

# Will Human Chorionic Gonadotropin Help me Lose Weight?

The use of human Chorionic gonadotropin (HCG) for the treatment of obesity was first used and made popular by Dr. A.T.W. Simeons back in the 1970s. Since that time, there have been some studies looking at the effectiveness of HCG in weight loss. The purpose of this article is to summarize Simeons's approach, present a summary of the research and then offer some guidelines for you to make an informed choice should you decide to seek out this or some other treatment.

The Simeons therapy, as it became known, utilized a fat free diet of 500 kilocalories plus a daily injection of 125 IUs of HCG. This resulted in a weight reduction of approximately one pound per day. HCG is a hormone that occurs in large quantities during pregnancy. It was suggested that individuals following this program would lose weight quickly, maintain a feeling of well being and lose fat from those areas of the body most susceptible to the accumulation of fat.

Simeons thought that the hypothalamus was involved in what he termed an "inadequate fat center," resulting in fat deposits in abnormal places. Simeons's clinical work led him to the conclusion that small daily doses of HCG enabled a person to comfortably go about their life on a daily diet of 500 calories and only "abnormal" fat would be consumed. Simeons also suggested that treatment of the obese with HCG would result in improvement in Type II diabetes, where the pancreas was producing sufficient insulin, rheumatism, high cholesterol and blood pressure. Low blood pressure increases and high blood pressure decreases during the course of the treatment.

The original treatment plan initiated by Simeons for an individual who needs to lose 15 pounds is 26 days including 23 injections of HCG and three days to allow the HCG to be eliminated from the body. When HCG is in the blood, it is saturated with food. The individual is to maintain a diet of 500 calories throughout the time period of the treatment.

This caloric restriction is emphasized as HCG can accommodate 500 calories from the intestinal tract.

Once an individual has reached a normal weight, then patients are put on a diet of 800-1,000 calories for the duration of the treatment. It is thought that HCG only puts abnormal fat into circulation and does not affect normal fat. Once the individual has completed the treatment, she can eat anything desired except sugar and starches for the next three weeks. When there is greater than 15 pounds to lose, then the treatment is longer, however a single course of treatment does not exceed 40 injections. The reason for this limit is that Simeons found that HCG immunity begins to develop. The immunity is lost after a six week reprieve from treatment and the body then resumes the initial reaction to HCG.

Simeons stopped treatment after an individual lost 34 pounds at one time. When an individual has more than 34 pounds to lose, there are additional courses of treatment. The intervals between courses increase to maintain the effectiveness of the treatment and to cause the least hardship to the patient.

Simeons required that individuals start the 500-calorie diet after the third injection. The reason is to insure that abnormally deposited fat is circulating. It is this fat that provides the sustenance to maintain the individual. The treatment program stresses that daily intake not exceed 500 calories and that daily intake include 200mg of protein. It is of note that when a woman is menstruating, HCG is not given and the diet requirements continue. It was during this phase of treatment that Simeons's ideas were reinforced that HCG ceases the experience of hunger.

What happens after the conclusion of therapy? An individual must maintain a lifestyle change of limiting carbohydrates. Simeon also points out that at the end of treatment, individuals no longer have an abnormal appetite and they are satisfied with much less food.

Research results are a bit dismal for HCG therapy. Of 14 randomized studies, 12 reported that the use of HCG showed no greater loss of weight than placebo. One study demonstrated increased weight loss with HCG. It also showed that patients felt better and had little or no hunger.

It is my opinion that a program for weight loss needs to be individualized and the patient's needs must represent the foundation of the program. HCG and the regimented program that accompanies it may be helpful to get one started on this



*All's Well*  
Health for Body, Mind, Spirit

by Moira Fitzpatrick, PhD, ND

food. I often recommend hypnotherapy and emotional transformation therapy to accompany weight loss programs. Additionally, it is my opinion that sleep, stress and blood sugar balance play a significant role in being able to maintain balance around food.

Physical activity plays a role in maintaining metabolic changes and provides a significant resource for stress relief. Whatever your choice, make sure that you are under a physician's care before making radical changes around diet and get the support you need to be successful in obtaining optimal health.

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path. Other individuals may choose a slower approach creating lifestyle changes in a more balanced manner.

My experience has shown that there is a psychological component to all issues around food, whether it is overeating or restricting. These issues need to be addressed as well as changing deep-seated beliefs related to cravings, emotions and the role of

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## IF YOU SLEEP..

it may be time to wake up to what you are sleeping on.

Sleep constitutes an entire third of your life and your bed plays a critical role in your achievement of a wakeful and dynamic state of being. We are all trying to wake up and be present in the moment, finding that anytime we reside in the dead past or the non-existent future, it hurts. When we allow ourselves to be in the present moment we are alive—fully alive! Though not always easy, this is the most loving and gracious action we can perform for ourselves, everything and everyone.

We ask that you please take the time to wake up to what you are sleeping on and consider how sleep is often the most overlooked element of optimum health.

So, what are you sleeping with? Unlike beds of forty years ago, mattresses are now manufactured with increasing amounts of petroleum-based foams, volatile chemicals and fire retardants. In fact, you can be made ill by repeated exposure to these chemical emissions during the sleep process.

What can you do? You've taken responsibility for your food, your exercise, your environment...Isn't it time to take responsibility for the one third of your life over which you have absolute and complete control? A commitment to your well being is a blessing. It is a conscious creation of an alter/bed which provides you with the necessary profound rest essential for a dynamic wakeful life and the ultimate attainment of a relaxed and forgiving state of being.

Please, please allow us to serve you. We have found that the more we know about something the more we can appreciate it. We offer links to other like-minded sleep conscious companies along with exceptional resources through our website. We strongly encourage you to do your own research. Finding the right bed for you is our motivation—and it might not be one of our beds. All we ask is that you consider us in your process.

Visit us at <http://www.soaringheart.com> or we'd love to hear from you (206) 282-1717.

Thank You and Sleep Well!

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