard proof from science (which is proving itself wrong all the time), or **your own personal success** and well-being.

If your gut feeling is that the HCG diet is at least worth a try as thousands of others have done, then go for it. Whether you choose homeopathic HCG drops or a doctor visit for prescription shots really depends on other logical factors such as product guarantees, convenience, cost, method of administration, buying direct, and so forth. See below for guidelines on choosing a company to work with.

Misleading Sales Pitch: *Taking HCG has potentially dangerous side-effects.*

The TRUTH: *Taking HCG, particularly homeopathic HCG drops, in the small amount required for the HCG diet causes no known serious side effects. Obesity and being overweight, on the other hand, has life-threatening health risks.*

Articles warning people about the potential side-effects of HCG are typically taking information from drug websites that assume HCG (i.e., Pregnyl) will be used for fertility treatment. The standard dose (per shot) for Pregnyl is **80 times** as great as the amount Dr. Simeons used for the HCG diet! The amount taken per dose during the HCG diet is *tiny*. It is basically used to “wake up” the fat-releasing mechanism in the body (brain), which requires just a nudge, if you will, not huge amounts. Homeopathic HCG functions as that wake-up call. Bottom line: If the FDA has approved HCG for use in fertility treatments at 80 times the dose of HCG diet treatments, you can understand why there are no clinically verified side-effects with homeopathic HCG itself when used for weight loss and why the FDA has not banned its use nor claimed it as dangerous.

However, HCG companies that claim “no side effects” are like those who claim 100% success rates. The fact is, just about every drug, medication, or diet supplement has some sort of side effect for some people, even if minor or rare, and virtually everything in existence – even everyday food! – has the possibility of causing allergic-reaction for someone. Everyone is different and there is always a chance that you might react differently than the majority. What matters is how common or potentially serious the side-effects are. You can look on drugs.com and WebMD.com for additional medical detail. You'll see that the serious side-effects you may have been warned about are not only extremely rare but are apparently limited to the higher doses used in fertility treatment and other medical conditions not related to weight loss. Furthermore such drug information refers to injections – the sub-lingual drops method and particularly homeopathic HCG drops are much less invasive.

What's interesting is that most HCG diet side effects are most likely due to the 500-calorie diet, not HCG itself, simply because it's usually such a drastic change from participants' former eating habits. Side effects may include: Headache in the first week (pain medication is okay to use), mild dizziness (usually goes away after the first week),

“constipation” (not really constipation, just less frequent bowel movements due to low calorie diet), rash (rare; caused by normal but sudden release of toxins), leg cramps (rare; remedied by potassium supplements).

Once again, common sense prevails: if you experience anything that concerns you, consult with your doctor, the same as you would for any new diet or exercise program or health supplement.

At this point, it's valuable to keep in mind the common and potentially dangerous side-effects of obesity, which far outnumber the rare side-effects of the HCG protocol. According to the Centers for Disease Control and Prevention, those who are overweight or obese are at risk for the following conditions:

- ✓ Coronary heart disease
- ✓ Type 2 diabetes
- ✓ Cancers (endometrial, breast, and colon)
- ✓ Hypertension (high blood pressure)
- ✓ Dyslipideia (for example, high total cholesterol or high levels of triglycerides)
- ✓ Stroke
- ✓ Liver and Gallbladder disease
- ✓ Sleep apnea and respiratory problems
- ✓ Osteo arthritis (a degeneration of cartilage and its underlying bone within a joint)
- ✓ Gynecological problems (abnormal menses, infertility)

Misleading Sales Pitch: *You need to take large doses of HCG to lose weight.*

The TRUTH: *Your body only needs a tiny amount; too much HCG can cause low or no weight loss.*

It's important to understand that taking larger doses of homeopathic HCG will not necessarily make you lose more weight, or help you lose weight faster. The HCG by itself is not what makes you lose weight. It is the HCG in conjunction with the specialized diet that mobilizes stored fat and helps reset the hypothalamus. As stated above, all your body needs in order to react to treatment is the trigger of HCG. Your body just needs the “wake up call”, if you will. More is not better—in fact, in Dr. Simeons' article “Pounds and Inches, A New Approach to Obesity”, he stated that too much HCG can cause a reversal of results. The average recommended dosage for homeopathic HCG drops is .4 ml 3 times daily (equivalent to about 36 drops per day); this amount can be increased incrementally according to personal needs. Companies who claim that you need more than this are simply trying to get more of your money.

