

1. What is the HCG Diet?

Dr. A.T.W. Simeons, a specialist on obesity and weight regulation, introduced a program that has helped many people overcome weight loss resistance. The program utilizes a natural hormone that is produced during pregnancy called Human Chorionic Gonadotropin (HCG).



Dr. Simeons' theory is that HCG causes the hypothalamus area of the brain to trigger a release of abnormal fat stores. When administered in relatively small doses and coupled with a very low calorie diet, people routinely lose 1 to 2 pounds per day.

HCG has helped thousands of people around the world lose stubborn pounds. In addition to weight loss, many patients who have completed the HCG program also experienced many health benefits, including a drop in cholesterol, blood pressure and blood sugar levels.

2. What is the Hypothalamus?

The hypothalamus is a part of the diencephalon area of our brain. This is the vital part of the brain which controls all of the autonomic functions of the body, including breathing, heart beat, digestion, sleep and the complex functions of the endocrine system. One of the many functions of the endocrine system is regulation and control of your metabolism and weight.

3. Does HCG work for everyone?

Although HCG is naturally produced only in pregnant women, as a diet aid it works the same for men and women. Most people on this program report losing between 0.7 to 1 pound per day, and claim it is the only program where they have been able to keep the weight off afterward.

However, as with any drug or medication, or even with food (e.g., allergies), there is individual variation in its efficacy. Everyone is familiar with the fact that doctors often have to change people's medications because they don't respond as expected. So although HCG is effective for the great majority of people who try it, there is logically no promise that it will work for everyone, every time.

You won't need to worry with HCG DIET HEALTH because your purchase is covered by our weight loss guarantee – unlike websites that wouldn't refund you if their HCG Diet treatment doesn't work, you can try our HCG DIET HEALTH program with confidence it will deliver the results we promise, or your money back (see our money back guarantee).



4. What is the difference between homeopathic HCG drops and HCG injections?

Homeopathy is the second most widely used system of medicine in the world. It has been the primary medical system of choice for a great number of people in other countries for many years, with the allopathic methods being their secondary choice. (Allopathic healthcare is what we have here in the United States, which relies on pharmaceutical drugs and surgical procedures.)

Homeopathics have been used for many years to very effectively bring about healing and better health without the negative consequences and side effects that allopathic methods often have. Its popularity in the United States has grown dramatically over the last decade because homeopathy is effective, all natural and safe. There are no dangerous side effects with homeopathic remedies, and they can be taken along with other medications without worrying about adverse reactions.

Homeopathic formulations function on the theory of "like heals like" and that a very small amount of the active ingredient brings about change, because of the unique way homeopathic products are produced. Homeopathic HCG is produced by taking pure full strength HCG and making it into a sublingual mixture through a process of dilution and succussion.

True homeopathic products, when tested in a typical lab, will come back negative for the active ingredient because the ingredient actually exists as a unique energy signature or imprint in the carrier liquid that cannot be measured chemically. This is also the reason homeopathic HCG drops will not show positive on a pregnancy test. It is important to realize that physical elements interact and affect each other in more ways than just chemically. Homeopathic products have continually baffled the American Medical Association when they fail in their chemical lab tests, yet are very successful when put to work in the human body.

This has certainly been the case with homeopathic HCG used in the HCG diet program. If you are in doubt, read our real-life HCG weight loss success stories. They were the result of a very straightforward customer survey which also revealed what you can expect for average results not just the greatest success stories.

Another difference is the method of administration. Sublingual HCG drops are used by placing them under the tongue, an area rich in capillaries, where it is absorbed into the bloodstream. Our homeopathic HCG is manufactured in an FDA registered laboratory in the United States, and is prepared per the Homeopathic Pharmacopoeia of the United States. It does not require a prescription. HCG injections, on the other hand, must be prescribed by a doctor and are administered by a shot into your muscle tissue. The cost of injections obviously is much higher due to the involvement of the doctor and clinic.

5. How does HCG help me lose weight?

HCG appears to act on the hypothalamus, signaling the body to release stored fat into the bloodstream where it is then available to be used by the cells for nourishment. This alone will not cause weight loss, though, unless you reduce your food intake. This forces the body to use the mobilized fat from the bloodstream. HCG causes the release of abnormal fat without affecting structural fat and muscle tissue. Which means you lose in those stubborn areas--hips, thighs, buttocks and upper arms!

6. Do I have to follow a special diet while I take the HCG drops?

Yes. You must follow the entire HCG Diet Protocol as described in Dr. Simeons' manuscript, "Pounds and Inches: A New Approach to Obesity", where he outlines a special 500-calorie-per-day diet that was tested on thousands of patients.

HCG is only effective for weight loss if it is taken while strictly following Dr. Simeons' HCG Diet Protocol, including the 500 calorie diet. Taking HCG alone (without the diet) will not cause you to lose weight.

HCG takes effect when you reduce your food intake so that the mobilized fat will be used for your body's energy needs. If you fail to follow the diet you will fail to lose weight. If you only follow the diet without taking HCG, you are simply starving yourself because there is no fat in the bloodstream to burn. Simply put, both are required. Also see the next two questions.



