

HCG

“Human Chorionic Gonadotropin”

The hCG “Weight Loss Cure” protocol, published by Dr. Simeons, a British medical doctor in the 50’s & 60’s is designed to reset an under-active Hypothalamus gland. The idea behind this 23-40 day program is to eliminate fat from all the normal problem areas and reset your body’s metabolism to that of a normal thin person.

The program consists of a low-calorie diet in conjunction with hCG injections.

The human body has three kinds of fat:

**The first is structural fat, which fills the gaps between various organs. It also protects the coronary arteries and keeps the skin smooth and taut. It also provides the springy cushion of hard fat under the bones of the feet.

**The second type of fat is a normal reserve of fuel upon which the body can freely draw when the nutritional input from the intestinal tract is insufficient to meet the demand. This fat reserve is localized all over the body.

**The third type of fat is entirely abnormal. It is the accumulation of this fat from which the overweight patient suffers. This abnormal fat is also a potential reserve of fuel, but unlike the normal reserves it is not available to the body in a nutritional emergency.

In extremely low calorie diets, a patient will first lose his normal fat reserves. When these are exhausted they begin to burn up structural fat, and only as a last resort will the body yield its abnormal reserves. It is for this reason that they begin to feel tired and their faces become drawn and haggard and their belly, hips, thighs and upper arms show little improvement. The skin wrinkles and looks old.

When a low calorie diet is followed in conjunction with hCG, the hCG releases your fat reserves causing your body to consume the fat which acts as a source of energy. You burn about 1 lb of fat per day. 1 lb = 3500 calories.

The diet program given during this treatment is expected to be followed exactly as stated to get the results that are intended. Only those serious about losing weight and regaining their health can be entered into the program. Results can be altered severely when the program is not followed correctly.

There will be lab tests needed upon starting the program i.e., cholesterol, thyroid and glucose. **You are to fast for 12 hours before.** We have discounted fees with a lab in Ohio. A blood pressure reading will be taken during your initial exam. **Please have labs done within 48 hours of your initial visit! If you have recent labs from a physician visit from the last 6 months please bring them in or we can request them from your physician office.**

“THE DIET”

(Food starting at noon or approx 4 hours after waking)

Breakfast:

Tea or coffee in any quantity. Only one tablespoon of milk allowed in 24 hours.

Saccharin or Stevia may be used although Dr. Neumann prefers Stevia.

Lunch:

1. 100 grams (3 ½ oz.) of veal, beef, chicken breast (no canned), fresh whitefish, lobster, crab (no imitation), or shrimp. All visible fat must be removed before cooking and the meat must be weighed raw. It must be boiled or grilled without additional fat.

Salmon, tuna, eel, herring, dried or pickled fish are not allowed! The chicken breast must be removed from the bird and no skin is to be on the chicken.

2. One type of vegetable only to be chosen from the following: spinach, chard, chicory, beet-greens, green salad, tomatoes, celery, fennel, onions, red radishes, cucumbers, asparagus, cabbage. Serving size varies according to the vegetable chosen. Tomatoes (1 cup), fennel or onions (1 ½ cup), all others on this page (2 cups). **Cherry tomatoes are not permitted! Pickles are permitted as they are cucumbers w/ vinegar. If weight loss slows discontinue use!**

3. One (1) Grissini bread stick. **Organic!**

4. An apple, orange, a handful of strawberries (10 medium) or one-half grapefruit.

*****When eating tomatoes it is best to use as a fruit!!**

Dinner: The same 4 choices as above.

Please use a scale to weigh your food!!!

Organic is recommended, protein processed without hormones!

Please be aware that various foods may interact with specific medications. For example grapefruit cannot be eaten with blood pressure medication etc. Your prescribing physician or pharmacist should be consulted for this.

The juice of one lemon per day may be used for any purpose.

Salt and pepper may be used along with attached spice list.

Drink tea, coffee, plain water, or mineral water in any amount.

