

# Myths and Truths About HCG Weight Loss

Version 2

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## BASIC INFORMATION ABOUT HCG

The following describes some basic facts about HCG that are not widely known among the dieters on this program, nor among most doctors.

HCG stands for human chorionic gonadotropin. It is best known as a pregnancy hormone that is produced by the embryo soon after conception. HCG is the hormone that is used to test for pregnancy.

Most of the research on HCG, and many of the patents that use it, involve testing for cancer. While HCG is most commonly associated with pregnancy, it may also be produced when the body becomes infected with certain types of tumors. Therefore, testing for elevated levels of HCG can also help doctors recognize the existence of tumors in a patient's body.

When produced during pregnancy, HCG is meant to help the corpus luteum remain intact. The corpus luteum, which is part of the ovary, is integral in maintaining production of the progesterone that is an important component of human pregnancy. In addition to preventing the disintegration of the corpus luteum, researchers believe that HCG provides pregnant women with extra immunity during pregnancy.

The high levels of HCG that are produced during pregnancy have no negative effects on the pregnant woman's body. In fact, doctors have used HCG for many years in order to help women who are experiencing hormonal issues or fertility problems.

More recently, however, researchers have found that HCG can actually help the body burn fat and can be used to aid in weight loss when combined with a healthy low calorie diet and a moderate exercise routine. This discovery confirmed the work of Dr. A.T.W. Simeons, who used HCG plus a 500-calorie per day diet to direct the bodies of overweight people to burn fat instead of muscle. Although HCG is associated with pregnancy, it can safely be used by both men and women that are looking to get their weight under control.

Several other positive side effects have also become associated with HCG therapy. These include:

- Increased energy without experience a sense of nervousness
- Clearer thought processes
- Improved sleep at night
- Feeling less irritable

A few negative side effects are associated with HCG therapy, in spite of what some practitioners believe. These are generally mild and are not very troublesome to most people. They include:

- Breast tenderness
- Headaches
- Edema

## **HOW HCG IS PRODUCED**

Calling HCG a hormone often leads people to confuse it with steroid hormones such as estrogen and testosterone. HCG is biochemically nothing like these steroid hormones. Indeed, HCG is a protein hormone. Because it is a protein, it can be produced through genetic engineering as well as harvested from the urine of pregnant women. Pregnyl, Follutein, Profasi, and Novarel are the brand names of HCG that is isolated from urine.

Ovidrel, on the other hand, is the brand name of the genetically engineered product. The production process involves growing Chinese Hamster Ovary (CHO) cells in large scale cell culture. These are the cells that have been genetically engineered to contain key human DNA for making HCG. Although the HCG that is made by CHO cells is identical to native human HCG, it is not complete. Nevertheless, most forms of genetically engineered HCG are as active physiologically as the full native form.

## **VIEWS OF MODERN MEDICINE**

Generally speaking modern medicine has almost nothing good to say about HCG and weight loss. Some studies show positive results, and some studies show no results in

comparison with placebo. Nonscientists, which includes doctors, have no chance to really know what the truth is by reading this body of research. A quick survey of physicians' websites shows a majority of doctors to be against it. The key to understanding research, however, is to know exactly how an experiment was designed, how the researchers accounted for variation among the subjects, how the experiment was carried out, the statistical techniques that were used to analyze the data, and the validity of the conclusions in comparison with the results.

Unfortunately, it is very difficult to get at the truth, even in scientific publications. Medical bias exists against treatments of any kind that do not make money for pharmaceutical companies. Many books have already been written on this subject, so there is no need to review the details here. Virtually all significant treatments outside mainstream medicine that offer real benefits to human health have been suppressed. When the FDA starts to see the HCG weight loss program to be a big enough threat to mainstream medical money, politics will take over. You will see a propaganda campaign against it, and the FDA will ban it completely for use in weight management. The FDA is very good at enforcing mainstream medical views such as the one against HCG for weight loss.