Misleading Sales Pitch: *The “Correct” dosage is ___ and everyone else has it wrong. The TRUTH: The correct dosage is worthy of discussion, so you don't buy more HCG than you need (or see negative results), but you do need to get the facts based on Dr. Simeons original protocol.*

This topic is discussed in detail further below. Don't miss it! We hope companies aren't deliberately misleading you, but some are just misinformed. Claiming every one else has the incorrect dosage is a rash and suspicious statement.

Misleading Sales Pitch: *“Our homeopathic HCG drops contain (fill in the blank) I.U. of HCG”*

The TRUTH: *Homeopathic HCG is not measured in I.U.'s ... I.U.'s are used for HCG injections or prescription HCG.*

I.U. stands for "International Units" and is usually used in the measurement of *potency*, not weight or volume. A measurement of “potency” logically depends on what substance it is referring to, how it is mixed or dilution, what it is used for, and how it is used. (Webster's defines IU as: “a quantity of a biologic such as a vitamin that produces a particular biological effect agreed upon as an international standard.” There is nothing specific about that definition!) So there is no fixed definition for I.U. as there is for other measurements such as grams or milligrams.

Because homeopathic HCG is administered to the body differently and manufactured differently, it does not have an I.U. equivalent to injections. Instead, homeopathic manufacturers follow dosage guidelines from the Homeopathic Pharmacopoeia of the United States. Homeopathic remedies in liquid form can be measured in numbers of drops or as “ml” or “cc”, but it does not mean that it can be compared to an injection I.U., as discussed above.

It's worth noting that Dr. Simeons' I.U. amount (for injections) was an amount that he knew was enough to act as the trigger to the body, no more, no less – again, he wasn't practicing fertility treatment! It was an extremely tiny percentage of the amount of HCG that women normally have during pregnancy. A dosage of homeopathic HCG is the same way: it is an amount determined to cause the body to respond to the desired effect. Thus, companies who claim that their homeopathic HCG drops actually contain an I.U. equivalent are misrepresenting their product. (They typically do it to make it seem as if they are selling prescription HCG, when once again, it is simply not necessary and shows a willingness to say anything to make a sale.)

Misleading Sales Pitch: *The HCG diet causes muscle loss.*

The TRUTH: *You lose muscle if you don't use (exercise) your muscles; dieting has very little to do with it. Furthermore, the HCG diet burns fat and helps retain muscle.*

Fact: Retaining or building muscle is *almost entirely a function of using muscles*, not how much or how little you are eating. In other words, you have to exercise your muscles. Dieting doesn't have much to do with it.

Secondarily, a diet that is proportionately higher in protein (like the HCG diet) will help to retain muscle and burn fat.

Furthermore, according to fitness experts, it is **normal** to lose a small amount of muscle during ANY diet, even diets that include exercise. However, according to Dr. Simeons' studies, HCG helps avoid muscle loss by directing the body to pull reserves from stored fat rather than muscle during the very low calorie diet (VLCD).

If you are still concerned about muscle loss, it is good to participate in light strength training two times per week—but it is important to be in tune with your body's needs (on the HCG diet, don't exercise if you are exhausted). Of course you should always check with your doctor before beginning any exercise program, especially if you have health concerns. In many cases, it is best to lose a sizable amount of weight first, and do strength training and exercise after the VLCD is over. A few weeks of dieting will not greatly diminish your muscle mass, and you can begin your exercise regimen immediately following the VLCD.

