

hCG Protocol...Note to the reader

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Version History

Date	Owner	Status
12/16/2011	Jodie Tice Lawrosky	Initial Version, posted to website.
12/17/2011	Jodie Tice Lawrosky	Added hCG Mixing Information link.
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hCG Protocol...Tips and Experiences

A couple of years ago, I heard about this program for losing weight and keeping it off, and I wasn't sure whether to try it or not. One friend lost 40+lbs and has continued to maintain the loss easily. Others have tried the program since then and have had spectacular results. I decided to order some hCG and started the Protocol in late October 2011.

On the whole, women average .5 lb. loss per day, men average 1 lb. loss per day while using hCG. I have a way to go, but so far, I'm pleased with the results. (In Round 1, I lost 28 lbs.) Since a number of folks have asked me what I'm doing, I figured I'd assemble the information in a document.

NOTE: Please do your own research on this, before you decide to do this or any other program. Talk to your doctor, and based on medications you are currently taking, or your general health, they may recommend you do something else.

There is a lot of different information available to the general public about the hCG Protocol. "Caveat emptor" (Let the buyer beware) is appropriate here. I'm listing some sites where I've found valuable information...it's not the ONLY place it may be available...but it is what I've found useful...I hope it is for you.

Personally, I had NO other health contraindications. I was not taking any medication (other than vitamins), and other than my weight, my health was good. I was at the point where I was considering surgery (Gastric Bypass or Lap-Band), and for personal reasons, decided against the surgery methods listed.

Your mileage (and weight loss) may vary.

Jodie

Contents

What is the “hCG Diet” Based On?	4
Should I Go Through a Doctor’s Office to do this Protocol? or Can I do this Program by Myself?	4
Benefits vs. Side Effects and Risks	5
Benefits	5
Side Effects and Risks.....	5
How to Order hCG.....	6
Special Note: Homeopathic hCG Drops	6
hCG Mixing Supplies	7
Other Things You’ll Need	7
Supplements/Vitamins.....	8
Supplements I’ve Taken on the Protocol.....	8
Other Supplements.....	8
Other Food Items	8
Quick Overview of the Simeons Protocol (Round 1)	9
P2	9
P3	9
P4	9
Quick Overview of the Simeons Protocol (Round 2 and More).....	9
Websites	10
hCG Dieters Yahoo Group.....	10
Hcg_Support Yahoo Group	10
Michele's hCG Supplies and Information.....	10
Sara's hCG Supplies and Information.....	10
hCG Supplies	10
Chatzy Group (hCG Chat Group).....	10
Low Carb Friends – hCG Diets Board (Bulletin Board Sponsored by Netrition).....	11
Skinny Me (another hCG Forum)	11
The hCG Cookbook.....	11
Weight and BMI Calculators	11
Other hCG Sites I Have Found.....	11
Terms	13

What is the “hCG Diet” Based On?

The hCG Diet is based on the original manuscript by A. T. W. Simeons called Pounds & Inches (P&I). This book was written in the 1940's and is considered the hCG “Bible”. If you want Pounds & Inches in a bound book, you can order it at Amazon OR you can get a free online copy from many online sites. Here's one I accessed and saved on my computer:

<http://www.hcgloss.com/Protocol/pounds-and-inches.html>

All you need to do is open the PDF document and select **File → Save As...** and save to an area on your computer! (I set up a separate folder for hCG and filed it there!)

In 2007, Kevin Trudeau released a book called The Weight Loss Cure “They” Don’t Want You to Know About. (You can find used copies on Amazon.com and Half.com.) He expanded on the Simeons protocol, adding other things he recommended doing before the Simeons protocol (what he refers to as P1), as well as making some changes to the basic protocol designed by Simeons. You may find it valuable.

If you are considering doing this, make sure you download the Pounds & Inches Book and read it a couple of times, BEFORE ordering hCG or any other supplies.

Should I Go Through a Doctor’s Office to do this Protocol? or Can I do this Program by Myself?

This is a good question that doesn't have an easy answer. Many Chiropractic and Naturopathic offices are now treating overweight individuals using hCG. Prices vary greatly. Support in those programs varies greatly. Do your own research. Check out what the offices are offering. They will typically give you an estimate of how many rounds you will have to do. Price out hCG and Mixing Supplies for those rounds. And check with your Primary Care Doctor.

For me, I did all of those things listed previously. And I made sure to have my MD's support. And I found that I could order the hCG and Mixing Kits for less than working this protocol through a Chiropractic or Naturopathic office.

