

# HCG AND WEIGHT LOSS

**An IAPAM Protocol.**

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## What is HCG?

- HCG (Human Chorionic Gonadotropin) was discovered in 1954 by Dr. Simeons.
- It is a natural hormone that is found in pregnant woman.
- HCG accelerates fat mobilization from areas of the body such as the face, arms, thighs and stomach.
- HCG liquefies abnormal fat while protecting normal and structural fat.

## Diet Tip:

- Preparation is the key! Shop for your foods before you start the program.

## How it Works

- HCG releases 1500-4000 calories a day into your system. Combined with a very low calorie diet (VLCD) of 500 calories a day, your body thinks its getting 2000+ calories a day. This results in safe, rapid weight loss.
- Since HCG uses calories from your abnormal fat reserve to power daily functions, you do not have hunger pains or fatigue. Your body does not go into starvation mode.

## How it Works

- HCG protects your structural fat, so you will not have the appearance of someone who has lost a lot of weight in a short period of time. In fact, you may notice less wrinkles and a healthy, youthful glow.
- If the protocol is followed precisely, you will lose between .5-1 pound a day, all while feeling full and energized.
- There are no reported adverse side effects to HCG.

## Diet Tip:

- Cook extra meals and freeze them so they are ready at the touch of the microwave start button!

# General Protocol Information

- Duration of treatment is between 26-43 days, depending on your goal weight. This is followed by 3 weeks of maintenance.
- HCG can be administered either once a day by injection, or twice a day sublingually.
- It is possible to lose 20-25 pounds with a 26 day protocol, depending on your sex, metabolic rate and genetics.
- The protocol must be followed precisely to achieve maximum results.
- Water is vital to successful weight loss, you must drink at least 64oz a day.

## Diet Tip:

- Grill your meats on the BBQ or an indoor grill. That way you don't have to use any extra fat!

# Why Choose the HCG Diet?

- HCG combined with a VLCD will result in safe, rapid weight loss.
- HCG only reduces your abnormal fat, which is the fat that collects in problem areas such as your upper arms, stomach, buttocks and thighs.
- It protects your healthy structural fat.
- HCG plays a role in resetting your metabolism, so regain is unlikely.
- The protocol is medically monitored by a physician to ensure your health and safety.



Image of a 250 LBS woman compared to a 120 LBS woman.

## Diet Tip:

- Always have healthy snacks on hand. Leave an apple or a breadstick at work or in your car. That way you're never stuck!

## Safety and Convenience at our Clinic

- At our clinic, your health and safety is our #1 priority.
- The entire weight loss process will be monitored by a licensed physician.
- Before beginning the protocol, you will be sent for extensive tests to ensure this program is right for you.
- We only use pharmaceutical grade hCG, which is only available through a prescription.
- Our weight loss program is much less expensive than most weight loss programs.
- We offer free consultations and payment plans to ease the financial concern.
- We also offer top of the line skin care products and services.

## Diet Tip:

- Don't be afraid to explore the spice rack. With a touch of the right spice, you can get an Italian, Cajun, Southwest or Indian themed meal!

# Weight Loss Program Comparison (12 wk program):

- **Jenny Craig: \$2160** NOT including sign up fee which varies between \$20-\$500.
- **Herbal Magic: \$1380** with additional costs for extra supplements.
- **Dr. Bernstein: \$2052.**

**None of these weight loss programs reset your metabolism, create a new set point, reduce hunger and cravings, or reduce abnormal fat!!!**

## **Cheesecake Factory Crispy Chicken Costoletta**

2,556 calories

85 g saturated fat

2755 mg sodium



**Eat This, Not That**

## **Applebee's Appetizer Sampler**

2,510 calories

168 g fat (49 g saturated, 2.5 g trans)

6,660 mg sodium

**Eat This, Not That**



## **Cheesecake Factory French Toast with Bacon**

2,494 calories

71 g saturated fat

3,542 mg sodium

182 g carbohydrates

**Eat This, Not That**



## **IHOP Top Sirloin Steak**

2,380 calories

42 g saturated fat

5,220 mg sodium



**Eat This, Not That**

**Culver's North Atlantic Cod Filet Meal  
(3 pieces)**

2,121 calories

135 g fat

2,568 mg sodium



**Eat This, Not That**

## **IHOP Big Steak Omelette with Pancakes**

2,100 calories



**Eat This, Not  
That**

## **Denny's Smokin' Q Three Pack**

2,020 calories

110 g fat (22 g saturated, 3 g trans)

3570 mg sodium

**Eat This, Not  
That**



## **Outback Steakhouse Baby Back Ribs**

2,012 calories

160 g fat (59 g saturated)

2,599 mg sodium



**Eat This, Not That**

## **Cold Stone PB&C Shake (Gotta Have It size)**

2,010 calories

131 g fat (68 g saturated, 2.5 g trans)

880 mg sodium

153 g sugars

**Eat This, Not  
That**



## **Cheesecake Factory Grilled Shrimp & Bacon Club**

1,930 calories

24 g saturated fat

2965 mg sodium



**Eat This, Not That**

**P.F. Chang's Double Pan-Fried Noodles Combo (served w/Beef, Pork, Chicken, and Shrimp)**

1,820 calories

84 g fat (8 g saturated)

7692 mg sodium



**Eat This, Not  
That**

## **Cheesecake Factory Kids' Pasta with Alfredo Sauce**

1,803 calories

86 g saturated fat

876 mg sodium

70 g carbohydrates

**Eat This, Not That**



## **Chili's Smokehouse Bacon Triple Cheese Big Mouth Burger with Jalapeño Ranch Dressing**

1,901 calories

138g fat 947g saturated)

4,201 mg sodium



**Eat This, Not That**

**Chick-fil-A Chicken  
Caesar Wrap  
with Small Coleslaw**

820 calories

46 g fat (11 g  
saturated)

1,800 mg sodium



**Eat This, Not That**

## **Cheesecake Factory Grilled Portobello on a Bun**

1,377 calories

22 g saturated fat

1,363 mg sodium



**Eat This, Not That**

## **Starbucks Banana Nut Loaf**

490 calories

19 g fat (2.5 g saturated)

46 g sugars

**Eat This, Not That**



## **Arby's Market Fresh Roast Beef & Swiss Sandwich**

780 calories

37 g fat (11 g saturated, 1 g trans)

1,700 mg sodium

**Eat This, Not That**



**Quiznos Classic Cobb  
Regular Chopped Salad**

780 calories

56 g fat (18 g saturated  
fat)

1,790 mg sodium

**Eat This, Not That**



# Quiznos Turkey Club Torpedo

815 calories

37.5 g fat (9 g saturated)

2,444 mg sodium

Eat This, Not That