Misleading Sales Pitch: *A urine ketone test (Ketostrips) will prove HCG or homeopathic HCG is not working.*

The TRUTH: *Urine ketone testing is unreliable because it often gives false results.*

A urine ketone test (such as KetoStrips) is not a definitive way to test fat burning. According to the Canadian Diabetes Association, urine ketone testing is prone to false positive and false negative results in certain circumstances and may provide a less accurate indication of ketosis status. Basically, every person's metabolism is different, and test strip results will vary from one person to the next. Additionally, extremely high levels of ketosis can cause health problems. If urine ketone test strips are used, they should be used for a period of time before beginning the diet, and then regularly throughout the dieting process to provide comparative readings. Even then, false results can occur.

Misleading Sales Pitch: *Alcohol mixed with HCG neutralizes or “kills” HCG.*

The TRUTH: *Alcohol improves absorption and maintains potency.*

This is one of the most blatant falsehoods some companies will tell you in order to make a sale. It's laughable. It is impossible for alcohol to “neutralize” or “kill” HCG because HCG is not “alive”! – it is a naturally occurring peptide hormone (a chemical). Alcohol does not kill or neutralize chemicals such as HCG--if it did, then alcoholic beverages would “kill” every hormone in the body! Pregnyl, which is a prescription version of injectable HCG, is sometimes offered with a solvent that contains alcohol. In reality, *alcohol works as a preservative to maintain potency of the product, and also serves as an absorption compound in sublingual HCG.* The added absorption actually makes the remedy work BETTER than without alcohol.

Myth: HCG is always present in the body.

The TRUTH: HCG is only produced in pregnant women.

This is a rather harmless myth but is an example of how websites carelessly copy other websites without determining accuracy. Human chorionic gonadotropin (HCG) is produced by the placenta in a pregnant woman. It is NOT normally present in the body at any other time.

How to Choose an Honest Company (Who Can I Trust?)

Know before you buy—the following is a list of questions you should ask before purchasing from any HCG company:

- **Does the company offer a reasonable guarantee?** If a company doesn't offer a guarantee, they don't stand behind their product. Not everyone reacts to HCG in exactly the same way; make sure the guarantee gives you time to try the product and see for yourself that it works.
- **Is the product price listed in an obvious location on the website?** If the price is difficult to find, most likely the product is unreasonably priced.
- **Is the price ridiculously low compared to other sites?** Most companies who offer their product at extremely low prices are cutting corners; for example, they may offer little or no customer support after you've made the purchase, or they may be mixing the product in their living room or buying from a questionable source.
- **Where does the product come from?** Look for HCG that has been manufactured in an FDA registered lab located in the United States. There's a difference between "approved" and "registered". The FDA requires labs to maintain certain standards of quality, etc, so they require them to register—similar to getting a business

license to enable legal operation. But the products the labs make have to be considered for approval separately. The FDA has not “approved” homeopathic HCG as a weight loss aid; so, any company that claims their homeopathic HCG is FDA “approved” is misleading you. However, if you purchase HCG that has been manufactured in an FDA-registered lab in the USA, you are ensuring that the HCG has been produced in a safe, controlled environment, and not in someone's living room. For homeopathic products, make sure it is produced under the guidelines of the Homeopathic Pharmacopoeia of the United States.

- **Is it legal?** The FDA regulates the amount of HCG hormone allowed in a product. Any amount of HCG over a certain point requires a prescription to purchase and use--and that includes HCG injections, Pregnyl, and any product containing a high percentage of HCG. A company selling such a product online without a prescription is doing so illegally, or else they are making false claims. If you live in the USA and order HCG online and a prescription is not required, it is either illegally produced, or manufactured in a different country under different (and probably less strict) safety requirements (or homeopathic, which works great but a company shouldn't lie or deceive about what they are selling; see next point).
- **Is the company deceptive?** Any company who sells homeopathic, sublingual HCG and claims that it is Pregnyl, or the equivalent to Pregnyl, is being deceptive and should not be trusted. Get your homeopathic HCG from a company who understands homeopathy well enough to not have to hide behind false product name.
- **What if a website leaves me feeling confused or worried about which choice to make?** Look for a website that is neat and professional in appearance and follows the guidelines listed above. An honest company will not try to confuse or bully you.
- **What is the potency of homeopathic HCG?** Some companies who sell homeopathic HCG will try to claim that it is more effective because it contains “10 times the amount”, etc. This is a false claim. The higher the number, the more effective in homeopathy: thus a 60X figure is more potent than 5x. Homeopathic HCG triggers the fat-burning response without requiring a large dose. Frequency of dose is actually more important.

