

Frequently Asked Questions

What is hCG?

Human Chorionic Gonadotropin (hCG) is a polypeptide hormone secreted by the placenta during pregnancy. It has many functions and is used medically to treat a variety of conditions. During pregnancy, hCG is believed to help ensure that the fetus will have access to the mother's stored fat supply regardless of the amount of food she ingests. In non-pregnant persons, research suggests hCG similarly increases the metabolism and promotes lipolytic activity.

The hCG diet was first discussed in a report published in 1954 by Dr. A.T.W. Simeons, who used it for weight loss. Simeons noticed that his patients could drastically reduce their caloric intake without experiencing irritability, hunger pains, headaches, or weakness when taking hCG. He also found that hCG helped to naturally reshape his patients' bodies even without exercise. Dr. Simeons concluded that this was because the patients lost their fat tissue from adipose tissue accumulations, which made changes in the body shape more visible.

His patients were losing a particular kind of fat. There are three distinct kinds of fat, two of which are needed, and one not. Of the three kinds of fat, structural fat is essential because it cushions our organs. Then there is fat used for energy, fueling the body between meals. But the third kind, abnormally stored fat, that unsightly, difficult-to-lose fat, is unhealthy.

In a non-pregnant state, hCG as a weight-loss aid reduces and/or erases the craving for food by making stored fat available for metabolism, thus aiding in the ability to adhere to a rigid diet program. Abnormal fat deposits disappear - the double chin, potbelly and fat around hips and thighs are the first to go. HCG does not deplete subcutaneous or other essential fat.

Most hCG weight-loss clients see a loss in inches before they see a drop in the scales. When done properly, the result is rapid weight loss and improved body shape during and after the program. As hCG metabolizes stored body fat, about 2000 calories are released into the bloodstream daily, thus allowing for a low calorie diet without experiencing fatigue, weakness or hunger.

The genius of Dr. Simeons was to recognize that hCG triggers the body to burn the bad type of fat. It appears to reset the hypothalamus gland, along with areas of the brain that regulate a variety of hormones, blood sugar metabolism, blood pressure, and other key body functions.

NOTE: This weight loss program uses Homeopathic hCG to capitalize on releasing the unhealthy stored fat in the body, **NOT INJECTIONS.**

What's the difference between REAL, INJECTABLE hCG and HOMEOPATHIC hCG?

- Real hCG is an actual hormone that requires a prescription, and is generally administered by injection.
- Homeopathic hCG carries only the "blueprint" or "frequency" of the real hCG. It does NOT contain any actual hCG. It is typically in an alcohol base. When it enters your blood stream, it signals your body to search for amino acids, which are building blocks for hormones. Your body then makes the hCG for you. Using the frequency of hCG does not mimic pregnancy in the body, and can be used safely by both men and women.

What is "Homeopathic"?

The Principle of Similars (like cures like) states that a disease can be cured by a substance that produces similar symptoms in healthy people. This concept, traced back to Hippocrates and further developed by Hahnemann, was proven correct.

The Principle of Dilutions (law of minimum dose) states that the lower the dose of the medication, the greater its effectiveness. In homeopathy, substances are diluted in a stepwise fashion and shaken vigorously between each dilution. This process, referred to as "potentization," transmits a form of information, energy, or frequency from the original substance to the final remedy. Most homeopathic remedies are so diluted that no molecules of the healing substance remain; only its imprint or essence, which stimulates the body to heal itself.

Homeopathic remedies are prepared according to the guidelines of the Homeopathic Pharmacopeia of the United States (HPUS), which was written into law in the Federal Food, Drug, and Cosmetic Act in 1938. These remedies are regulated in the same manner as nonprescription, over-the-counter (OTC) drugs. The U.S. Food and Drug Administration (FDA) requires that homeopathic remedies meet certain legal standards for strength, purity, and packaging.

The National Center for Complementary and Alternative Medicine (NCCAM) is the Federal Government's agency for scientific research on complementary and alternative medicine. Visit their web site for further questions:
<http://nccam.nih.gov/health/homeopathy>

Benefits of Homeopathy:

- Extremely effective; when the correct remedy is taken, results can be rapid, complete and permanent.
- Extremely safe.
- Can be taken with other medication without producing unwanted side effects.
- Natural; the remedies are normally based on natural ingredients.
- Works in harmony with your immune system.

- Non-addictive.

How do I take it?

This product is a liquid tincture, so you will place the liquid under your tongue and hold it there for a few minutes. Do this 3 times a day before or between meals.

How much of the formula should I take?

What is most important for your dosage is to notice how you feel, as well as how effective the formula is for you regarding hunger and weight loss. As a guideline, between 15 and 20 drops, 3 times a day, works for most people. You can gently increase or decrease your dose to fine tune it.

What is different about the hCG from Healing Waters Wellness Center?

The base homeopathic product chosen for our protocol is one of several professional grade bases which is determined by your body using our state-of-the-art equipment. We then add frequencies for detoxification and other vibrational frequencies are added to the product that support your unique system. This means that your hCG product is personalized just for you with frequencies determined in your private session.

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

HCG works to mobilize abnormal fat for utilization by the body when there is a significant decrease in calories and fat. So, YES. When a VLCD is used in conjunction with hCG, the body receives the signal to use stored fat for energy, eliminating excess fat reserves. Your metabolism will slow down, but no long-term ill effects on the metabolism occur.

