

## About HCG

### **What is HCG and why does it work?**

Lose 25-45 Pounds in 42 days without exercising! Quite a statement and I know it may be hard to believe, but this is the average amount of weight lost in a little over one month. It doesn't matter if you're male or female, in your 20's or your 70's. The HCG Diet is based off Dr. Simeons "Pounds and Inches - A New Approach to Obesity" and was previously only available in medical weight loss clinics. Until recently, it has been used almost exclusively by the jet set and rich and famous because of the cost. Access to HCG was very limited. Because of this the HCG diet difficult to obtain and unaffordable for most people. The great news is that this diet is something the average person can do at home, with proper instruction and follow through on the person's part. Additionally, since the advent of Homeopathic HCG, you no longer need daily injections.

**HCG works directly with the Hypothalamus gland. This gland actually controls several things in the body, one of which is hunger.**

All of us have HCG at birth and in fact, it is what is used to determine if a woman is pregnant.

The reason the HCG diet works is that it tricks the hypothalamus into not letting your body go into starvation mode when you are consuming less calories than you burn during the course of the day. This is important because when the body goes into starvation mode, your metabolism slows and you start burning protein (think muscle) for energy. As you can imagine, this is a bad thing! When on HCG, you are tricking the hypothalamus into not realizing the low caloric intake, thereby, not allowing your body to go into starvation mode. Instead, your body pulls the calories it needs by burning fat. Additionally, the typical person on the HCG diet, will not experience low blood sugar issues.