The “CORRECT” Dosage - How Much HCG Should You Buy?

Some “other” companies are telling you to buy more homeopathic HCG than you need. For example, one prominent website claims the “correct” dosage is 60 drops/day (double most sources), equal to 250 I.U. per day ... but they're wrong.

We'd like to think such companies aren't deliberately twisting the facts to sell you more HCG. They probably just misunderstand the protocol.

In this report you'll see why.

First, 125 I.U. per day is the standard dosage in the original protocol for injectable HCG. You don't need more.

Here are several quotes from the original authority, Dr. Simeon's “Pounds and Inches”, discussing injectable HCG:

“...125 I.U., which is the standard dose for all cases and which should never be exceeded” (emphasis added).

“the injection of only 125 units per day is ample to reduce weight ... even in a colossus weighing 400 pounds”

“If the daily dose of HCG is raised to 200 or more units daily its action [weight loss] often appears to be reversed, possibly because larger doses evoke diencephalic counter-regulations.”

That's very clear! ... The correct dose is 125 I.U., and larger doses can actually reverse weight loss.

Linda Prinster's book “HCG Weight Loss Cure Guide” is sometimes used as a source of authoritative information, but it is often misinterpreted. Here's a chart directly from the book:

Homeopathic HCG	Injection HCG	
.5cc 3x per day	125 I.U. 1x per day	Most participants feel fine at this level
.6cc 3x per day	150 I.U. 1x per day	Several participants feel better at this level
.7cc 3x per day	175 I.U. 1x per day	A few participants feel better with a little more.
.8cc 3x per day	200 I.U. 1x per day	Rarely , a participant feels best at this level.

Although the higher injection amounts in this chart are questionable based on Dr. Simeons' manuscript, you can see that the maximum 200 I.U. threshold is observed.

What we want to point out is that according to this guide, *it is not common -- even rare -- to need more than 125 I.U.* That's Linda Prinster's observation among participants, and ours as well.

Where do DROPS (versus I.U.'s) fit into the picture?

Not to get too technical, but Wikipedia says it well: “The volume of a drop is not well-defined. It depends on the device and technique used to produce the drop and on the physical properties of the fluid.” For scientific purposes, a drop varies between 1/12 and 1/20 of a cc (ml), meaning between 12 and 20 drops per cc (ml). Wikipedia again: “Pharmacists have since moved to metric measurements, with a drop being rounded to exactly 0.05 ml (that is, 20 drops per milliliter).” In case you are wondering, 1 “cc” is equivalent to 1 “ml”.

We've performed our own tests with the actual droppers in homeopathic HCG liquid (because the particular substance, device and technique affects drop size). Result: 30 drops per cc (ml) on average.

You'll find that the standard dose for homeopathic drops is 0.4 to 0.5 cc per dose. In the chart above it is compared to 125 I.U. injections.

If we assume there are 30 drops in 1 cc, it means that 0.5 cc 3x per day (1.5 cc per day total) is equal to **45 drops per day**. No more. And 0.4 cc (1.2 cc per day) is equal to **36 drops per day**. (If you assume 12 or 20 drops per cc, of course the daily dose is even lower.)

However, the above analysis has made a bad leap in logic. We have compared I.U. injections to cc or ml in homeopathic HCG drops. You'll see this mistake often. Some companies do it deliberately to make it seem like they are selling prescription HCG or to avoid confusion with Dr. Simeons original manuscript which uses I.U.s. (or simply to sell you on their product).

