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Healthy Life
NEXT EXIT ↗



HCG

WHAT IS HCG AND HOW DOES IT WORK?

Answer: HCG is a hormone naturally produced by the body. It has many functions and is used medically to treat a variety of conditions. It is the pregnancy hormone, but during pregnancy the levels double every two days. This hormone has a property that allows the body to mobilize fat and use it for energy for both mother and fetus, if there is ever a dire need. It is a fail-safe mechanism. For weight loss, we use only a small amount and we are able to capitalize on this same mechanism.

IS HCG SAFE?

Answer: HCG is very safe. Women experience high levels during the nine months of pregnancy and have multiple pregnancies without ill effects.

WILL MY METABOLISM SLOW DOWN IF I AM ON A VERY LOW CALORIE DIET?

Answer: Normally when we cut back our calories and fat, our bodies store fat and metabolisms slow down. This happens because fat is really a life-saving source of stored energy. When a very low calorie diet is employed with HCG, the body is signaled to use the fat that is stored for energy or for elimination. 6

THE HCG DIET IS A VERY LOW CALORIE DIET, WILL I GET HUNGRY?

Answer: Because HCG mobilizes fat and makes it available to the body as an energy source, it naturally reduces appetite. So, even though you are taking in fewer calories, your body is able to access energy you have stored. Most people have plenty of energy and feel good while on the program.

WHY ARE SOME PEOPLE CALLING HCG THE "HCG-CURE"?

Answer: HCG is also being called the "HCG-Cure", because after taking it for weight loss, it works to re-program your body to use stored fat for energy when calories are reduced for some periods of time. Or put in another way, it helps you maintain and not re-gain weight you have lost.

WHAT IF I NEED TO LOSE MORE THAN 40 POUNDS?

Answer: You may request a refill up to 5 times. However, you must allow a 6 week resting period of the HCG. You can lose up to 240 pounds in a 2 year period!!!

CAN I CHEW GUM?

Answer: Yes, you may chew sugar free or an organic chewing gum. You may find this at most organic and whole food stores.

CAN I DRINK ALCOHOL WHILE ON PHASE 2?

Answer: No. You should not drink any alcohol as it contains many calories and carbohydrates. You may have 3-4 oz of dry red organic wine in Phase 1.

CAN I ADD SALT TO MY FOOD IN PHASE 2?

Answer: You may use Sea Salt in Phase 2 however, please use it very sparingly. You may use lemon juice, apple cider raw unfiltered vinegar, ground pepper, parsley, oregano and thyme for flavor on your proteins, vegetables and salad. See the approved condiments section in this book.

DO I NEED TO GORGE FOR THE FIRST 2 DAYS IN PHASE 2?

Answer: Yes. You should eat at least 5-6 times per day on the first 2 days of Phase 2. This helps to build up your fat reserves before starting a very low calorie diet of 800 calories daily which is required in Phase 2. It is not recommended to eat too much to where you feel sick and bloated. You may incorporate cooking oils, sugar and starches. (whole grain or whole wheat are preferred), all of which may be included in your 2 day gorging. It takes about 3 injections of HCG before the fat begins to melt off.

DO I NEED TO EAT ALL ORGANIC FOODS?

Answer: It is recommended to eat all organic products especially your proteins. Non-organic poultry, vegetables, fruit, and beef may contain preservatives, antibiotics, herbicides, pesticides and flavor enhancers. If you do not have access to all organic foods, wash all produce thoroughly and do not drink tap water.

WHAT CAN I DO IF MY WEIGHT PLATEAUS?

Answer: It is very common for both men and women to have a 2-4 day weight plateau on any weight loss program. On the 4th day, you may eat only 6 green apples for the entire day and decrease your fluid intake by half. This is because your body may be retaining water. Another plateau breaker is fasting for the entire day by only drinking fluids and then eating a large steak 8-10 oz. for dinner. Both of these plateau breakers have had great results and the average weight loss is around 2 pounds overnight. You may also be constipated from being on a high protein diet. It is possible to hold up to 7 pounds of stool in your colon. We recommend taking Miralax® OTC to aid in digestion.

WHY DOES THE HCG NOT COME IN PRE FILLED SYRINGES?

Answer: The pharmaceutical HCG manufacturer is based here in the United States. The medication contains 2 vials which must be reconstituted (mixed). One vial is the HCG/B12 in a powder form and the other is a sterile protein bacteriostatic water, which when mixed is stable and stored in your refrigerator. It is also important not to leave the HCG vial at room temperature for more than 6 hours, which can decrease the stability.

WOULD I LOSE THE SAME WEIGHT EATING A VERY LOW CALORIE DIET WITHOUT THE HCG?

Answer: You can lose weight by simply eating fewer calories and fat. However, because the body stores fat during times of deprivation, you might lose muscle before fat in addition to a slower metabolism. Many people find that they will lose the weight but then gain it all back plus more! HCG alone will not help you lose the weight, rather a combination of the HCG medication, low impact daily exercise, proper nutrition, and a low calorie diet will help you to achieve your weight loss goals. Finally you can say goodbye to rollercoaster dieting once and for all.

WHAT HAPPENS IF I FORGET TO GIVE MYSELF THE INJECTION?

Answer: The HCG remains in your body for about 3 days. It is best to give yourself the injection as soon as you wake up. However, if you forget and don't remember until several hours later, you may simply give yourself the injection at that time. If you skip an entire day, do not double your dose the next day.

IS THE HCG MADE FROM THE URINE OF PREGNANT WOMEN?

Answer: Yes, Human Chorionic Gonadotropin is a glycoprotein hormone that is extracted from the urine of pregnant women and is tested for potency and standardized by a biological assay procedure. It is the very same product given to women in high doses to induce fertilization.

WILL HCG INTERFERE WITH ANY MEDICATIONS I AM CURRENTLY TAKING?

Answer: No, HCG is not contraindicated with any medications. Please continue ALL medications prescribed to you by your medical doctor.

WHEN IS THE BEST TIME FOR A MENSTRUATING WOMAN TO START PHASE 2?

Answer: It is recommended to start the HCG medication at least 10 days before you are going to start taking the HCG injections or sublingual therapy. You must stop the HCG medication as soon as your period begins. When you notice only a small amount of spotting (about 3 or 4 days later depending on your cycle), you may resume the medication. The increase in your hormone levels may cause you to bleed heavier than normal or you may skip your period entirely.

WILL I SPOT EVEN THOUGH I AM POST MENOPAUSAL?

Answer: Some post menopausal women have reported a small amount of spotting while taking HCG. This is the body's reaction to an increase of hormone production and is not considered a health concern.

WHY AM I INJECTING THE HCG INTO THE FATTY TISSUE INSTEAD OF THE MUSCLE?

Answer: The HCG is absorbed through the adipose (fatty) tissue just as effectively as the muscle. The HCG kit is designed for a 40 day self injection and is equipped with easy to read instructions. It is much easier to inject yourself in the abdomen so you can see what you are doing. Subcutaneous injection has the same absorption as intramuscular and is just as effective.