It is recommended to drink ½ ounce of water per body pound, but no less than 2-3 quarts per day. **Green tea is beneficial during the program.** Not pre-bottled! Home-made!

Please avoid body massage during this time. (hCG is very sensitive to fat!)

Avoid the following supplements while on the hCG- Vitamins A, D, E, K and fish oils. Your daily vitamins may also contain these!

It is recommended to wait until after the completion of a menstrual cycle or at least 2 weeks before your cycle.

You are to discontinue injections during the two heaviest days of your menstrual cycle and continue immediately following. Women who are menstruating produce a small amount of hCG during menstruation.

Day one-two-start injections/sub-lingual. Days of loading are according to your fat stores. Eat as much as you want at this time as this seems to help some individuals during the course of the program. Eat foods that are high in fat such as nuts, ice cream, cheese cake, butter & oils etc.

Day three - start the diet on this day along with injection/sub-lingual. It takes three injections for our bodies to recognize the hCG. You are also to remain on the 500 calorie diet for three days after your last injection to allow the hCG to be completely out of your system.

Do the injection/sub-lingual at the same time each day & weigh yourself!

Do hCG for 14 days in a row. **After the 14th day take one day per week off from injections only but adhere to diet.** The skip day helps to prevent immunity. It may take up to 14 days to lose appetite. No Skip Day necessary on the 23 day program!

If an interruption of treatment is necessary due to traveling, please discontinue injections 3 days before the hiatus but continue the diet until the fourth day. It is desirable to not allow these interruptions until at least the 20th injection.

If you are using medications, please be aware that weight loss can alter your need for various medications. Blood pressure, blood sugar and cholesterol levels will likely improve as you lose weight. We suggest you consult your prescribing physician for possible changes in dosage.

The patient may choose weigh-in days every 7 to 14 days. You will be given the proper amount of pre-filled syringes at each visit.

Please keep hCG refrigerated at all times. Be aware the amber package is not child protected. Keep in a cold spot, not on door! You may want to bring along a lunch type container with a cold pack/ice to take the hCG home.

A course of one treatment is 23- 40 injections or a 34 lb. weight loss. Those needing to lose more may start again after 6 weeks to eliminate immunity. It is essential that you continue a low or no sugar or starch diet during the six weeks. (Phase 3)

Avoid using oily make-ups and body creams. Mineral oil based moisturizers may be used. **hCG is very sensitive to fats and oils even when put on skin!!!**

Side effects may include: Breast tenderness, headache, edema, constipation (Smooth Move Tea recommended immediately upon starting program!)

If you have had Gall Bladder problems please alert us as the lack of fat in the diet may aggravate Gall stones. Note!! hCG does not cause stones, the fat intake is what aggravates stones.

Please notify us if you have had Gout. hCG raises uric acid levels.

Any history of blood clots should be discussed.

Hair loss may occur weeks after ending diet. You may take the supplement Biotin to aid in this occurrence.

If you reach a plateau...4 or more days of no weight loss, an **Apple day** is suggested. **An Apple day is to eat 6 apples on day 1 starting at lunch until lunch the next day. Cut back on water intake during this period. If there continues to be a plateau, contact our office. Apple days may also jump start a slow week!**

You will be given a chart to journal your food intake. We are here to help you succeed. To do this we must have your full cooperation and honesty on the journal. IT IS ESSENTIAL TO BRING YOUR FOOD JOURNAL TO EACH WEIGH IN! THERE WILL BE NO COUNSELING WITHOUT IT / ONLY A WEIGHT CHARTED!!

B12 or MIC 2 injections are recommended but not included in the program. If chosen, they can be purchased and will be given at your weekly weigh-ins. These help with energy and the MIC 2 will help with weight loss!

*** Please inquire of your waste disposal service as to how they want you to dispose of your syringes. Please do not return them to the office. *** (as a rule using a bleach bottle to dispose is sufficient). Absolutely do not discard them in a waste receptacle alone.)