7. What food am I allowed to eat?

The HCG diet is balanced, unlike many extreme "fad" diets out there. It consists of a healthy variety of protein, vegetables and fruit, with a small amount of starch. You eat them in specific portions and combinations as outlined by Dr. Simeons.

Allowed proteins are veal (low grade), beef (95% lean whole cuts), chicken breast (boneless, skinless), crab, crayfish, lobster, shrimp, and any fresh, white-fleshed fish.

Allowed vegetables are asparagus, beet greens, cabbage, celery, chard, chicory greens, cucumber, fennel, green salad, onion, red radishes, spinach, and tomato.

Allowed fruits are apples, strawberries, oranges, and grapefruit. Limited starches include grissini (breadstick) or Melba toast. Vegetarian protein substitutions (may slow weight loss) are a protein shake, soy patty, egg (1 whole + 3 egg whites), cottage cheese or fat-free milk.

8. Why can't I just go on a 500 calorie diet without the HCG?

In order to answer this question you need to understand how the body stores and uses fat. Dr. Simeons identified three separate fat stores:

Normal fat: This type of fat can be likened to a checking account from which the body can easily draw energy or deposit it as needed. Normal fat doesn't take a lot of effort to lose.

Structural fat: Pads the various organs, protects the arteries and cushions the bony prominences. You don't ever want to lose this fat. It is vital to your health and well being. Yet, on the typical "starvation" diet, this is the fat you lose when the normal fat is depleted.

Abnormal fat: This is much like a bank safe deposit box, where fat is stored and basically locked away. This fat is very difficult to lose via exercise and calorie restriction, but with the help of HCG the body readily pulls fat from these "last resort" fat stores.

Bottom line: If you go on a 500-calorie diet without HCG, the body uses the normal fat and then starts to use the structural fat and muscle. Losing your structural fat and muscle tissue can adversely affect your health and well-being. In addition, "starvation" diets without HCG can cause you to be excessively hungry, which is typically not true for those using HCG drops on Dr. Simeons' special 500-calorie schedule. This is not just a VLCD (very-low-calorie-diet). See next question.

9. Will I be hungry on the HCG diet?

On HCG, the vast majority of our customers indicate they were either not hungry (unlike other diets where they were starving), or they felt in control and surprisingly little hunger and had plenty of energy with total control over cravings.

That aligns perfectly with Dr. Simeons' theories about the fat-releasing properties of HCG; in essence, HCG is helping you get the majority of energy and calories from stored fat instead of only food in your stomach.

Everyone is different -- and some report mild hunger in the first week as their body adjusts -- but it has become very clear that the HCG DIET HEALTH diet plan is something very special, something out of the ordinary. It is most definitely NOT just a "500-calorie diet".

In addition, the HCG diet starts with a "gorging" phase, which helps load the body with calories to use during transition into the low-calorie phase. People who faithfully follow the protocol as outlined by Dr. Simeons in our materials, and stick to it will see fantastic results.

We encourage you to TRY it (we have a satisfaction guarantee we are so sure you'll love it) and see for yourself.

10. Do I have to exercise while on the HCG diet?

No. Exercise is not a mandatory part of the program. While vigorous exercise may increase the amount of weight you lose while on this plan, it is not a significant increase and is not recommended, because on a 500 calorie diet you can easily become too exhausted. That leads to discouragement and frustration. However, we do recommend moderate activity for all of the other benefits you receive, including stress relief and cardiovascular health.

If you are already accustomed to exercising at a certain level and would like to continue, do so, but do not over do it. Pay attention to your body's response. Scale down the intensity of the workouts if:

- (1) you don't have the energy to get through it;
- (2) you start feeling ill or light headed;
- (3) you gain weight the next day; or
- (4) you don't have the energy to get through the day after you work out.

Our suggestion for those who want to exercise is that you walk for 20 to 30 minutes daily. Walking is great exercise and contributes to your health in a variety of ways. It helps relieve stress, keeps the bowels moving, conditions your cardiovascular system, and encourages better blood/oxygen circulation. When you are finished with the HCG diet regimen and are back on a regular diet you can then pick up the intensity of your exercise routines.



11. Is your HCG made in the U.S.A.?

Yes. HCG Diet Canda Homeopathic Drops are manufactured in an FDA registered lab in the United States. They are prepared according to the Homeopathic Pharmacopoeia of the United States. The laboratory has been creating the highest-quality homeopathic and natural products for over 20 years.

12. What ingredients are in your Homeopathic HCG drops?

HCG DIET HEALTH offers HCG Diet Canada brand HCG drops containing HCG (Human Chorionic Gonadotropin) in homeopathic strengths of 6X, 12X, 30X, and 60X. (see question 78 for dosing strength recommendations). This combination of 4 homeopathic hCG strengths is the most effective formula available in homeopathic medicine and the most widely used.



Our HCG is bottled in a solution of purified water and 16% U.S.P. alcohol. Contrary to scare tactics and incorrect and misleading information designed to confuse buyers, alcohol is a necessary component of the HCG drops. It allows the HCG to be stored and preserved without refrigeration for over two years unopened without potency loss.