Okay, so that's misleading. But the fact remains...

It is impossible to mathematically convert I.U. directly to cc or ml.

Type in “convert cc to iu” in Google and you'll see. Normally Google does the math for you, right at the top. It's blank.

So there is no fixed definition for I.U. as there is for other measurements such as grams or milligrams or cc's.

I.U. stands for "International Units" and is usually used in the measurement of *potency*, not weight or volume. A measurement of "potency" logically depends on what substance it is referring to, how it is mixed or dilution, what it is used for, and how it is used. (Webster's defines IU as: "a quantity of a biologic such as a vitamin that produces a particular biological effect agreed upon as an international standard.")

Homeopathic HCG does produce the particular "biological effect" we want, but it is not intended to be injected – it is administered to the body differently.

Therefore this fact follows

It is mathematically impossible to compare I.U. injection amounts to numbers of drops of homeopathic HCG.

The only way comparisons between I.U. and homeopathic **drops** get created – such as in the chart above – is by *approximations based on feedback from participants* who have tried both methods (both "types" of HCG: homeopathic versus injections). It's not a scientific or mathematical relationship.

It's okay to make rough comparisons, just realize what you are seeing.

What IS a correct dose of homeopathic HCG drops?

Dr. Simeons' I.U. amount (for injections) was an amount that, based on feedback from participants, was enough to act as the trigger to the body and brain (hypothalamus), no more, no less. Refer to our original quotes on dosage at the beginning of this article. It was *8,000 times less* than the *daily* amount that women produce during pregnancy -- and *80 times* less than the amount of HCG used for fertility treatments.

HCG is basically used to "wake up" the fat-releasing mechanism in the body (brain), and that apparently only requires a "nudge". It doesn't require huge amounts of HCG.

An effective dose of homeopathic HCG drops are the same way: *it is an amount determined to cause the body to respond to the desired effect, based on participants' results.*

That amount has been firmly established by authorities, legitimate HCG companies, and hundreds of thousands of HCG participants worldwide ... not to mention homeopathic

manufacturers themselves, who follow dosage guidelines from the Homeopathic Pharmacopoeia of the United States.

We've already mentioned it above: **1.2 to 1.5 cc (ml) per day (36 – 45 drops per day).**

And if a company really knows about homeopathy, they'll also explain that frequency of dose (spreading that 1.2 to 1.5 amount into smaller doses throughout the day) can be more effective.

And THAT, dear reader ... is how you can be confident you are buying based on the correct dosage!

(By the way ... if a company STILL insists that to achieve the best weight loss you need higher doses than what we've described above, their product is most certainly not as potent or they're trying to sell you more than you need.)

While we can't claim to be perfect (who can?), here at HealthyHCG.com we do our best to give you honest, straightforward information you can trust. We hope you are finding this report informative and that it has cleared up questions you have. If you have suggestions, fill out the Contact Us form at www.healthyhcg.com or call us Toll Free at 1-888-424-3227

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<http://www.healthyhcg.com/go/ReportSpecialOffer/>

Common Questions About the HCG Protocol

Is it true that I can only eat 500 calories per day? Yes. You must follow the entire HCG Diet Protocol as described in Dr. Simeons' manuscript, "Pounds and Inches: A New Approach to Obesity", where he outlines a special 500-calorie-per-day diet that was tested on thousands of patients. HCG is only effective for weight loss if it is taken while strictly following Dr. Simeons' HCG Diet Protocol, including the 500 calorie diet. Taking HCG alone (without the diet) will not cause you to lose weight. Why? HCG takes effect when you reduce your food intake so that the mobilized fat will be used for your body's energy needs. If you fail to follow the diet you will fail to lose weight. If you only follow

the diet without taking HCG, you are simply starving yourself because there is no fat in the bloodstream to burn. Simply put, *both* are required.

