An Alternate Way to Lose Weight

The relationship between HCG (human chorionic gonadotropin) and weight loss was discovered by Dr. A.T.W. Simeons in 1969. He devoted years to researching various patients suffering obesity. During this time, Dr. Simeons noticed several important factors including the lack of symptoms one would expect from patients on a very low diet. For example, his patients had no headaches, hunger pains, weakness, or irritability as long as the low calorie diet was combined with HCG.

HCG weight loss studies have shown that weight loss comes directly from adipose fat tissue rather than lean muscle mass so, the weight loss comes directly from fat and does not strip the body of much needed muscle, vitamins or minerals, maintaining good health, while at the same time releasing excess amounts of fat-stored nutrients into the blood stream absorbed by the body.

- The hypothalamus gland moderates the thyroid, adrenals fat storage and more importantly, your metabolism
- HCG causes your hypothalamus to metabolize the fat out of the fat storage so it’s available for us.
- Patients may use appetite suppressants in conjunction with HCG
- The result is your body uses thousands of calories of fat from the body every day.
- Those on this diet lose one to two pounds of fat per day.
- The HCG is a nasal spray
- There are rarely any side effects when using the HCG for weight loss

After the HCG diet, you will find your appetite has changed, your eating behavior has changed and your body weight has changed. This is the perfect opportunity to adopt that healthy lifestyle to maintain your weight. There is no exercise required to lose the weight. With your hypothalamus reset, your metabolism will be different and you will be able to eat moderately without feeling the need to overeat.