In fact, the alcohol base in homeopathic remedies is required by the FDA as a preservative for liquid formulas, so we suggest that you steer clear of any homeopathic HCG that does NOT contain alcohol. Some HCG manufacturers use 20%, but our pharmaceutical manufacturer (located in Colorado) uses just 16% to reduce the taste of the alcohol.

At HCG DIET HEALTH we tested homeopathic HCG from over a dozen manufacturers so we could trust and ensure that we offer the best homeopathic HCG available. You won't find a stronger or more effective homeopathic HCG formula anywhere else. We guarantee it!

13. How can I be sure that I am burning fat and not losing muscle?

With the HCG protocol you will notice your body being reshaped and your fatty areas disappearing quickly so that is usually assurance enough. However, you can test your urine after 7 days on the HCG Diet protocol with KETOSTIX and ALBUSTIX to prove to yourself that it's fat that's being burned for fuel and not muscle. It's fun to measure your fat burning and best to test in the morning.

14. If I am a vegetarian or vegan can I still do the HCG diet?

Yes! Although it is not ideal, you can substitute fat free cottage cheese or egg (one egg + the whites of 3 more) for lean meat. Due to the sugar content in dairy products your weight loss will probably be less than it would if you were eating meat. If you are a vegan there are vegan pea protein powders available.

15. Can I do the HCG diet if I am lactose intolerant?

Yes. Chicken breast and very lean beef are preferable to dairy products, and eggs (1 whole egg + 3 whites per serving) can be used as well.

16. Is salt permitted on the HCG diet, and in what quantity?

There is no limitation or restriction on salt intake. However, increased consumption of salt is one of the biggest causes of weight fluctuation and inconsistency due to water retention. Sometimes water retention can cause a plateau of a day or two or even three and no one wants that! We recommend only eating sea salt if you are going to eat salt.

17. Is it really necessary to gorge on high fat foods for the first two days and why?

Yes. That's very important because during that time the body builds up a reserve of fat to live off of for the first week. Otherwise you could become very hungry if you skip those two days or take them lightly.

It takes two days for the HCG to fully enter your system and begin circulating your abnormal fat stores, filling your fat reserves by 'gorging' helps to prevent hunger during the first three days to one week of the protocol. I find that the clients most successful on the diet with no hunger at all are those that really gorged during fat loading two days. Think macadamia nuts, avacodo, bacon, ribs, and of course - a Dairy Queen Blizzard.

18. Are pickles allowed on the HCG VLCD diet?

Cucumbers are allowed on the diet so some pickles are permitted as well. However, pickles can contain large amounts of sodium which can increase water retention and body weight so they are not really recommended. If you plateau after eating a pickle you will know that it is definitely just water retention. Check the ingredients also before eating to ensure there are no non-allowed items in the pickles. Eat with caution.

19. What foods are permitted on the HCG diet?

You should drink at least 2 litres of water each day (that is only 4 500ml bottles per day!).

Unlimited tea, and black coffee are also permitted.

According to Dr. Simeons protocol, only Stevia or Xylitol should be used for sweeteners. No artificial sweeteners are allowed.

The 500 calories each day can be broken down as follows:

Breakfast:

1 grisini or fat free melba toast and choice of 1 diet allowed fruit (choose from 1 apple, 1 orange, 1/2 grapefruit, or 6 large strawberries)



Lunch and Dinner:

- 100 grams of very low fat beef, veal, chicken, white fish, lobster, shrimp, or tuna in water and
- 100 grams of one of the following vegetables (don't mix!): onion, tomato, celery, cucumber, spinach, or green lettuce

(see more protein & vegetable options on the detailed HCG directions)

Snack: 1 grisini or fat free melba toast & choice of 1 fruit (listed above)

It is ideal to vary your fruit, vegetable and protein sources daily, rather than eat the same foods each meal or each day. It is also recommended to eat your fruit at least 6 hours apart.

20. Won't I starve on only 500 calories a day?

Regardless of your size or weight, 500 calories from food is sufficient because you will be utilizing stored fat for energy and calories.

Most individuals on this diet will lose 0.8 - 1 pound of fat per day. A pound of fat = 3500 calories, so that in addition to the 500 calories of food you consume = 4000 calories.

That is why most people on this diet do not experience hunger and some even have trouble eating their 500 calories each day. It is important to eat all of the VLCD daily allowed foods but if you have to skip something, make it the melba toast, not the fruit, protein or veggies.





21. What cosmetics or moisturizers are permitted during the HCG diet?

Generally, eye pencils and mascara are the only cosmetics recommended. Mineral oil may be used as a moisturizer (but should not be used for cooking). I don't recommend it though - Stick to oil-free moisturizers like Arbonne, Neutrogena or one of the many oil-free moisturizers easily available at most local stores.

Mineral make-up is allowed though and it is fabulous. I recommend it to everyone whether they are on the diet or not. Try it - you will LOVE it and it won't make your pores huge like 'regular' non-mineral make-ups.

Any other creams, lotions or cosmetics containing fat, especially animal or food derived fats, should be strictly avoided on this diet.

