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HCG DIET FREQUENTLY ASKED QUESTIONS

What is HCG and how does it work?

HCG is a hormone naturally produced in the body. It has many functions and is used medically to treat a variety of conditions. During pregnancy, this hormone allows the body to metabolize fat and use it as energy for both mother and fetus. This acts as a “fail-safe” mechanism when energy is needed immediately. For weight loss, we use only a very small amount of HCG to capitalize on this same mechanism to burn off excess stored fat (thus sparing muscle and bone).

Is HCG Safe?

The extremely small amount of HCG used for weight loss has is very safe with minimal, if any, side effects. Using HCG for weight loss does not mimic pregnancy; in fact, it can be safely used by both men and women. Women have very high levels of HCG during pregnancy with no adverse affects.

Is HCG safe for men?

The HCG is actually already found in men. Its is found in every human tissue, including males and non pregnant women as well as pregnant women. In fact, men get even faster results with the HCG diet and tend to lose more weight than women.

If HCG works so well for weight loss, why don't pregnant women lose weight?

HCG works to mobilize fat for utilization by the body only when there is a significant decrease in calories and fat. For weight loss, a very low calorie diet of all the right foods is used to trigger HCG to help rid the body of excess stored fat.

Will my metabolism slow down if I am on a very low calorie diet?

Normally when a person goes on a very low calorie diet, our body's metabolism will slow down, store more fat and catabolize muscle and bone for energy. During a traditional very low calorie diet, the stored fat will be the last thing that will get used for energy. This happens because fat is really a life-saving

source of stored energy. However, when a very low calorie diet is used in conjunction with the HCG, the hormone signals the body to use stored fat for energy, thus eliminating the excess fat reserves (what everyone wants to get rid of) and sparing the muscle and bone. This is a natural process, so no ill effects on your metabolism will result. The HCG keeps the body from going into starvation mode as it resets your metabolism.

Wouldn't I lose the same amount of weight eating a very low calorie diet without HCG?

You can lose weight simply by eating fewer calories and fat, but because the body stores fat during times of deprivation, you will most likely lose muscle and bone before fat. This causes cellular metabolism to slow down. So in the long run, it would make gaining weight easier, as well as decrease bone density and muscle mass. By using HCG with the low calorie diet, extra fat is mobilized for energy. You benefit by preferentially getting rid of excess fat without affecting your bone and muscle. With HCG you can lose the weight safely and quickly (up to a pound a day) and keep it off!

Will I get hungry on the very low calorie HCG diet?

It is common to feel mild hunger during the first few days. This will pass and by the second week you will find your servings to be satisfying. 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 can access the energy you have stored in fat cells. Overall, most people have plenty of energy and feel good while on the program.

Will HCG interfere with any medications I am currently taking? What about birth control pills or Depo-Provera injections?

HCG does not interact with ANY medications, including birth control pills or Depo-Provera.

Will I experience any changes in my menstrual cycle taking HCG?

Because the amount of HCG is so small, there are no changes to your menstrual cycle. Likewise, HCG will not affect your ability to become pregnant, nor will it increase your chances of getting pregnant. It is best to avoid starting the HCG Diet if you are within 5-6 days of your menstrual period. Wait until after your menstrual period is complete to start HCG.

What about pregnancy and taking HCG?

If you are pregnant or become pregnant during the HCG diet, stop taking HCG and consult your physician.

Why are some people calling HCG the "Weight Loss Cure"?

HCG is also being called the "Weight Loss Cure" because after taking it for weight loss, it reprograms your body to use stored fat for energy when calories are reduced for a period of time. It helps you maintain your weight and not regain the pounds you lost.

How much weight can I expect to lose on the program?

It depends on many factors including how much excess fat you have and how much weight needs to be lost. But, in general, women can lose about ½ pound to a pound a day and men tend to lose about 1 pound a day.

What conditions can be improved with HCG diet?

In addition to losing weight, many conditions can be improved by taking HCG. You will notice an improvement in sleep, skin, and mood. You will have a stabilization of blood sugar, blood pressure and cholesterol. You will have fewer arthritis symptoms, an improvement of psoriasis, peptic ulcers and hair loss.

Is HCG a sex hormone?

HCG is not a true hormone like we think of sex hormones and thus, will not affect the menstrual cycle and can be used by men and women alike with the same effects. The therapeutic dose for weight loss will not make any pregnancy test turn positive nor will it show up in a blood test. If your blood test becomes positive for HCG, you are indeed pregnant.

Even though it is not a true sex hormone, some patients report that their menopausal symptoms improved with HCG. The mechanism for this is not known. You will also note some interesting effects with HCG: the re-distribution of normal fat and body contouring. You will have soft facial features with only abnormal fat loss there and your body will be shapelier than before treatment. We have seen normal fat added to breast while abnormal fat has been removed from the thighs. We do not promise women their breast will be bigger, but taking good before and after photos will document the effects of HCG better than the scale.

The HCG Diet and Alcohol

Recent studies have found that people who are under extreme amounts of stress or pressure may benefit from an alcohol drink at the end of the day, to help the body and mind unwind and relax. Even though the original HCG diet protocol does not account for alcohol, some people whom have been drinkers, even those that are bordering on alcoholism, do surprisingly well on the HCG diet. If instructions are followed correctly, the HCG diet will get them out of their drinking routine. These people have even said that they do not feel the need to drink while on the HCG diet. This may be due to the absence of the alcohol cravings (because HCG works with the hypothalamus gland which controls the emotional eating/ drinking part of the brain, along with other aspects.)