

# Dr. Karen Raben, M.D.

## Adult Family Medicine

### HCG Weight Loss Program – 2019

This program was introduced over 50 years ago at European weight loss clinics. It was pioneered by Dr. Simeons. His full manuscript is online and is called “Pounds and Inches”. It is worth reading from an historical perspective. Kevin Trudeau’s “Weight Loss Cure” is an updated version and “HCG 2.0” by Dr. Zach LaBoube is modified and very user-friendly.

HCG resets your brain chemistry so that your body can derive calories from your abnormal fat depots rather than your necessary fat depots. It is a chemical that occurs in our bodies naturally. In our office we use the injectable form and we will show you how to do it.

There can be many accompanying benefits including decreased food cravings, improved mood and libido. Temporary side effects may include change in your sleep pattern, mild constipation, hair loss, leg cramps and cold intolerance.

Exercise is part of all attempts to improve health. Walking 20 minutes a day is enough; but, if you are already involved in an exercise routine that is more vigorous there is no need to change.

Food journals are encouraged in to begin to incorporate new eating habits.

Phase 1, First 2 days – Begin the subcutaneous injections. Set a regular time in the morning that best fits your schedule. Eat as much as you comfortably can the first two days. High sugar and high fat. This is to saturate your fat stores.

Phase - 2 Day 3 - day 43 – Inject the HCG 6 days a week. Take the seventh day off. After the 40<sup>th</sup> day, you stop the injections; but continue the low calorie diet for another 3 days. This completes Phase 2.

Pitfalls:

Eating at restaurants is difficult. It is best to avoid them unless you can just sit and enjoy the people you are with. You need to be careful of food additives and this is hard when you eat out. It also makes you focus on food too much at a time when you are trying to mindfully change your relationship with food.

Don't chew gum or use mints.

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Using the wrong food additives, including sugar, corn syrup or oils.

Make sure to drink enough fluids

Phase 3 – Weight maintenance through the creation of a new body weight and set point.

For the first 3 weeks, eat what you want, when you want, excluding sugars and starches. Eat when you are hungry and stop when you are full. Be mindful of these sensations. You don't want to lose or gain any weight during this period as your body is resetting itself.

For the second 3 weeks of Phase 3, you can slowly re-introduce sugars and starches into your diet. Make sure your weight doesn't go up or down more than 2 pounds .

After this period, maintenance will be individualized.

If there is more weight to be lost, than we take a 6 week break and begin another cycle.

During the first Phase, we schedule weekly office visits. After that time, visits are individualized.

If you are ready, this is an excellent way to begin to improve your health. If you are not ready, see what your obstacles are and see what can be done to remove them.

Good luck.