



## **FAQ's About HCG**

### **How much weight can I lose on the initial "Weight Loss" Phase?**

- Most patients experience a loss of 1-2 pounds per day, individual results will vary, and this is contingent on how closely the patient follows the program. There are individuals that can lose up to 31bs per day.

### **How does HCG work on abnormal body fat?**

- HCG can increase the body's ability to burn "abnormal fat" that is stored in many areas of the body including hips, abdomen, upper arms and thighs.

### **What is HCG?**

- HVG is Human Chorionic Gonadotropin. This is a hormone that is significant to metabolic functioning for both men and women.

### **Who is a candidate for HCG?**

- Any patient that want to lose 10lbs or more and doesn't have a history of cancer or is pregnant and/or nursing. A complete history and medical exam will be performed for overall health management prior to beginning the program.

### **Is it healthy to lose 1-2 lbs. per day with HCG?**

- **Yes.** It is very important to follow our strict protocol which allows the body to burn fat without it affecting your lean muscle mass. Some HCG cases show a healing effect on diabetes, high blood pressure and gout.

### **Why does the "Weight Loss Phase" require a low-calorie diet of 500 calories?**

- HCG can stimulate the brain to release fat from our fat storage locations such as the hips, stomach, thighs , etc. to use as energy. Even though your intake is 500 calories a day, the brain is continually releasing the stored fat in your body, this results in your brain to act as though you are taking in more than 500 calories. This release of stored fat is what allows the body to metabolize the fat quickly.