Would I lose about the same amount of weight eating a VLCD without the hCG?

Probably . . . however . . . you would most likely lose muscle and bone before fat, because their metabolic rates are higher. The human system will look first to release those things using the most energy when on a VLCD. By using Homeopathic hCG with the VLCD, the abnormally-stored fat is mobilized for energy and the rest is eliminated. The VLCD is vital in preventing immediate refilling of emptied fat cells.

I'm NERVOUS!!! This is a very low calorie diet! How can I do this? Won't I get hungry?

Won't I die? I LOVE food!!!

While it is normal to feel some hunger, and even headaches, on the first 2 or 3 days of this diet, typically by the end of the first week, the hCG will be in charge of your hunger mechanism. Taking hCG shifts your emotional response to food as well, so your old beliefs will be changing as well as your body weight.

HCG naturally reduces appetite as it mobilizes fat, thus making it available to the body as an energy source. So even though you are taking in fewer calories, your body can now access the energy you have stored in fat cells. This product will also help shift your EMOTIONAL relationship with food, helping you to let go of emotional eating as well as emotional food choices.

If you find hunger an issue after the first week, here are a few things you can do to support yourself:

1. make sure you are drinking 2 liters of water a day
2. drink herbal teas such as Yerba Mate, which aid appetite control
3. consider adding Miracle Noodles to your diet – 0 calories, all fiber – they give a sense of fullness
- 4, split up your meals

What about continuing medications while on this diet?

If you are on physician-prescribed medication, by all means continue. If you take self-prescribed medication, you may want to gently cut back to see how you do without it.

Will I experience any changes in my menstrual cycle?

This product is only the blueprint of hCG, so you should not expect to see changes to your menstrual cycle. Further, this product will not affect your ability to become pregnant, nor will it increase your chances of becoming pregnant.

If I follow the program exactly, how much weight can I expect to lose?

All bodies are unique, but on average, people tend to lose around 20 pounds or more per month. Often, 10-12 of those pounds are in the first week.

Is it safe to lose that much weight so quickly with hCG??

HCG studies have shown that weight lost using Dr. Simeons protocol comes directly from fat tissues. Lean muscle, so it does not strip the body of muscle, vitamins or minerals essential to goodhealth.

Are ANY foods ok to eat as long as I stay at 500 calories?

No. Stick to the rules! Even if you enjoy experimenting . . . your quickest route to success is the tried and true in this case! (I'm speaking from personal experience here!) The exact foods on this diet are a catalyst for specific chemical reactions in the body which, in combination with the hCG blueprint, activate the hypothalamus into mobilizing abnormal fat reserves.

What if I eat less than 500 calories per day?

No. Smaller quantities of food slow down the mobilization of fat reserves. Stick to the rules as closely as you can.

What about artificial sweeteners like Splenda, Sweet and Low or Aspartame?

No. Stevia is the only sweetener we recommend due to the toxicity of artificial sweeteners. Stevia is natural and non-caloric. It comes in flavored liquid forms as well as a powder. Best brands: Sweetleaf and Now.

Will the weight automatically come back on after I stop the hCG and VLCD?

The purpose of resetting the hypothalamus with the hCG is to keep the weight from returning once you return to a higher caloric intake. Just be cautious what you eat, and stay aware of how your food is impacting your weight.

Weigh yourself every day when you go off the hCG. If your weight increases more than 2 pounds, do a steak day (see Pounds & Inches manuscript for the protocol).

FAT gains weight faster than MUSCLE, so when you change the proportion of body fat to muscle during the hCG protocol, you diminish the chances of rebounding to your original weight. The hCG stimulates the hypothalamus to reset your metabolic rate.

Once you reach your goal weight, you'll enter Phase 3, the Maintenance Period. For the first 3 weeks of the Maintenance Period, the level of calories is not restricted but you must avoid all sugars and starches because these are easily stored by the body as fat. This allows the body to realign itself to a normal eating routine, which greatly diminishes the risk of rebounding.

What about body lotions and make-up while I'm on the VLCD?

Preferably, lotions and make-up need to be oil-free. Your body processes the oil in skin care products as fat. It is also wise to avoid parabens and propyls in your skin care products. However, you have the option to stop using body products as a last resort if your weight is not shifting. Contact us for lotions and other recommended products or go to our hCG Store online.

Is hCG safe for men?

HCG is considered to be as safe for men as for women. Men tend to lose more weight – and more quickly - on hCG than women.

Can I exercise during the hCG Program?

Continue on your current exercise program, but don't increase it while on the hCG. Your body will already be working very hard to burn and release fat cells. If you are not currently exercising, begin mild exercise like taking walks or swimming.

What do I need to know before starting HCG?

It is optimal for women to have at least 10 days on the hCG before they start their menstrual cycle OR begin immediately upon completion of it. If you start your cycle while on hCG, stop taking the drops during your cycle, continuing on the 500 calorie diet. Then re-start the drops as soon as the cycle ends.

You will continue to lose weight during this time and probably won't feel hungry. If you have very long cycles and hunger does begin to return, begin taking the hCG again once the heaviness of the cycle is over and you feel the hormone levels have dropped. However, don't rush it. Taking hCG during your cycle can initiate immunity to the hCG. This would require you to wait 6 weeks before starting over.