Benefits vs. Side Effects and Risks

With any weight loss program, there will always be positives and negatives. The following lists of Benefits and Side Effects and Risks were primarily taken from the following website page:

<http://hcgdietmart.com/what-is-the-hcg-protocol/side-effectsrisks-benefits/>

Benefits

- Fast weight loss! Women average .5 lb. per day. Men average 1 lb. per day.
- Learn to eat a healthy well balanced diet
- Increased energy level
- Lowered cholesterol and triglyceride levels
- Improved sleep
- Decreased risk of Type 2 Diabetes
- Slimmer, more contoured body shape
- So many more personal benefits: you can walk without getting breathless, you can cross your legs, you can bend over to tie your shoes, getting off medications, actually not afraid to weigh yourself on the scale, playing with your children etc. etc.!!!

Side Effects and Risks

People seem to feel energized while using hCG. But, there are possible small side effects, you should be aware of:

- Headaches are common-especially in your first week-this seems to be from “detoxing” from no longer eating carbs and sugars.
- Insomnia, feeling restless or irritable
- Pain, swelling, or irritation where injections are given. (PLEASE educate yourself before injecting! NOTE: You Tube has many videos on mixing hCG, loading needles and giving injections)
- Diarrhea, constipation or nausea
- Dietary restrictions may cause problems for people with gall bladder issues. Extreme diet changes in body may also cause temporary hair loss.
- People on thyroid medication need to be cautious; you may not get the best fat loss results if your thyroid gland is not functioning correctly. You need to consult with your Doctor before starting the hCG protocol, as medications may need to be adjusted frequently.
- Possible menstruation changes (starting earlier or later, heavier flow, lasting longer than normal, cramping)

How to Order hCG

Recently, there have been various companies that are no longer selling Rx hCG (prescription strength).

Some of the places you can still purchase your hCG are <http://www.reliablerxpharmacy.com>, and <http://escrowrefills.com> (you'll need the code CID 169892 –OR– CID 292867 –OR– CID 293030 to get set up there).

You will want to purchase hCG that comes in a rubber stoppered vial, where the hCG comes in a freeze-dried tablet. It is best to get the rubber topped vials (not the glass ampoules), so that you do not have to break the glass ampoule and then have to use filtered syringes to remove your product when mixing.

NOTE: Do not purchase hCG that comes pre-mixed, as the efficacy (strength/usefulness) is reduced.

You will also need to decide HOW MANY IU's of hCG you will need in each dose. Typically, on the Simeon's protocol, folks will typically mix up their hCG Solution to a dose of 125 I.U. There are plenty of sites that will have Mixing Instructions. Here is a link to an easy to understand page:

<http://www.hcgsupplies.com/hcg-mixing-instructions.html>

It is recommended you buy your hCG based on HOW you plan to take your hCG (and the dosing amount you need, as previously mentioned). If you are dosing at 125 I.U., then you will typically use the following size vials for dosing:

5000iu vials for sublingual (SL)
2000iu vials for injections (IM or SQ)

If you do injections, you take them once in the morning. If you dose sublingually, you'll need to dose in the AM and PM, therefore, you'll need double the hCG injection amount.

RECOMMENDATION: Get as much product you think you'll need for the total number of rounds you'll estimate you want to do. Read P&I for more information on average weight loss in a round. As usual, men will typically lose more quickly than women.

Often, the shipping from these pharmacies is a flat rate (about\$25.00), it's also recommended that you make your purchase of hCG for as many rounds as you can afford. Expiration dates are on the product boxes and the hCG dispensed from most of these pharmacies are typically viable for 2-3 years.

Special Note: Homeopathic hCG Drops

In December 2011, the FDA sent out a Press Release where they have acted to remove "homeopathic" hCG weight loss products from the market.

<http://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm282334.htm>

The hCG you will order from these pharmacies is **NOT** homeopathic hCG (hhCG). At this time the Rx version (available at these off-shore pharmacies) is NOT being affected by the FDA ruling.

hCG Mixing Supplies

Once you have your hCG, you will need to mix it, so you can either take it sublingually (under the tongue) OR by injection (IM → Intramuscular (into muscle) or SQ → Subcutaneous (into fat)).

Both Michele and Sara have created mixing kits for IM & SQ injections and SL dosing.