Will I be hungry on the HCG diet? On HCG, the vast majority indicate they were either not hungry (unlike other diets where they were starving), or they felt in control and surprisingly little hunger and had plenty of energy. That aligns perfectly with Dr. Simeons' theories about the fat-releasing properties of HCG; in essence, HCG is helping you get the majority of energy and calories from stored fat instead of only food in your stomach. Everyone is different -- and some report mild hunger in the first week as their body adjusts -- but it has become very clear that the Healthy HCG diet plan is something very special, something out of the ordinary. It is most definitely NOT just a "500-calorie diet". In addition, the HCG diet starts with a "gorging" phase, which helps load the body with calories to use during transition into the low-calorie phase. People who faithfully follow the protocol as outlined by Dr. Simeons in our materials, and stick to it will see fantastic results.

Do I have to eat certain foods? Dr. Simeons spent years of research to come up with a healthy, balanced diet that was as attractive as possible without jeopardizing the loss of weight while under HCG treatment. Every item has been carefully considered. The key is to remember, in Dr. Simeons' own words: *"All things not listed are forbidden, and nothing permissible has been left out."* The guidelines in this document have likewise been carefully based on Dr. Simeons' diet protocol. The total daily caloric intake during the Core and Taper Phases should not exceed **500 calories**, and are made up of the following food items, which as you can see is actually a nice variety:

Proteins

- low-grade veal
- extra-lean beef
- boneless skinless chicken breast
- white-fleshed fish
- lobster
- crab
- crayfish
- shrimp

Vegetables

- spinach
- chard
- chicory
- beet-greens
- green salad

- tomato
- celery
- fennel
- onions
- red radishes
- cucumbers
- asparagus
- cabbage

Fruit

- apples
- strawberries
- oranges
- grapefruit

Starches

- Melba toast
- breadstick (grissini)

Fluids

- plain water
- mineral water
- tea
- coffee

Why can't I just go on a 500 calorie diet without the HCG? In order to answer this question you need to understand how the body stores and uses fat. Dr. Simeons identified three separate fat stores:

1. Normal fat: This type of fat can be likened to a checking account from which the body can easily draw energy or deposit it as needed. Normal fat doesn't take a lot of effort to lose.
2. Structural fat: Pads the various organs, protects the arteries and cushions the bony prominences. You don't ever want to lose this fat. It is vital to your health and well being. Yet, on the typical "starvation" diet, this is the fat you lose when the normal fat is depleted.
3. Abnormal fat: This is much like a bank safe deposit box, where fat is stored and basically locked away. This fat is very difficult to lose via exercise and calorie restriction, but with the help of HCG the body readily pulls fat from these "last resort" fat stores.

Bottom line: If you go on a 500-calorie diet without HCG, the body uses the normal fat and then starts to use the structural fat and muscle. Losing your structural fat and muscle tissue can adversely affect your health and well-being. In addition, "starvation" diets without HCG can cause you to be excessively hungry, which is typically not true for those using HCG drops on Dr. Simeons' special 500-calorie schedule. This is not just a VLCD (very-low-calorie-diet).

Do I have to exercise? No. Exercise is not a mandatory part of the program. While vigorous exercise may increase the amount of weight you lose while on this plan, it is not a significant increase and is not recommended, because on a 500 calorie diet you can easily become too exhausted. That leads to discouragement and frustration. However, we do recommend moderate activity for all of the other benefits you receive, including stress relief and cardiovascular health.

Can I exercise if I want to? If you are already accustomed to exercising at a certain level and would like to continue, do so, but do not over do it. Pay attention to your body's response. Scale down the intensity of the workouts if: (1) you don't have the energy to get through it; (2) you start feeling ill or light headed; (3) you gain weight the next day; or (4) you don't have the energy to get through the day after you work out.

Our suggestion for those who want to exercise is that you walk for 20 to 30 minutes daily. Walking is great exercise and contributes to your health in a variety of ways. It helps relieve stress, keeps the bowels moving, conditions your cardiovascular system, and encourages better blood/oxygen circulation. When you are finished with the HCG diet regimen and are back on a regular diet you can then pick up the intensity of your exercise routines.