## **WILL HCG WORK FOR YOU?**

The grass roots use of HCG in weight loss is growing fast. Local radio stations are advertising the program in spas and clinics. Hundreds of blogs and forums on the internet expound on the miracle of HCG. Kevin Trudeau and his 'Weight Loss Cure' book and products are getting a lot of attention because of his infomercials and intense marketing. Positive testimonials are pouring in by the thousands.

None of this information, nor the dim views of modern medicine, can predict with certainty whether any one person will get the desired results on HCG. The creator of the program, Dr. Simeons, never had 100% success. On a more personal level, I dropped 20 pounds and 5% body fat in the first three weeks on the program. This just means that I know it works based on personal experience. Other people around me have dropped anywhere from 15 to 40 pounds. On the other hand, I've watched closely those who have not been so successful. In every case the lack of success corresponded to not following the protocol closely enough. This, by the way, is the root cause of scientific experiments that give negative results – i.e., an experimental design that does not follow the protocol exactly. (Biased scientists are famous for doing that, which means they get the results that support their bias. You will have to trust me on this one, since I have been hanging out with scientists for more than 35 years, and I know I've been guilty of bias, too.)

The answer to the question, therefore, is that you must find out for yourself if you want to know for sure whether HCG will work for you. By the way, you will also be like scientists who have a bias before designing their experiments. Your bias will influence the success of your own experience on HCG. Research on even the most hardcore prescription drugs shows that personal belief about a treatment influences its outcome.

Not even the most highly acclaimed, powerful drugs have 100% effectiveness in everyone. Your success with HCG will absolutely be better when you believe it works. This is not a placebo effect. This is simply the power of the mind to control physiologically processes.

## **WHY HCG WORKS**

A lot of nonsense is being thrown around about why HCG works. The bottom line is that this hormone evolved to direct the bodies of pregnant women to use their own fat as a source of calories for the developing fetus. Dr. Simeons simply discovered that this hormone will do the same thing in women who are not pregnant, as well as in men. It directs the body to use up calories from fat. That is the fundamental explanation.

The way that HCG works is, of course, much more complicated. Dr. Simeons explained that it influences the hypothalamus of the brain to guide the metabolism of fat. Although medical people have mostly ignored this explanation, a key discovery in 1994 about the master fat-burning hormone provides support for Dr. Simeons. This was the discovery of a hormone called leptin, which is also a protein hormone that directs the body to burn fat by communicating with the hypothalamus. This is the most significant scientific discovery on fat metabolism in the past century, and doctors either don't know about it or don't know what to do with it.

The key point here is from a recent scientific article in the Journal of Endocrinology (Aug. 2007): "...HCG significantly stimulates the secretion of the pro-adipogenic factor, leptin, from human adipose tissue." Nobody yet knows how these hormones work together, although the interdependence of HCG and leptin, plus insulin, is undoubtedly at the core of how we store and burn fat. It is also a delicate balance, since we can develop resistance to all of these hormones, which undermines our ability to use storage fat for energy.

## **BODYBUILDING, MANNY RAMIREZ, AND TESTOSTERONE**

Manny Ramirez was suspended for 50 games by Major League Baseball because he tested positive for HCG. The only reason that a physically fit male athlete would have HCG in his system is to restore testosterone levels after a steroid series. In Ramirez' case, this was the smoking gun pointing to the prior use of synthetic anabolic steroids, which are also banned substances in professional sports.

A side effect of steroid use (including the drug prednisone) is a lowered natural production of our own steroids, such as testosterone. The fact that the Ramirez incident was a source of much gossip and hand-wringing (especially by Dodgers fans) was great publicity, however, for knowledge that bodybuilders have had for a long time. HCG restores testosterone levels. In fact, this point was made by Dr. Simeons when he

mentioned that hormone balance in general is a consequence of using HCG for weight loss.

This is clearly one of the important facets of HCG therapy for weight loss. People in western societies such as ours march through life becoming estrogen dominant, or more specifically progesterone deficient. There are many reasons for this, and it happens equally to men and women. Hormone imbalance prevents people from ever getting their metabolism to where it should be for burning calories efficiently. HCG helps restore that balance.

By the way, most of the negative side effects associated with HCG come from the bodybuilding community. The reason is that bodybuilders are of the mentality that if a certain amount of something is good, then twice that amount should be twice as good. They use HCG in higher amounts than are used in weight management, so in this case too much of a good thing has negative consequences.

