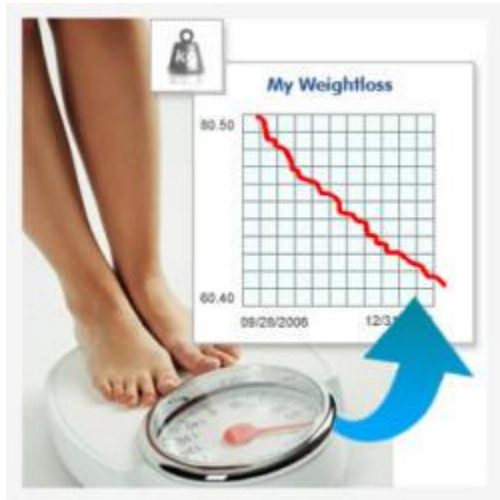


HCG Diet Frequently Asked Questions

We realize that many of our patients are very curious about the HCG Diet and how it works. It is truly a modern weight loss miracle, but there are things you should know. We have put together a list below of the most commonly asked questions. If you still are wondering if the HCG diet is for you, please make an appointment to see Dr. Brenner so she can share the success stories (including her own!) of this amazing diet and how it has transformed her patients' lives.



How fast will I lose weight on the HCG Diet?

You will lose up to a pound or more per day. The more you have to lose, the faster it will come off.

Is the HCG diet only for the extremely overweight?

The HCG Diet is effective no matter how much weight you need to lose. It will work for you if you need to lose 10 pounds or even 100 pounds. If you have only a few pounds to shed, you only need to do one round. The more weight you need to lose, the more rounds you can do until your goal weight is reached. Here are the guidelines regarding rounds, or phases, of the HCG Diet:

- *Between Rounds 1 and 2 - You must wait at least 6 weeks*
- *Between Rounds 2 and 3 - You must wait at least 8 weeks*
- *Between Rounds 3 and 4 - You must wait at least 12 weeks*
- *Between Rounds 4 and 5 - You must wait at least 20 weeks*
- *Between Rounds 5 and 6 - You must wait at least 6 months*

How do you do the HCG Diet?

The HCG Diet is an injectible hormone called Human Chorionic Gonadotropin that the body naturally manufactures during pregnancy.

Dr. Brenner will administer the injections (in easy to use pre-filled syringes) at first to show you how to do them yourself. During the first round of 21-40 days (you can decide how long you wish to be on it, but you must be on it at least 21 days) you will adhere to a strict 500 calorie a day diet. During this time, you must not cheat as the hormone is activating the hidden, unused fat stores in your body to use as energy. Your hypothalamus gland resets your metabolism with lasting effects.

How much will I lose in the first 21 days?

Women can lose between 10-25 pounds, and men may lose even more than that.

Will I be hungry?

You should not be hungry, as excess fat will be burned by your body for fuel. You may feel slightly tired in the first couple of days as your body adjusts. Typically, this diet has little or no side effects including not feeling hungry, jittery, deprived, or craving sweets or carbs.

Is only consuming 500 calories a day safe?

Yes. As mentioned above, you aren't starving at all, just drawing the energy your body needs to function from the unwanted fat deposits on your body. And you will only be on the diet for a relatively short time before adding back healthy carbs and other foods into your diet again.

Is HCG itself safe?

Yes. Dr. Brenner has used HCG to treat infertility in women with great success. Several thousand units of HCG are used to induce ovulation in women wishing to conceive. With this weight loss treatment, only a small amount of HCG is given over 21 days for incredible weight loss results. Remember, HCG is a NATURAL HORMONE made by the body. It is not a drug.

What if I can't handle needles?

We offer the HCG drops, made by the same company as the injectible hormone, if you have difficulty tolerating the idea of an injection. The drops are slightly less effective than the shots, but will still work in helping you to lose weight.