22. Can I use shampoos and conditioners on the HCG Diet?

Yes, stick to what you are using anyways - provided you rinse them out well and do not rub or massage them into your scalp.

23. If I apply baby lotion to my children and wash it off, will this affect my results?

Great questions and one of the biggest mistakes people make on the HCG diet. Yes - even this small amount of oil can have an effect to the HCG diet so it is highly recommended that you wear latex gloves. Also do the same when handling food while cooking - in other words, don't touch any butter or oils.

24. Can I colour my hair on the HCG diet?

Colouring your hair is not recommended during P2 and P3 of the diet. It can cause a plateau of up to three days.

25. What deodorant is permitted or recommended on the HCG diet?

Crystal deodorant is recommended. You should be able to find it in a health food store if it is not available in your local grocery store.

Many clients report they didn't change their deodorant because they don't like crystal deodorant. Try it if you are interested in being 100% compliant with Dr Simeons but if not and you decide to stick to your regular deodorant ~ it'll be our 'Secret'.

26. Is it true that you can stay on sublingual HCG drops for as long as you want to?

No - definitely not!

It is true that one can do Phase 2 for extended periods of time on homeopathic HCG drops with far less likelihood of immunity than with prescription HCG injections, but we have known people who

experienced immunity after 65 days of homeopathic drops, so it is possible. If you need to lose a lot of weight HCG DIET HEALTH recommends a maximum of 60 days on the HCG drops with no less than 6 weeks in between any HCG Diet rounds.

Also, we don't really advise rounds over 60 days because:

- Psychologically it can be demotivating to do a round longer than 60 days. The dieter begins to experience feelings of deprivation in spite of lack of hunger due simply to having to restrict the diet to such an extent, which can weaken resolve to go forward;
- The weight release typically slows toward the end of a round so that you will have better results doing shorter rounds more frequently and taking advantage of the higher weight release rates at the beginning of the rounds – especially the first 2-3 weeks!

27. Can I drink diet pop on the HCG diet?

No – we definitely **DON'T** recommend anyone on the hCG Diet eats or drinks any artificial sweeteners! Artificial sweeteners have a bad reputation for being contributing factors to the whole problem that got our hypothalamus in the mess it is in the first place. If you love your pop and can't do without – pick up a soft drink sweetened with stevia like Krisda (<http://www.krisda.ca/>), available across Canada in health food stores and the grocery chain Whole Foods.



Also, there are lovely Teas that you can sweeten with Stevia to replace your cola habit. I have found that mixing 4 oz Cocobiotic (the super healthy & delicious probiotic liquid) mixed with some sparkling water and a flavored stevia, like peach really quenched my diet cola thirst.

28. In Maintenance P4, if a Steak Day is missed on the day of the 2 lb gain can I do it the next day?

No - definitely NOT. Steak Days don't work that way!

It is absolutely imperative that the Steak Day be done IMMEDIATELY on the day the 2 lb limit is breached. If this is not done, it is counterproductive to do a Steak Day the next day, or to do 2 in a row, as this will skew the hypothalamus' function again so that it will slow metabolism and increase cravings.

The reason Steak Days work is that more calories were eaten the day prior so the body can have the reduced calories and respond correctly the very next day, but when a Steak Day follows a day that did not include additional calories and increasing your weight 2 lbs +, your body will not respond correctly.

When the Steak Day is missed for the correct day, the correct procedure is to take one's weight on the following day as the new LDW (Last Drops Weight), and then proceed from there to do the Steak Day correction if your weight exceeds 2 lbs above this new LDW.

In other words - **STICK TO THE RULES** in maintenance.

It is only 21 days and all you need to do it stick to the Steak Day rule of doing it on the right day!

29. Do people lose more weight with prescription injections or homeopathic HCG?

Bottom line is we have had the same if not better results with the homeopathic drops vs. the prescription injections.

People on the drops vs. the injections have reported the same weight loss results - no muscle loss and total hunger and craving control with an abundance of energy during the HCG diet. The Homeopathic HCG that we sell at HCG Diet Health is made in an FDA approved compounding pharmacy that is ranked one of the highest quality manufacturers of HCG, which is exactly why we chose it.

That and because you get double the HCG of most Homeopathic drops, With HCG Diet Canada Homeopathic sublingual drops you take 3 ml of HCG per day - with the leading competitors only giving you 0.5 ml per day.

The only differences we see between the prescription HCG and the Homeopathic HCG is Homeopathic is easier to use (doesn't need refrigeration) and much cheaper!



30. How long do HCG Diet Canada orders take to ship?

You can expect to get your order within 3-7 business days. You will be emailed a tracking # as soon as your order ships (within 24 hours from when you place your order excluding weekends & holidays).

As you await your shipment we recommend you go through our reading material and get all your questions answered before beginning. We recommend reading Dr. Simeons' Pounds and Inches Summary Ebook found for free on our site dietdropscanada.com or looking through the hundreds of articles on HCG that can be found in our information section on our main site hcgdietcanada.com.

31. Can I start the HCG Diet fat loading on the last 2 days of my period, or will that prevent the HCG from entering my system?