To purchase Mixing Kits for any of these methods of taking hCG, check out the following sites:

Michele's Mixing Kits: <http://www.micheleshcgsupplies.com>

Sara's Mixing Kits: <http://www.hcgonyourown.com>

Other Things You'll Need

- **A Bathroom Scale** that measures you weight in up to 0.2 lb. increments (if it has % fat, BMI, other measurements, that's ok too!)
- **A Food Scale** that measures in ounces, as well as grams.
- **A Measuring Tape** (I highly recommend purchasing the Myotape, an easy to use item that allows you to take consistent body measurements. Myotape can be found on Amazon at the link below.)
<http://www.amazon.com/AccuFitness-MT05-MyoTape-Body-Measure/dp/B000G7YW7Y>
- **An Account** at <http://fitday.com>

Your account will be used to record the food you eat and track your caloric intake.

Personally, I used a spreadsheet I found on the Yahoo Group page called "hCG Chart of Success.xls" for the P2 part of my round. It was easy to select foods from the drop downs and just enter the weight of various foods. For the latter sections of the Protocol (P3 and P4), you will need the fitday account to record your food intake.

Supplements/Vitamins

Again, I'm no expert in this. I am currently taking the following and have felt good throughout the Protocol. So far. I typically split these up in Breakfast/Lunch/Dinner amounts (fairly equally).

Supplements I've Taken on the Protocol

- **Trader Joes Women's Formula Multi Vitamin & Mineral** (3 Tablets/day for P2, P3, P4)
- **Nature's Way MSM** – 1000mg (6 capsules/day--this is used to tone up skin and good for joints)
- **Magnesium** (helps with regularity) 400mg (I found 1 capsule/day works...more and I'm too "loose")
- **Potassium** – 99mg (3 capsules/day on P2, less for P3/P4—reduce as your salt intake increases in P3/P4)
- **L-Glutamine Caps** – 500mg (2 caps/day in P2 if cravings are difficult to deal with—I open the caplet leaving the powder under my tongue to dissolve ...slightly bitter)

Other Supplements

- **B12 Chewable Tablets**(Sublingual) 1000mcg to 2500mcg/day
- **Biotin for hair loss** 5,000-10,000 mg/day
- Other supplements you may typically take.

Other Food Items

- Stevia – you'll want to switch over from taking any other sweetener to Stevia (Sweet Leaf brand is recommended). Avoid Stevia in the Raw and Truvia, if possible. No aspartame (Equal) or Splenda. The Sweet Leaf brand Stevia has powder and liquid versions, as well as flavored liquid versions.

NOTE: No Diet Sodas in the P2 portion of the Protocol. In P3/P4 you may have some of the diet sodas that are sweetened with Stevia. (Zevia, for example is one made with Stevia and erythritol.)

Quick Overview of the Simeons Protocol (Round 1)

P2

Goal: To lose weight on this phase of the protocol

- Length: Between 21 and 40 days, when hCG is taken for each of those days.
NOTE: 21 days is considered a short round, 40 days is a long round.
P2 starts with 2 or 3 days of fat loading, followed by 21 or 40 days of the Very Low Calorie Diet (VLCD), equal to approximately 500 calories. (Please refer to the Simeons or Trudeau books for the length of the fat loading you wish to do.)
- 3 days at end with no hCG—still on VLCD.

P3

Goal: To maintain weight loss from P2, by converting to a diet increasing fats/veggies (no sugar or starch) to calorie level to maintain your weight (plus/minus 2 pounds) of your Last Injection/Last Dose of hCG (LIW/LDW). (Click [here](#) to view links to calculate calories needed.)

- Continue to monitor food intake and weight for 21 days
- NO hCG at this time.

The following link connects to a valuable site that will allow you to determine your calorie level on P3/P4. Always use sedentary (as your activity level). Calories can be increased or decreased by up to 200, depending on how you are stabilizing. I always start 200 below the number and work my way up. I have done really well on my maintenance at the number this site suggests.

<http://www.caloriecontrol.org/healthy-weight-tool-kit/weight-maintenance-calculator-women>

P4

Goal: To reintroduce starches/sugars while maintaining calorie level of P3 necessary to maintain the weight (plus/minus 2 pounds) at your Last Injection/Last Dose of hCG (LIW/LDW).

- Continue to monitor food intake and weight for 21 days
- NO hCG at this time.

Quick Overview of the Simeons Protocol (Round 2 and More)

- Continue the P2 → P3 → P4 cycle.
- P4 will be extended for each subsequent round, (see information in Simeons Book.)

Websites

hCG Dieters Yahoo Group

You need to sign up for this yahoo group, and to do so, you need a Yahoo ID. NOTE: Many of the following Links appear on the Home page of this Yahoo Group.

