

Extract from Dr. B. Agin MD

HCG Program

How HCG will help you lose that stubborn fat

Welcome to the HCG Weight Management Program. HCG has been safely used for years. We have successfully implemented this treatment program for clients with many different weight loss needs. For people that need to lose 10 pounds or 200 pounds, the HCG program has been very helpful. We also use our other program modalities in conjunction with HCG depending on the amount of weight needed to lose. If you have found that traditional diet plans have not resulted in weight loss reasonable for your efforts, HCG may help. Some clients may still need further hormone testing, but most do considerably better on HCG than other attempted programs.

The first report on the use of HCG for management of obesity was published in 1954 by the late Dr. A.T.W. Simeons, a British Physician practicing in Rome.

While working in India, he noticed that the so-called obese boys who showed Adiposogenital dystrophy (syndrome involving impaired function of the pituitary and hypothalamus) improved their undescended testis when they were treated with HCG. He also observed that body fat distribution modified during the course of treatment. Therefore he hypothesized that if those children were concomitantly submitted to a very low caloric diet they could reduce their body weight, consuming the "fat on the move".

There are certain medical issues, such as problems with individual biochemistry and metabolism that can cause one to pack on the pounds. Of the 65 percent of the population who are overweight, a portion of these people are weight-loss resistant. If you are in that category, know that these medical conditions are studied, and there are ways to correct them.

The Hypothalamus

Below is information from Dr Simeons studies on HCG:

We all have a small gland deep within our brain called the hypothalamus. This is a vital part of the body which controls all our autonomic functions, including breathing, heart beat, digestion, sleep and the complicated functions of the endocrine (hormone) system. Included in these endocrine functions is the regulation and control of metabolism and weight.

- **No oils** –this includes fats such as butter, oil, salad dressing and any type of body lotion including face cream. Coffee and tea are permitted with 1 TBS of milk per day and may be sweetened with Splenda or Stevia.
- Seasonings are allowed including the juice of one lemon daily
- **ONLY** the foods listed will be eaten. There are **NO** exceptions
- All food must be weighed on a letter or kitchen scale

Dilution Instructions

1 vial of HCG (5000 units). Dilute with 5ml of Bacteriostatic water (included). Using the 5ml syringe ,draw out 5 of Bacteriostatic water and inject into the HCG vial. **DO NOT SHAKE**; roll the contents of vial back and forth between your hands to gently mix.

****Keep refrigerated after dilution****

Next, draw out HCG hormone into the insulin syringe and stop when you get to the 0.17 ml or 17 unit mark. Tap out any large air bubbles, you are then ready to inject. Give the injection into the abdominal fat. First grab and pinch of fat and clean the area with an alcohol wipe and then insert the needle all the way into the fat. (Keeping about an inch or more away from the belly button).

Timing of injections

- 1 injection will be given every day for 28 days

They must be given **at the same time every day** to keep the level of HCG steady. Morning is the recommended time

Food Options

The choices listed below for protein and vegetables are the **ONLY** allowed choices (If possible organic is preferred since organic foods don't have added hormones)

EATING PROGRAM

Breakfast:

- 1 fruit option

Lunch:

- 3 ounces of lean, organic protein
- Choice of one vegetable - serving size, 1 cup
- 1 carb option

Snack:

- 1 fruit option

Dinner:

- 3 ounces of lean organic protein
- 1 cup of vegetables
- 1 carb option

****You must eat ALL foods**

****Coffee and tea are permitted with 1 TBS of milk per day and may be sweetened with Splenda or Stevia.**

Tips

- Seasonings are allowed but **NO** fats, this includes butter and salad dressing
- May use seasonings such as garlic and other spices.
- Vegetables can be raw or steamed
- Must have only one vegetable at each meal
- **No additional foods or substitutions allowed**
- Water intake must be 80-100 ounces daily, may add lemon juice
- The listed carbs and fruits **must be eaten** and in the quantities outlined above.
- Foods listed can be eaten at different times during the day.
- No more than 4 foods can be eaten at one time.
- Do not have **the same** foods at lunch and dinner.

VEGETABLE OPTIONS

Asparagus
Spinach
Tomatoes
Cucumbers
Cabbage
Swiss Chard
Beet Greens
Onions
Fennel
Red Radishes
Green Salad

What to do after the HCG cycle:

Following our [Program](#) is an easy and structured way to manage the post HCG 30 days and still see further leaning. For the following 30 days, all foods allowed will be proteins, vegetables, fats and 1 fruit from the fruit options previously listed. (You can read more about this program on our website www.TrimNutrition.com).

After these next 30 days, very gradually add healthy carbohydrates in small quantities, always controlled by morning weigh-in to monitor for changes.