Typically we recommend if a woman is on her period that she waits until the period is over before she starts the HCG fat loading. If she's already on the HCG, she can either continue while she's on her period or get off the HCG for the few days while she's on her period.

It really depends on the individual and whether they are experiencing any hunger or not. If no hunger is experienced during this TOM, then staying on the drops is recommended.

32. What happens if you cheat on the HCG Diet?

If you cheat on the HCG Diet you will not be successful. We tell clients that typically if you cheat, even a small amount, you will plateau for as many as two to three days after the cheating.

The client may not lose as much weight during that week but it's very important that he/she continues to strictly follow the diet during the stall. Stay motivated! It works better if you don't cheat – guaranteed!



33. Can I make my own meal plan for the HCG Diet as long as it is 500 calories or under?

No. You cannot make your own meal plan because the recommended food is very important. You can't have fat, you can't have sugar. It's very important that you follow the recommendations of the strict Dr Simeons protocol.

34. Is there an age limit to the HCG Diet?

No. There's no age limitation. You should be as young as 13-14 and we have a lot of clients in their 60's and 70's experience great success on our diet.

35. Is HCG safe for men?

Yes ~ Men actually tend to lose more weight than woman do due to less water retention. Women lose typically 0.8 to 1 lb per day with men losing 1 to 1.2 lb per day

36. How does the HCG Diet work?

The HCG Diet works because you're on a 500 calorie restricted diet (the VLCD). This VLCD diet triggers the body to attack & consume its reserve body fat, so you're losing ONLY unhealthy body fat. HCG does three things: it helps you preserve muscle, it keeps your metabolic rate the same if not higher, and it affects the leptin hormone, your appetite hormone.

37. What happens if you eat less than 500 calories/day while on the HCG Diet?

If you eat less than 500 calories you typically will not lose as much weight. The body can also go into stress mode and can store whatever fat you consume. The 500 calories/day are just enough to feed your brain. Your brain tells your body to consume its stored fat for calories. Without fuel for your brain, it won't be able to trigger and send the message 'burn fat!' to your body.

38. If I feel weak on the HCG Diet, should I take a cheat day and eat good food to regain my strength?

No. You should definitely not take a cheat day, but if you're feeling weak you should do one of two things:

1) up your B12 intake to twice a day on any day you feel weak (works 95% of the time)

OR

2) add some extra calories, approximately 80 to 120 extra calories, from the HCG allowed protein or vegetables. We've found that adding extra calories of the allowed VLCD foods when you feel weak effectively takes care of this side effect without causing a plateau.

39. How much exercise & what type should you do while on the HCG Diet?

Of course the protocol says that you should do moderate exercise. Moderate means exercise that does not cause you to become tired and/or hungry.

We recommend moderate resistance training 2 to 3 times a week, 20 to 30 minutes and we also recommend that on the other days you do walking for 20 to 30 minutes; again, nothing very strenuous.



40. Is the HCG Diet a scam?

The HCG Diet has been around since 1950. It's been used in Europe for years, came to the USA in the 1980's, however is not available yet in the Canadian marketplace due to Health Canada regulations so hasn't been easily available to dieters north of the US border.

The HCG Diet has gained extreme popularity in the last 3 decades by allowing HCG dieters to shed pounds easily, quickly and without hunger. When most other diets have failed those on it, cost a fortune or didn't deliver long lasting weight loss (or all three!), the HCG Diet has triumphed on all accords!

In the past three months HCG Diet Canada has served over 2,000 clients that have ALL been very successful. (except one that was too thin to start with, should have never gone on the diet and quit on her first day!).

HCG DIET CANADA gives full medical support, whether in person at our clinic or over the phone, text or internet and according to our customers, getting all of their questions answered anytime makes all of the difference to their success.

We also offer a hassle free, full money back guarantee so give HCG a try - you have nothing to lose except stubborn fat!

41. Can you do the HCG Diet while nursing/breastfeeding?

We do not recommend that you do any HCG Diet while you're nursing, or any other type of diet while nursing other than eating very healthy and exercising. We typically recommend while breastfeeding that you take nothing into your body that could cause an issue, not to mention that HCG drops contain alcohol and this is definitely not something you want to pass onto your baby.

42. Can I eat tuna in water on the HCG Diet?

Yes, unless it brings you to a stall, then stop. Most clients are fine with it & find it easy to take to work.

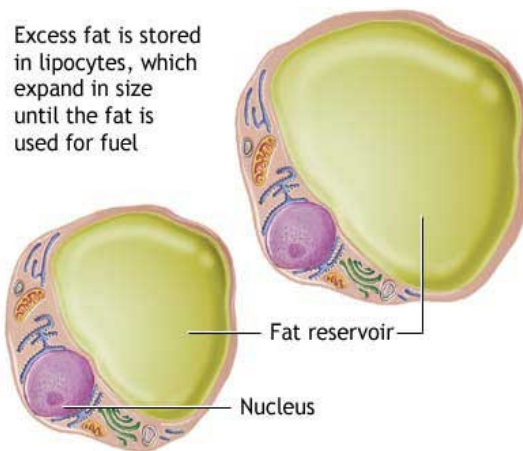
43. I am on the HCG Diet and losing lots of inches but not always losing pounds. Is this common & why?

