

## hCG Diet Protocol: case study of female, age 56

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### Abstract

The hCG diet protocol has endured despite much medical controversy. Opposing doctors (usually with conflicts of interests) will argue that (1) there is no such thing as “different” body fats, (2) the same weight loss is achieved on a 500 calorie diet without hCG injections, (3) the idea of resetting one’s metabolism and hypothalamus is bogus, and (4) the protocol is potentially harmful. Yet, the positive experience of those using the protocol provides powerful evidence that contradicts these criticisms and upsets such critics. U.S. clinics do exist that provide the daily hCG injections ranging from \$500 to \$1,500 per month. *Pounds and Inches: a new approach to obesity* by A. T. W. Simeons, which first detailed the hCG diet in the 1950s, was republished in *Medical Veritas*, volume 5, issue 2 (November, 2008) along with two recent case studies.

The reality is that the very low concentration of hCG that comprises a daily, self-administered, subcutaneous injection used for the diet protocol appears very safe and has been successfully used by thousands of individuals. At a cost ranging from \$60 to \$100 per round, females and males generally lose on the average ½ pound and 1 pound per day, respectively, during a 30 to 40 day course.

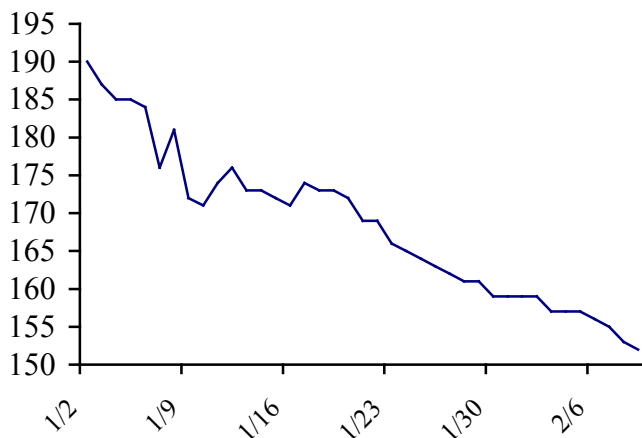
In this case study involving a 56 year old female, successful weight loss was achieved and the individual experienced generally improved health.

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A 56 year old female did a single, subcutaneous hCG injection (hCG concentration of 140 I.U./mL) daily for a period of 40 days (from Jan. 2, 2009 to Feb. 8, 2009) and lost 37 pounds, from 189 to 152 pounds (Fig. 1). This was her first experience in 40 years of being free from heartburn (and not taking 50 Roloids® tablets per day). She had more energy and had improved sleep, not needing Tylenol PM®. Her complexion was improved (with less wrinkles in face), as were her posture and fingernails. She drank 1 liter of water daily (prior to the diet she consumed <0.5 liters of water/day) and consumed between 300 and 428 calories daily without experiencing any hunger or tiredness. She did not have dandruff nor did she experience diarrhea; she reported less back pain. She went from a size 20 to a size 14. She did not mix on any one day different fruits (strawberries, oranges, or apples) or different vegetables (radishes, onions, lettuce, cucumbers, or celery). She primarily ate chicken breast seasoned with pepper or Stevia® (a sugar supplement). During the first weeks of the diet she used heavy salt seasoning.

**Figure 1. Daily weight (pounds) during 40-day hCG Diet**



Around March 1, 2009 she started an exercise program at a gym and as of March 14, 2009 weighs 156 pounds. Blood tests performed by Hunter Laboratories, Inc. both prior to and after the diet on Dec. 30, 2008 and 2 months after the diet on April 6, 2009 indicated TSH declined from a high of 4.87 mIU/ml (normal range 0.35-4.00) to 2.54; total cholesterol declined from 241 mg/dL (normal range 150-200) to 203. Triglycerides, HDL chol. and LDL chol. changed from 223, 37, and 161 mg/dL, respectively to 236, 34, and 122 mg/dL, respectively. Before and after diet photos are shown in Figures 2 and 3.



**Figure 2. Stomach prior to start of hCG diet.**



**Figure 3. Stomach after 40-day diet protocol.**