

HCG DIET: THE NEW DEFINITIVE GUIDE by Dr. Dennis Clark

INTRODUCTION

Before we begin, let's be clear about why people gain too much weight. The foundation for understanding how people get fat, and why so many weight loss diets fail, is:



You have probably heard about diet and lifestyle having something to do with weight gain, which is true. However, the underlying problem is that our modern diet and lifestyle cause hormone imbalance. The term 'hormone' may make you think of estrogen and testosterone, which are two of the more well-known steroid hormones. However, healthy metabolism depends on hundreds of hormones. These include more than 150 steroid hormones, dozens of protein hormones, and several neurohormones.

These are hormones because each one, according to the definition of a hormone, carries a biochemical message from a cell or gland in one part of your body that affects another part of your body. Hormones characteristically work in very small amounts to control your metabolism.

Hormone Balance is the Key to Everything

The underlying goal of any weight management protocol, therefore, must be hormone balance. The great news about that statement is that you can expect all of the following when balanced hormones drive optimal metabolism:

- 1) Ideal weight
- 2) Ideal body composition (e.g., lean body mass, percent body fat, bone mass, etc.)

- 3) Proper skin tone (without sagging)
- 4) Correct body shaping
- 5) Good health
- 6) Lifetime fitness
- 7) Bonus benefits (e.g., lower cholesterol, lower blood pressure, blood sugar control - even with Type 2 diabetes)

The key feature of the hCG diet is that it addresses hormone balance directly. The reason that other diets fail is that they do not help to rebalance hormones. Indeed, some diets even make hormone imbalance worse.

hCG: The Heart of the Protocol

One of our protein hormones is hCG, which is the abbreviation for human chorionic gonadotropin. It plays an important role in several aspects of human physiology. The following describes some basic facts about hCG that are not widely known among most dieters who use it for weight loss, nor among most doctors.

The name for hCG – i.e., human chorionic gonadotropin – derives from its role in reproductive physiology. It is best known in medicine as a pregnancy hormone that is produced by the embryo soon after conception. The presence of hCG in high levels is a positive test for pregnancy.

Much of the recent research on hCG involves testing for cancer. While hCG is most commonly associated with pregnancy, it may also be produced by men as well as by women 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 injections for many years in order to help women who are experiencing hormonal issues or fertility problems. It is used as a fertility drug.

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 on hCG for Weight Loss



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.

You can read more about the mixed results of research on hCG for weight loss later in this book. As you will see, 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.

Regardless of how much or how little research support there may be, 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.

Role of hCG for Weight Loss

One of the roles of hCG, discovered by Dr. Albert T.W. Simeons in the 1950s, involves the metabolism of what he called abnormal fat. This metabolism involves hormone receptors for hCG in the hypothalamus of the brain. Although the mechanism of action is not completely understood, research on leptin, the master fat hormone, points the way. Leptin is a relatively newly discovered hormone whose role in fat metabolism has only been known since 1994. Recent research indicates that hCG and leptin may share the same receptors in the hypothalamus and, as a consequence, elicit similar controls on the storage of body fat.

More specifically, Dr. Simeons discovered that a low-dose of daily hCG injections, combined with a specific, very low calorie diet, led to fat loss faster and more effectively than any other approach to weight loss known at that time. Fast forward to the 21st century, and this is still the case. No other diet, among hundreds that have been designed over the past six decades, is as good as the hCG diet for readjusting hormone balance, for reversing the metabolic disorder underlying excessive fat gain, and for restoring you to your ideal weight and body fat composition.

A weight loss program that is this remarkable and that has been around for more than a half century, as you might predict, has attracted some controversy and has generated some contradictions. On one hand, the weight loss industry has adopted it and, unfortunately in many cases, also corrupted it for commercial reasons. On the

other hand, thousands of medical clinics offer it as the core of their weight loss programs, while at the same time the mainstream medical establishment rejects it.

Dr. Simeons' original protocol required his patients to come to the clinic for daily injections six days per week. Improvements in the protocol have eliminated this requirement. Injectable hCG is now available for home use. Even better, oral forms of hCG are also now available, which remove the need for injections entirely. The development of oral forms of hCG has boosted the popularity of the protocol. It has also opened the market to imposters and products in oral form that contain no hCG at all.

Aside from the development of oral forms of hCG, additional improvements over Dr. Simeons's original protocol now include:

- 1) Specific nutritional supplements for resetting fat metabolism during the protocol as well as for maintaining hormone balance for long-term weight management after the protocol.
- 2) Appropriate exercises for maintaining fitness and lean body mass during and after the hCG-very low calorie diet phase.
- 3) Lifetime strategies for keeping the flab off for good after you have reached your target weight with the hCG protocol.

The hCG Weight Loss Diet Doesn't Always Work

The grass roots use of hCG for 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 it by 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, this gives you a chance to be like those 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 physiological processes.

In the end, in spite of its growing popularity, the hCG weight loss diet is not guaranteed to work for everyone. Human physiology entails too many variables to justify claims that it does.

The important question for anyone reading this book is, "Will the hCG weight loss diet work for me?"

To help you answer that question ahead of time, this book provides sufficient information for you in deciding whether it can work for you. This information comes from five primary sources:

- 1) The original work by Dr. Simeons.
- 2) Published scientific research on the hCG protocol.
- 3) Our current scientific understanding of how hCG works for weight loss.
- 4) Surveys of medical weight loss clinics that use the hCG protocol.
- 5) Stories by individuals who have used the protocol.

As already mentioned above, human nature is such that people will look for evidence to support what they already believe. If you are looking for evidence that the hCG protocol works, then the information in this book provides it. If, on the other hand, you are looking for evidence that it does not work, then you may want to skip to the section, "Evaluating the hCG Weight Loss Protocol," and closely examine the studies that have found negative results. In fact, this is generally a good section for everyone to read.

Is the hCG Protocol a Long-Term Solution?

Maybe.

Once you reach your target weight with the hCG protocol, you must adopt a diet and lifestyle that is different from the one that led you to becoming overweight in the first place. You will be bombarded with bad advice on how to stay lean and healthy. Misinformation is rampant in the age of the internet. You can be misled by doctors, nutritionists and dieticians, fitness advisors, other assorted experts of all kinds, and even your government. In fact, especially your government.

Out of every 1,000 pieces of advice that you encounter about how to get or stay lean and healthy, less than 1% of it is truly helpful based on scientific research. In reality, once you reach your target weight, you only need a few guidelines to keep it that way for the rest of your life. As a research scientist myself, I've sorted through the scientific literature to find the best advice that guarantees the results you want when you follow it.

In fact, I can promise you that the diet and lifestyle that I recommend following after the hCG protocol will keep you fit, lean, and healthy for as long as you want.