Under the influence of HCG, fat is being extracted from the cells, in which it is stored in the fatty tissue. When these cells are empty and therefore serve no purpose, the body breaks down the cellular structure and absorbs it.

But the breaking up of useless cells, connective tissue, blood vessels, etc., at times follows the fat-extraction/emptying process. When the fat is emptied from the cell the body replaces much of the space that was taken by the extracted fat with water which is retained for this cell filling purpose.

Because water is heavier than fat, the weight scale may show no loss of weight even though fat has actually been consumed to make up for the extra calories needed during the 500-calorie VLCD diet. When such tissue is finally broken down and the water released, there is a sudden flood of urine and a marked loss of weight.

Rule of thumb ~ if you are eating 500 calories a day and not hungry your body is definitely eating fat.



44. What is HCG and how does it work?

HCG is a hormone naturally produced in the body. It has many functions and HCG is used medically to treat a variety of conditions. It is the pregnancy hormone. This hormone allows the body to metabolize fat and use it as energy for both mother and fetus. This acts as a “fail-safe” mechanism when energy is needed immediately. For weight loss, we use only a very small amount of HCG to capitalize on this same mechanism. Using HCG in this way does not mimic pregnancy; in fact, it can be safely used by both men and women.

45. Where is the HCG manufactured and what are the quality control guidelines?

Our exclusive HCG Diet Canada formula we offer on our site is manufactured by an FDA approved laboratory in Colorado that has been producing homeopathic formulas for more than 20 years. All homeopathic formulas are registered with the FDA and are assigned an FDA Establishment number, which is displayed on the primary display panel of the label. Regular inspections by the FDA ensure compliance with current Good Manufacturing Practices (cGMPs) and the Code of Federal Regulations (CFRs) for your safety.



46. Why doesn't the HCG read positive when I drop it on the pregnancy strip?

Our exclusive HCG Diet Canada formula is Homeopathic, which is nothing short of science meeting nature. For centuries science has used and proven these methods to be effective and safe. Homeopathic HCG usually will not show up in a pregnancy test due to the way it is derived from the source but can be tested in the lab for efficacy, if in question. Our Homeopathic formula is developed in the lab and has thousands of happy users to support its effectiveness.

A negative pregnancy test result with homeopathic HCG does not mean that the HCG is not in there nor is it not potent. Specifically, homeopathy is based on both physical ingredients that you can see and resonance/frequencies that you cannot see, but these are not cheaply or easily measured, which is why you want to be sure you are dealing with an experienced, reputable lab. The manufacturer we use for our products is a federally registered laboratory in full compliance with FDA and HPUS regulations governing manufacturing facilities. See FAQ #45 for more information on FDA Establishment and manufacturing practices.

47. What is the difference between prescription HCG and non-prescription (homeopathic) HCG?

Prescription HCG is usually pure pharmaceutical grade HCG with no supporting elements to help it perform at 100%. Prescription HCG can be very effective but must be obtained and monitored only by a licensed medical physician or it is considered against law along with very expensive. Pure HCG is usually administered by injection only.

Our non-prescription HCG Formula is homeopathically derived and blended with other effective natural ingredients, which not only makes it legally obtainable with out a prescription, but also makes it safer and more affordable, with the same average weight losses of prescription HCG

48. Is the HCG hormone safe for men to take?

Yes! The HCG hormone is naturally present in men. It is found in every human tissue, including males, pregnant women, and non-pregnant women. Men get even faster results and tend to lose more weight than women.

49. Will my metabolism slow down because of being on the very low calorie diet?

It is true that normally when cutting back on calories and fat, our body stores fat and our metabolism slows down. This happens because fat is really a life-saving source of stored energy. When a very low calorie diet is used in conjunction with the HCG, the hormone signals the body to use stored fat for energy, and will eliminate excess fat reserves. It is a natural process, so no ill effects on your metabolism will result. The HCG keeps the body from going into starvation mode and holding onto fat as it resets your metabolism.



50. Wouldn't I lose the same amount of weight eating a very low calorie diet without HCG?

You can lose weight simply by eating fewer calories and fat, but because the body stores fat during times of deprivation, you will most likely lose muscle and bone before fat. This causes cellular metabolism to slow down, so in the long run, it would make gaining weight easier, as well as decrease bone density and muscle mass. By using HCG with the low calorie diet, extra fat is mobilized for energy and the rest is eliminated; the low calorie diet is vital in preventing immediate refilling of emptied fat cells. You benefit by preferentially getting rid of excess fat without affecting your bone and muscle. With HCG you can lose the weight quickly and keep it off!

51. The HCG diet is very low calorie, will I get hungry?

It is common to feel mild hunger during the first few days. This will pass and by the second week you will find your servings to be satisfying. Because HCG mobilizes fat and makes it available to the body as an energy source, it naturally reduces appetite. So even though you are taking in fewer calories, your body can access the energy you have stored in fat cells.

Drinking lots of the green tea all day (we like the cold fruity sweet one sweetened with stevia) helps a ton as a natural appetite suppressant and your energy level. Overall, most people have plenty of energy and feel good while on the program.

