**Human Chorionic Gonadotropin (HCG) for Weight Loss**

HCG is a hormone produced by the placenta and works in the hypothalamus by controlling the movement and distribution of fat throughout the body. Thus, small amounts of HCG have been shown to mobilize abnormal fat and make it available to the body as a source of energy and nutrients. HCG triggers the body to preferentially utilize body fat, rather than protein like muscle, as a source of energy while undergoing fasting. HCG also reduces appetite, so altho fasting, there is a lack of hunger.

The HCG protocol calls for a 500 calories per day diet. If someone were to start a 500 calories per day diet without HCG, he or she would experience hunger, cravings, feelings of misery and a loss of structural fat and muscle mass. However, a 500 calories per day diet on HCG, a patient typically loses up to one pound of abnormal fat per day. Each pound of fat contains approximately 3500 calories. If people lose one pound of abnormal fat in one day, that makes 3500 calories available to them. This gives patients access to adequate amounts of energy because the rest of the calories are generated internally through the breakdown of fat deposits (lipolysis). Therefore, the patient is not hungry and loses weight.

**Weight Loss Protocol (Revised Summary of Simeon Protocol):**

Days 1-2: 0.2cc of hCG first thing in the morning

Drink ½ - 1 gallon of water (with addition of mineral packets)

Eat your usual quantity of food all day

Days 3-45: Weigh yourself after emptying your bladder in the morning

Take 0.2cc hCG first thing in the morning

Drink ½ - 1 gallon of room temp. water throughout the day w/ added minerals.

**Breakfast**: Warm to hot black coffee, green tea, Yerbe Mate, Wu Long, chamomile, and other herbal teas

**Lunch**: 100gm (3 ½ oz) beef, veal, chicken breast, bass, whitefish, flounder, sole, halibut, crab, shrimp or lobster **AND**

1 handful of spinach, chard, lettuce, celery, fennel, onions, asparagus, cabbage, tomato, beet-greens, chicory, green salad, radishes, or cucumber (mixing is ok)

**AND**

1 organic apple, orange, small grapefruit, or handful of strawberries/blueberries/raspberries.

**Dinner**: (same choices as lunch but don’t eat exactly the same food)

Extras: Meat and vegetables may be cooked any way you like, but without fats or added breading (a very small amount of coconut oil may be used if needed)

Seasoning ok (sea salt, pepper, spice, herbs, lemon juice, Braggs Aminos) but no butter, oil, dressing, etc. NO FATS!

STEVIA is the only sweetener allowed! No “diet” or “sugar free” food or drinks (due to chemicals). No sugars/honey.

Fat-free broth is ok to use at will.

OCCASSIONALLY, fat-free cottage cheese or one egg plus two egg whites may be used instead of meat

No alcohol

Recommendations: May do restorative Yoga, light weight lifting, walking for 1 hour/ day.

Avoid aggressive exercise like spin/run/kick box.

Consider Thai massages weekly (no oil or deep tissue massages), listening to stress reducing CDs

Q-link or E-pendent, Biopro chip if known cardiac issues.

Avoid cold drinks (drinks should be room temperature or hot drinks).

Avoid lotions, most cosmetics, oils (other than a very small amount of coconut oil if necessary)

Call if you have any problems, including hunger or fail to drop pounds over a 3 day period.

Do protocol for only 45 days or less.

CONTINUE the diet for 2 days after you last injection.

AVOID sugars and starches for 3 weeks after the program.

If needed, a second round of the protocol may be done after a 6 week break from injections.

For more info go to [www.hcgdietinfo.com](http://www.hcgdietinfo.com) and click “simeons pounds and inches” for original manuscript.