

## >> What is hCG?

The hCG weight loss program is based on The Weight Loss Cure (They Don't Want You to Know About) protocol promoted by Kevin Trudeau and as developed by A. T. W. Simeons, M.D. We recommend our dieters have a copy of Trudeau's book for more information on the guidelines for each phase. The program requires a physician's oversight to prescribe Human Chorionic Gonadotropin hormone (hCG) and to oversee the protocol to prevent unwanted symptoms like gout or gall bladder disorders from developing while the hCG hormone is being administered.

## >> How does hCG work?

This diet tackles the typical problems overweight people have: intense and constant hunger, food cravings and urges to eat when not hungry, low metabolism, and abnormally high amounts of fat stored in stubborn secure problem areas like the hips, thighs, buttocks, and waist. The hCG injections, combined with very strict and specific food consumption, reshape the body by resetting and reactivating the hypothalamus. The hypothalamus is prompted to release secure abnormal fat reserves, leading to dramatic weight loss without the loss of muscle or structural fat!

## >> What to expect...

Our clinic has successfully administered the hCG diet for nearly five years. Our patients lose as much as a pound a day, and have been successful in maintaining their weight loss and incorporating healthy eating habits into their lifestyle.