52. Will HCG interfere with any medications I am currently taking?

Homeopathic HCG formulas do not interact with ANY medications, including birth control pills or Depo-Provera. Even though there are currently NO clinically proven side effects to our Homeopathic weight loss formula, as with any diet we do recommend consulting with your doctor to make sure this diet is for you.

53. Will I experience any changes in my menstrual cycle taking HCG?

Because the amount of HCG is so small, there are usually no changes to your menstrual cycle. Likewise, HCG will not affect your ability to become pregnant but can increase your chances of getting pregnant. It is best to avoid starting the HCG Diet if you are within 10 days of your menstrual period beginning. Wait until after your menstrual period is complete to start HCG. Once on HCG and you have a menstrual cycle, you can maintain the diet and continue taking HCG.

54. What about pregnancy and taking HCG?

If you are pregnant or become pregnant during the HCG diet, stop taking HCG and the diet immediately.

55. Why are some people calling the HCG Diet the "Weight Loss Cure"?

HCG is also being called the "Weight Loss Cure" because of the title of Kevin Trudeau's HCG Diet book. After taking it for weight loss, it reprograms your body to use stored fat for energy when calories are reduced for a period of time. It helps you maintain your weight and not regain the pounds you lost, therefore 'curing' your body of the battle of weight and obesity.

56. How much weight can I expect to lose on the HCG Diet?

Most people will lose 20 pounds minimum on the 26 day program. Everyone is different. It depends on many factors including how much excess weight you have and how much needs to be lost. Often, people lose 9-12 lbs in the first week. You must have at least 15 lbs to lose in order to do the 26 day program. Our clients lose an average of 10 pounds per bottle (13-15 days).

57. Does the weight loss slow down after the first two weeks?

Many times there is a large amount of weight loss in the first week, then a plateau or leveling off of weight loss. This does not mean that your weight loss has stopped. Typically, inches are being lost continuously while on the program, and after a period of time, patients will experience another large drop on the scale. Weight loss is thus achieved in this stair-step fashion.

58. Is it ok to skip a meal or protein at one of my meals on the HCG Diet?

No! You don't ever want to skip any of your meals. Its important to eat all of your 500 calories and especially your protein so that you only lose fat and not muscle. If you ever need to cut something out only the Melba Toast or breadsticks is recommended.

59. Can I exercise on the HCG Diet?

No heavy exercise... but low key exercise is recommended. You can do about 20 min. of walking a day and a few sit ups or push-ups if you feel motivated. Exercise burns calories and therefore can causes your hunger to increase. Also, keep in mind that the combination of low calorie intake and high caloric-demand exercise could cause your body to go into starvation mode and can negatively impact your stamina and commitment to the diet ~ So take it easy.

60. Is it normal to get a headache during the first week?

People may experience headaches during the first week. This is because your body is releasing fat cells very rapidly and you will be going through a major detox. You may take an Aspirin or Tylenol as long as it's not sugar coated (check the label!).



61. Should I take vitamins while on the HCG Diet?

You **MUST** take a B12 supplement everyday. Sublingual B12 is recommended because it is in liquid form or dots taken under your tongue and is absorbed right in your system. This will increase your energy, stop any dizziness and lightheadedness and increase your metabolism.

We also recommend you take a Multivitamin with your meals to ward off any hair loss or lack of nutrition. Make sure the multivitamin you choose is sugar free and has no fat soluble ingredients like fish oils or vitamin e oil.

Potassium is also good to take especially if you experience leg cramps (which can be common while on this diet). A Magnesium supplement is recommended to take if you experience constipation.

62. Can I take the drops longer than 26 days if I want to keep losing weight?

Yes! Studies have shown you can take homeopathic hCG for up to 99 days ~ **However**, at HCG Diet Health we like to recommend HCG Diet rounds of 60 days maximum. Be also aware that some HCG dieters encounter a temporary slow down or stall at approximately 45 days where the weight loss isn't as rapid but it only lasts 4-5 days. We recommend breaks of 6 weeks minimum between any 2 diet rounds.

63. Can I split up my fruits and melba toast & eat them when I want?

Yes, you can eat them for breakfast or as a snack. Most don't eat them with their meals so they will have a snack when they feel hungry. You are allowed 2 fruit & melba toast servings a day. The only rule is to have them a minimum 6 hours apart.

64. Can I drink alcohol on the HCG Diet?

In the original HCG diet protocol by Dr Simeons, it does not mention or account for alcohol. It has found that some HCG Diet patients whom have been drinkers or even those that are borderline alcoholic, do surprisingly well on the HCG diet. If the simple instructions are followed correctly, the HCG diet will get them out of their drinking routine.

These patients have even said that they don't even feel the need to drink while on the HCG diet because HCG works with the hypothalamus gland which controls the emotional eating/drinking part of the brain, along with other aspects.

65. Can I wear make-up on the HCG Diet?

No lotions, moisturizers or liquid make-ups with oil. Check our recommended list of HCG approved personal care products under our HCG Diet directions.