What about my menstrual cycle? HCG is safe for menstruating and menopausal women. For menstruating women taking HCG injections, Dr. Simeons recommended discontinuing the dosage but maintaining the 500 calorie diet during the monthly cycle. With homeopathic HCG, it is appropriate to follow the same rule, but not absolutely necessary.

Is it true that I'll gain even more weight back after? No. Ultimately, whether or not you gain weight after finishing the HCG diet is up to you. What this means is that after you finish the HCG diet you must continue to be aware of what you are eating and listen to what your body is telling you. It's important to live a healthy lifestyle incorporating both exercise and smart food choices. If you go back to eating too large portions, too much fat, and/or too many sweets (taking in more calories than your body can use), your body will go back to saving fat deposits for emergencies. YOU decide whether or not to keep the weight off with your own lifestyle choices.

Homeopathy—does it work? For every article claiming that homeopathic remedies do not work, there is an article, doctor, or scientist who supports homeopathic remedies as a safe and effective way to treat disease and illness. The fact is, when something proves difficult to understand or explain, it is easy to simply denounce it and feel safe with what we already know.

However, there are literally hundreds of high quality, published basic science, pre-clinical and clinical studies showing that homeopathy works. These studies have been published in respected journals like Lancet, Pediatrics, Rheumatology, and Annals of Internal Medicine, among others.

Additionally, allopathic (traditional) medicine has **failed** us time and time again, with medicines that cure one thing only to possibly cause more harm than the good they did. Fen-Phen is one example: It was used to help weight loss, but in some cases ended up destroying people's lungs and heart. It's not worth it to lose some weight by using an allopathic medicine that ends up harming you anyway! Homeopathic medicine, while helping people become well, hasn't shown to have side effects which most allopathic medicines have.

Ultimately, what matters is not whether a study or scientist "proves" the effectiveness of homeopathics, but whether or not homeopathics can help you be well. **You and your needs** are the important factor.

What exactly is HCG and how does the HCG diet work?

HCG, Human Chorionic Gonadotropin, is a peptide hormone (not a sex hormone) produced only in women during pregnancy. As soon as the new embryo implants and starts to develop, the placenta begins releasing large amounts of HCG into the bloodstream. Levels of HCG increase steadily in the first 14 to 16 weeks, then decrease gradually. Current scientific philosophy believes that HCG helps maintain the pregnancy and affects the development and early growth of the fetus. By moving nutrients from the mother's stored fat supply into the bloodstream, HCG helps ensure that the developing fetus always has an adequate food supply, even when the mother can't keep anything down due to morning sickness.

In the 1950s, Dr. ATW Simeons discovered that HCG can safely be used as a weight-loss aid in people who are not pregnant. It works the same for both women and men. Used in this way, HCG helps move about 2000 to 3000 calories per day of stored fat into the bloodstream where it becomes available for metabolism. With these additional nutrients in the bloodstream, a person can successfully stay on a very low-calorie diet without experiencing extreme fatigue, weakness, or hunger.

When the HCG treatment plan is properly followed, the result is rapid weight loss and improved body shape during and after treatment. Most HCG weight-loss participants see a loss in girth (inches) before they see a notable drop in the scales. People often lose in a stair-step fashion, that is, they will lose for a few days then stay the same for a day or two, then start losing again, and so on.

As the released fat is used up, abnormal fat deposits like the double chin, potbelly, and fat around hips and thighs begin to disappear. Because HCG retains and replenishes the essential subcutaneous and structural fat, there may be other beneficial effects as well. For many, complexion improves, gaining a natural freshness and healthy glow. Some have also claimed a noticeable reduction in fine lines and wrinkles.

While we can't claim to be perfect (who can?), here at HealthyHCG.com we do our best to give you honest, straightforward information you can trust. We hope you have enjoyed this report and found it informative and that it has cleared up questions you have. If you have suggestions, let us know at <http://www.healthyhcg.com/contact.html> or call us Toll Free at 1-888-424-3227

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