## **HCG UPDATES**

A huge amount of information is being generated about HCG, from the public as well as from the scientific research community. Keeping up with this onslaught is enjoyable for me because I can sort out the good stuff from the crap pretty quickly and pass on my analyses for the benefit of friends, family, colleagues, clients, and blog visitors.

There is plenty of information to keep me busy writing up a weekly update on HCG. You will be getting these updates if you have already requested this report through [BestHCGWeightLoss.com](http://BestHCGWeightLoss.com). I provide them at no charge to you.

If you have received this article through some other means and want to receive my updates anyway, please feel free to visit the link above and submit your contact information so I can be sure that you get them in a timely manner.

## **BOOSTING YOUR RESULTS ON THE HCG PROGRAM**

Most of the information that is circulating on the internet fails to mention what you can do to get optimum results from an HCG Weight Loss Program. Getting and taking HCG for weight loss is just the beginning, and even that first step is full of pitfalls if you don't know what you are doing. For that reason, I have created and tested a program that entails the following components for ensuring maximum health weight loss:

1. Sublingual (oral) HCG that is exactly as effective as injections
2. Set of critical supplements that boost nutrient absorption (a must if you are consuming only 500 calories per day), increase metabolism, and control blood sugar and insulin spikes that slow down fat metabolism.
3. Complete directions and recipes for getting the results you want.

4. Consultations and Q&A with professionals to guide you from beginning to end, step by step, to success.

See a more complete description of this program and how you can take advantage of it for yourself at [Doctors Nutrition Center](#).

## PROBLEMS WITH AFTERCARE

I have been very surprised lately about what people are doing after they finish their HCG diet series. Or, more accurately, what they are NOT doing. Too many folks have discovered, much to their chagrin, that the so-called 100% effective HCG Weight Loss Diet is not always as effective as promised. And that the claims that, once you lose weight on HCG, you will never gain it back.

In my research into the medical literature, I have seen plenty of negative results from professionally designed studies. Yes, even doctors can mess up this protocol! With any program, you have to do it the right way to get the right results. One study used a 550-calorie per day diet (instead of 500), which caused at least one subject to gain weight. Wow! It should have been no surprise that the non-HCG group lost the same average amount of weight as the HCG group in that study.

The topic of most interest to me lately, however, is lifetime aftercare. None of the people with whom I've spoken, who have done the HCG program somewhere else, seem to have received any counseling or direction on what to do for the rest of their lives.

It is obvious, of course, that going back to junk food overload is the wrong thing to do. However there are plenty of other foods that should be avoided, and plenty that are important for maintaining the target weight in perpetuity. This subject has become so important that, because of the absence of advice, I have begun to record a video series on what I call 'HCG Diet Aftercare'.

I think that this will be an effective and convenient way to get the word out on what's best for long-term success after HCG. After all, if you want to stay trim and healthy, you have to know the right things to do, then do them!

I'll keep you apprised of this new development as it nears completion.

It is also clear that almost nobody knows what the most important supplements are for maintaining metabolic rate, regulating the conversion of carbohydrates to storage fat, boosting your master fat hormone, keeping your GI tract healthy, and controlling that dastardly yeast (Candida) from getting loose and upsetting your whole balance again. You simply will not be able to get these benefits from food alone!

This could be the subject of a short book, although it will be part of my video series. For now, I'll just say that those of you who have already completed one or more series of

the HCG diet, your long-term success now depends on a handful of critical supplements. You can find most of them without any trouble in everyday nutrition stores. I, of course, believe that the ones we have in our store are the best, so see what I mean here:

[HCG Diet Aftercare Package at Doctors Nutrition Center](#)

Several other kinds of supplements will be helpful, maybe even critical for you (e.g., see [lodoral](#) as an iodine supplement; best way to boost thyroid and overall metabolism). The supplements in our HCG Diet Aftercare Package are the most important ones to start with. Eve and I rely on them ourselves, and our target weights remain rock solid because of them.

All the best in natural health,

Dr. D