Phase 3 instructions of the hCG diet will be given at the end of the program. This phase will help insure that you maintain your weight loss!

This program is recommended to be followed exactly as shown. **Adding even the most insignificant amount of calories can significantly change the results.**

FOOD LIST

*** May cause a stall!!!!**

Protein

3.5 ounce portions - Calories

Chicken 114

Beef Round (very lean) 153

Filet Mignon 153

Ground Beef 150

T-bone 150

Eye Round 164

Flank 130

Top Sirloin 131

Venison 145

***Be aware that there are other forms of beef that may be used, these are just examples. Calorie count is the key. Some beef is much higher in fat and calories.**

Crab 117

Lobster 80

***Shrimp 103**

(Shrimp may cause a stall / use with caution!)

White Fish 98

Cod 83

Flounder 90

Haddock 88

Tilapia 94

***Tuna / canned white packed in water. Some may not lose when eating tuna, please be aware of this and refrain if weight loss stops.**

***Eggs/ 1 egg & 3 egg whites 110**

***Cottage Cheese ¼ cup regular 58**

***1% Cottage Cheese ½ cup 80-100**

Fruit

Apple - small 55 med 72 large 110 **(oranges may cause a stall / use with caution!)**

Grapefruit ½ med 40

***Orange med 70** No clementines, mandarine oranges or tangerines permitted!!

Strawberries- small 2 calories, medium 4 calories, large 6 calories

FOOD LIST CONTINUED

Vegetables

Asparagus raw 1 cup 27
Beet Greens 1 cup 8
*Cabbage 1 cup 17
Celery 1 cup 17
Chard 1 cup 7
Cucumber 1 cup 16
Fennel 1 cup 27
Lettuce (any) 1 cup 21
Onion 1 small 29
Radishes 1 cup 19
Spinach raw 1 cup 22
*Tomatoes 1 cup 32
Chicory greens 1 cup 7

These vegetables are in 2 cup increments
except tomatoes (1 cup)
fennel onions (1 ½ cup)

**(Cabbage & tomatoes, may cause
a stall / use with caution!)**

When eating tomatoes, use as one of your fruits!

Grain

One Grissini 10
One Melba (plain) 12

You must add your calories, use discretion when using the higher caloric foods. Add accordingly! Totals for the day must not be more than 500! This is for 2 proteins, 2 vegetables, 2 fruits & 2 grains. Each meal should be 250 calories. Do not take from 1 meal to add to another. Absolutely no substitutions!

If stalling during program...

Use 2 cups of fresh spinach as one of your vegetables..

Detox Bath
1 cup Epsom Salt
1 cup Baking Soda
¼ cup Sea Salt
¼ unfiltered apple cider vinegar
1 Tbls. ground ginger

Soak in a hot tub for 30 - 40 minutes.

CONSULT OUR OFFICE FIRST IF A NEED ARRISES TO DISCONTINUE THE hCG. YOU WILL NOT BE ALLOWED TO PICK UP WHERE YOU LEFT OFF IF THIS OCCURS!!

THERE WILL BE NO REFUNDS OR PARTIAL REFUNDS UPON TAKING PROGRAM HOME. BE AWARE, STARTING AND STOPPING THE PROGRAM AFTER TAKING HOME FIRST SET OF INJECTIONS MAY LOSE YOUR ABILITY TO PICK UP WHERE YOU LEFT OFF!

Upon ending program you may choose to have your labs re-done. There will be a \$40 consult fee to have them read by Dr. Neumann.

Thank you for trusting Dr. Neumann and the staff of MSN Healthcare. We can be reached at (734) 847-4700 with any concerns or questions. Messages will be answered on the days that we are not open. Please leave name and phone number only and your call will be returned. Please do not attempt to explain issue over the answering machine.

This drug is not FDA approved for weight loss. Results may vary and are not guaranteed. If this is a concern you may want the advice of your physician!

I have read the above and accept these terms.

Date: _____ Patient Signature: _____

Print Name: _____

Witness: _____