MEDICALLY ASSISTED WEIGHT LOSS
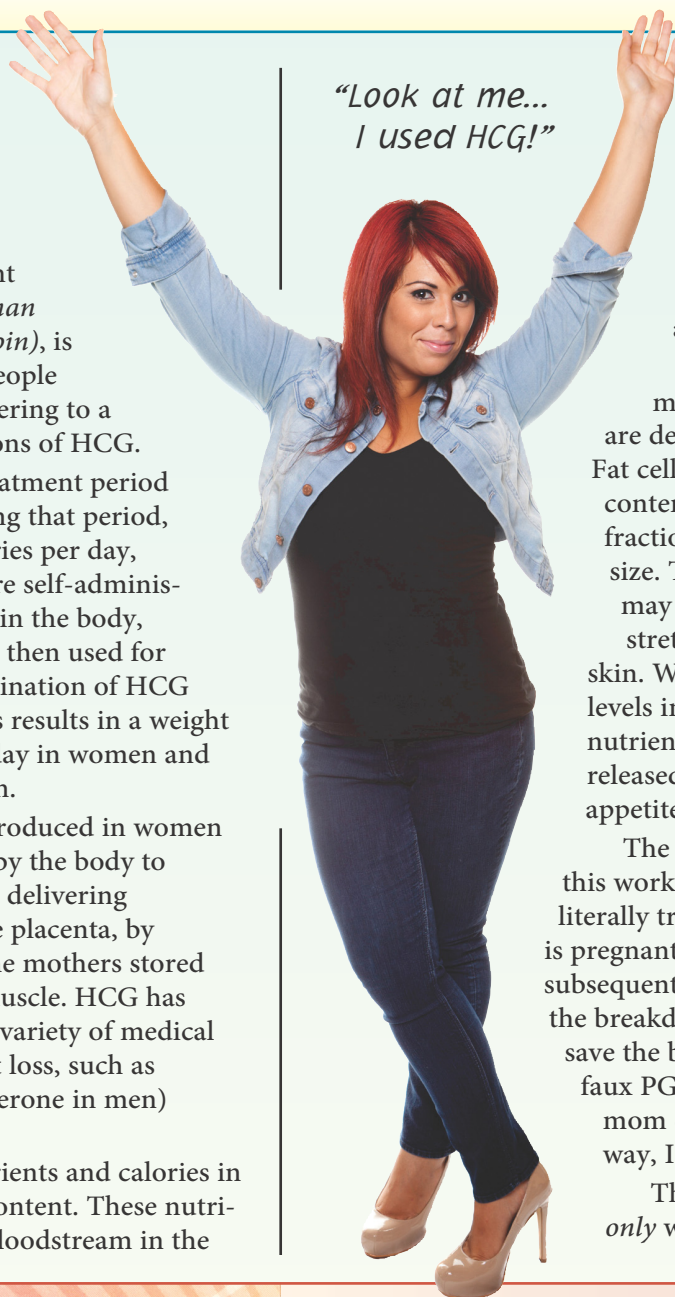
"Look at me... I used HCG!"

Medically assisted weight loss using HCG *(Human Chorionic Gonadotropin)*, is a weight-loss protocol to help people reach their target weight by adhering to a strict diet plan and daily injections of HCG.

Participants usually do a treatment period of a maximum of 40 days. During that period, the diet is restricted to 500 calories per day, while daily injections of HCG are self-administered. HCG mobilizes fat stores in the body, causing fat breakdown, which is then used for energy and nutrition. The combination of HCG injections and restricted calories results in a weight loss of about half-a-pound per day in women and about one pound per day in men.

HCG is a hormone that is produced in women during pregnancy. It is utilized by the body to protect and nourish the fetus by delivering adequate caloric nutrition to the placenta, by obtaining and breaking down the mothers stored fat reserves, thus sparing lean muscle. HCG has been used for decades to treat a variety of medical conditions in addition to weight loss, such as hypogonadism (very low testosterone in men) and infertility in women.

HCG targets the stored nutrients and calories in the fat cells by liquifying their content. These nutrients are then released into the bloodstream in the same way that a pregnant mother passes nutrients on to her unborn baby. It is believed that this source of natural energy is immediately available to the body.

In some cases, as much is 2000 calories are delivered in a single day. Fat cells are drained of their contents and shrink to a fraction of their original size. This mechanism also may help in preventing stretch marks and sagging skin. While natural energy levels increase from the nutrients and calories released by the fat cells, appetite decreases noticeably.

The only reason a diet like this works is that the body is literally tricked into thinking it is pregnant and starving. The subsequent weight loss is due to the breakdown of fat in order to save the baby—since mom is faux PG, and dad has low fuel, mom can't get pregnant this way, I assure you!

This low-calorie diet *only* works this way because of the use of HCG at the same time. HCG is what causes the breakdown of fat and the availability of extra calories. A 500-calorie diet alone is a starvation diet and will result

in a lot of pain, muscle wasting, hypoglycemia, and being very uncomfortable. The only weight you will lose is in muscle—and it's hard work to build that muscle back up.

If you do a *Google* search for HCG, you will find hundreds of sites promoting the known benefits of using HCG injections, but with the twist that you can achieve the same results with a homeopathic remedy. Be cautious! In my professional experience, no homeopathic dosage will produce these results.

It is unclear why people have so little hunger while doing the injections of HCG. Perhaps it is the breakdown of fat—like having a turkey dinner every night, or like being "pregnant." While the inner workings of this method is still unclear, the HCG factor is the only reason that the diet and ensuing weight loss occur.

As the diet is simplified, basic, and low-calorie, it also works as a 40-day detoxification process. Allowing the digestion to relax for 40 days and not have to deal with the excess of food that most of us eat all the time. As one's food choices are restricted for 40 days, reintroducing foods becomes a way to identity possible food intolerances.

There is a lot to lose (for most of us), and literally a lot to gain by losing—especially the health benefits. ∎

Call Dr. Lang for an appointment at (406) 586-1100. To learn more about services, visit <u>TheVitalLife.net</u>. Office at 19 N. 10th Ave., Suite 2, in Bozeman.