<http://health.groups.yahoo.com/group/HcgDieters/>

People post answers to questions asked, there are many individuals on here who have been on the protocol and have lost weight and maintained. If you sign up for this group, you'll want to get either the "Daily Digest" or just "Special Notices" and then review the postings at your leisure.

Hcg_Support Yahoo Group

Similar to the hCG Dieters Yahoo Group, you'll need to sign up for this yahoo group, and to do so, you need a Yahoo ID. **NOTE:** Many other saved Links appear on the Home page of this Yahoo Group.

http://health.groups.yahoo.com/group/Hcg_support/

Michele's hCG Supplies and Information

<http://www.micheleshcgsupplies.com/index.html>

Michele lost over 80# on this protocol and is a font of useful information. She also sells mixing kits and has a downloadable copy of P& I on her site.

Sara's hCG Supplies and Information

<http://www.hcgonyourown.com>

Sara is also a veteran of the hCG protocol. She sells mixing kits and has many other supportive items, including doing private coaching. Sara is the Admin for the Skinny Me forum (see below).

hCG Supplies

<http://hCGSupplies.com>

This company has been around for a while (I found their prices high when compared to the previous two sources listed).

Chatzy Group (hCG Chat Group)

<http://www.chatzy.com/165897298220>

This is a "chat" group where you can ask questions of those folks who are logged on at any time. Sometimes there are a number of folks online, sometimes no one. Michele (of the previous link) often is logged in and will be able to answer most (if not all) questions about the Protocol.

Low Carb Friends – hCG Diets Board (Bulletin Board Sponsored by Netrition)

<http://www.lowcarbfriends.com/bbs/hcg-diets/>

Low Carb Friends has a bunch of different boards for losing weight in a Low Carb manner. The HCG Diets Board is fairly active, helpful group. Some folks do a strict protocol version of this program and others go a bit rogue, bending some of the “rules”. Netrition carries the Intermountain brand of hhCG drops/pellets and there are strict rules for not discussing name brands of hCG/hhCG that you can buy...other than Netrition’s products.

Skinny Me (another hGC Forum)

<http://skinny.me.myfreeforum.org/>

Additional information is posted here. Questions can be asked, and you need to check in to see if you got the information you needed. Sara (the administrator) sells mixing kits on her website. Each of her posts has a link to her website.

The hCG Cookbook

<http://www.hcgrecipes.com>

Tammy Skye has written two cookbooks containing various recipes for P2. (The chili is a winner!)

Weight and BMI Calculators

There are multiple sites that will help you calculate your ideal weight, your BMI (current) and the number of Calories you need to maintain a specific weight. Check out these websites:

<http://bmi.emedtv.com/bmi-calculator/bmi-calculator.html>

<http://www.mayoclinic.com/health/bmi-calculator/NU00597>

<http://www.dietitian.com/calcbody.php>

<http://www.halls.md/ideal-weight/body.htm>

<http://www.healthcentral.com/diet-exercise/ideal-body-weight-3146-143.html>

There are many more, but these were the ones I came across in my research.

Other hCG Sites I Have Found

Each of the following sites has some information that may be beneficial to you...or not. Many of these were geared towards the individuals taking the hhCG Drops. Recipes here may be useful and tips on loading days are usually ok.

<http://hcgdietinfo.com/>

<http://hcgdietmart.com/>

<http://www.hcgfatloss.com/>

<http://www.hcgdiet.com/>

<http://www.hcg-diet.info/>

NOTE: There are many other sites available on this topic. I found different recipes on most of them. Make sure any recipe you try doesn't include ingredients that are not on the section of the Protocol you are following.

Terms

CC – Abbreviation for cubic centimeters (volume amount).

Chatzy – Online Chat group used by many hCG followers as a method of group support while on the various sections of the protocol.

Gorge Days (see Loading) – 2 or 3 days at beginning of P2 where you can eat/drink anything prior to starting the Very Low Calorie Diet (VLCD). (Simeon – 2 days, Trudeau – 3 days)

hCG – Human chorionic gonadotropin – Per Wikipedia.com, hCG is a glycoprotein hormone produced during pregnancy that is made by the developing embryo after conception and later by the syncytiotrophoblast (part of the placenta).

hCG Immunity – If you do the protocol as specified by Simeon, and you follow the appropriate length of P3 and P4 Rounds, you should not become immune to the weight loss ability of hCG. If you become immune to hCG, you will not be able to lose weight when using it.

IM – Abbreviation for Intra-Muscular Injections of hCG (injecting into muscle).

I.U. or IU – Abbreviation for International Units. This is the amount by volume of the strength of either a supplement or a drug, such as hCG.

Injections – Using a needle to inject hCG into a body. Can be an Intra-muscular injection (IM) ---directly into a muscle (waist or thigh or buttocks) –OR– Subcutaneously (SQ) ---directly into fat surrounding navel. People doing injections will vary the site of the injection. Typically, the Subcutaneous injection needles are shorter than the Intra-Muscular Injection needles

Last Dosing Weight (LDW) – The amount you weighed on the last day of your round that you took hCG sublingually.

Last Injection Weight (LIW) – The amount you weighed on the last day of your round that you took hCG via injection.

Loading – Two (or 3) days at the beginning of P2 where an individual can eat anything they want. Emphasis is on adding fats. During Loading you take your doses of hCG (whether sublingually or by injection (IM or SQ))

Long Round– Typically, this is a P2 Round that lasts 40 days.

Mixing – Blending the freeze-dried Rx hCG with a specifically measured amount of specified solution, based on the potency desired and type of dosing.

ML– Abbreviation for milliliter (volume amount).

P1 – Phase 1 –This phase was initiated through the work of Kevin Trudeau. If you are following the Simeon protocol, you do not have to do this Phase. For details on this Phase, please see this link:

<http://www.hcgfatloss.com/hcg-diet-phase-1.htm>

P2 – Phase 2 –This is the section of the hCG Protocol when hCG is taken. Starts with 2 or 3 days of loading, followed by 21 to 40 days of VLCD.

P3 – Phase 3 – This is the section of the hCG Protocol when individuals increase their calorie level to maintain at their Last Injection Weight (LIW)/Last Dosing Weight (LDW) plus or minus 2 lbs. No sugars or starches are added...only proteins and non-starchy veggies and fats. This section lasts 21 days.

P4 – Phase 4 –This is the section of the hCG Protocol when individuals increase their calorie level to maintain at their Last Injection Weight (LIW)/Last Dosing Weight (LDW) plus or minus 2 lbs. and SLOWLY test out adding starches/sugars...to see how they impact the scale weight. Monitoring this allows an individual to get in control of their eating and allows the hypothalamus to reset its reaction to different foods. On Round 1, this section lasts 21 days. For Subsequent rounds, the length increases to prevent hCG Immunity. (See the Simeon's book for more information on this process).

Pounds & Inches (P&I) – the Original book written by A.T.W. Simeons. Available free online on multiple sites on the internet.

Round – On the Simeons Protocol, a full Round is P2, then P3, then P4. On the Trudeau version, a full Round is P1, then P2, then P3, and finally P4. In either case, most individuals will have to do more than one round to get down to a goal weight. Individuals can vary the length of P2 between a short round and a long round. Each time a round is completed, the length of the P4 section typically increases. (See the Simeon's book for more information on this process).

Short Round– Typically, this is a P2 Round that lasts 21 days.

Simeons – Dr. A.T.W. Simeons, creator of the hCG protocol.

SL – Abbreviation for Sublingual dosing of hCG (absorbing hCG in the mouth, under the tongue).

SQ – Abbreviation for Subcutaneous Injections of hCG (injecting into fat).

Sublingual – method of absorbing hCG into the body by placing under the tongue and holding in the mouth for 15 minutes, then the balance is swallowed.

TOM – Time of the Month (for women) when they have their period. Read the Simeon book for detailed information on how to handle hCG dosing, if one has their period while on the Protocol.

Trudeau – Kevin Trudeau – Author of The Weight Loss Cure "They" Don't Want You to Know. The program he endorses is based upon Dr. Simeons Protocol...with some changes to accommodate increases in knowledge about the body that have occurred since the publishing of Dr. Simeon's protocol.

VLCD – Very Low Calorie Diet—a 500-Calorie Diet as specified in the Simeons book. Limited food choices: 2 proteins, 2 veggies, 2 fruits and 2 starches, as specified in P&I. No additional foods or foods NOT listed in the book for this section.

Yahoo Group – HcgDieters – The #1 site for the hCG Diet Protocol – As a member, of this Yahoo Group, you can ask questions of others who have been on the protocol ...or who are just starting. Tips, hints, suggestions and occasionally tough love!

You Tube – <http://youtube.com> – Location for multiple videos on hCG use, mixing, and examples of people shrinking!!!! Note that some of the mixing directions are either incorrect or woefully out of date, but it's great to see all the before-after pictures.