HCG is very sensitive to oils, creams and fats. These could slow the weight loss process down; you only want it to target your stored fat. You can use any mineral makeup or pressed powders and of course oil free foundations are fine. Other types of eye makeup and lipstick are fine.

Stay away from lip glosses and Chapstick. It also says if needed you can use mineral oil (baby oil) if needed as a moisturizer. Many brands make oil free moisturizers that are great for face and hands/arms.



66. What is homeopathy?

Basically put, homeopathy is a system of wellness treatment. The homeopathic system of wellness treatment varies from the medical care system on a very basic level. Individuals seeking treatment through the medical care system visit a doctor seeking relief for specific problems and/or symptoms. The majority of cases are treated with drugs.

The same symptoms/problems presented to a homeopathic professional would not be treated singly. Symptoms are treated as indications of deeper, core issues. They indicate basic imbalances within the systems of the body that are often ignored by professionals in the medical care system. When symptoms are treated while ignoring the core issue that is causing the presentation of the symptom at hand the symptoms (or similar symptoms) quickly reassert themselves. This is commonly referred to as a disease.

The cycle of symptoms continues due to the fact that a high number of treatments alleviate symptoms one by one while doing nothing to treat the core issue that is causing symptoms to present. Homeopathic treatments focus on these core issues instead of treating each individual symptom.

The human body is an intelligent organism. It is capable of creating balance out of imbalances in its own functioning systems. It only needs to have access to the right substances to achieve the balance. Homeopathic treatments create the opportunity for the body to rectify imbalances by providing the substances needed for healing and strengthening. Symptoms cease presenting as homeopathic treatment takes effect against basic imbalances in the body.

HCG Diet Canada's HCG formula stimulates the body's natural ability to make adjustments to alleviate imbalances. They work on a cellular level and use the natural healing abilities of the body to rectify core issues in the body's systems. They work directly with the root of the problem rather than scratching the surface by treating individual symptoms. Rather than labeling chronic symptom presentation as a common "disease" of aging homeopathic treatments get to the root of the issue.

67. How can you check homeopathic potency?

Potency in homeopathic circles is a reference to how a product was generated in a lab. It also refers to how it functions within the body. Common potencies are labeled with Roman numerals (for instance: X=decimal, 10 and C=centesimal, 100).

Homeopathic treatments are put in place to treat core issues of the body; not to suppress individual symptoms. The body's innate ability to heal itself and generate better general health is stimulated by infinitesimally small quantities of specific substances.

All substances introduced into the body (remedy or food) are broken down and they are broken down into microscopic quantities. All materials are broken down in order to enable the body to transport them into cells. Substances designed for homeopathic treatment are broken down into microscopic quantities during the design process. Each time a homeopathic substance is diluted it is succussed. This process results in the substance eventually reaching appropriate microscopic levels for optimized transporting.

68. What ingredients are in the HCG drops?

At HCG Diet Health we offer HCG Diet Canada brand of hCG drops, the Gold Standard in homeopathic hCG, that contain HCG (Human Chorionic Gonadotropin) in strengths of 6X, 12X, 30X, and 60X. This combination of strengths is the most effective formula in homeopathic medicine. This HCG is bottled in a solution of purified water and 16% U.S.P. alcohol.



Contrary to scare tactics and just plain wrong information designed to confuse buyers, alcohol is a necessary component of the HCG drops. It allows the HCG to be stored (preserved) without refrigeration for two years unopened and six months after opening. In fact, the alcohol base in homeopathic remedies is required by the FDA as a preservative for liquid formulas. Some HCG manufacturers use 20% alcohol, but our pharmaceutical manufacturer (located in Colorado, USA) uses just 16% to reduce the taste.

We tested HCG from several manufacturers so we could find and offer our clients the best HCG available. You won't find a stronger or more effective homeopathic HCG formula anywhere else than HCG Diet Canada drops.

69. How does the HCG protocol work?

You begin with 2 load days (48 hours). It will take up to 72 hours for the HCG to be in full force in your system. This is why you can load for 48 hours. By the time the HCG is at full force you must be eating 500 calories from the list of approved foods. Dr. Simeons gives a two meal eating schedule that may be used as a guide. He clearly states in the manuscript that the user may eat smaller, more frequent meals if desired as long as all of the food is eaten and no food group is intentionally missed.

Dr. Simeons spent a number of years researching many different food combinations and the foods listed are the ones that gave the best and most consistent results for weight loss and body reshaping. Some exceptions or adjustments may be allowed but these are to be made only by someone with complete understanding of the Protocol.

Exceptions or adjustments made without this understanding may result in slowed weight loss or complete stall. If you are vegetarian or vegan, please ask for the appropriate food list for your needs.

While taking the HCG, it is not necessary to weigh daily although many people do for their own peace of mind. Weighing every other day, twice weekly, or even once each week is preferred. This is because typical weight loss when using HCG is ½ to 1½ pounds daily, on average. This means that we want to take a look at the bigger picture to see what the results really are. Given the average weight loss parameters, one can expect to lose 15 to 30 pounds in 26 days. Although we most commonly see 23-26 pound losses, it is different for each individual, and men are almost always at the high end. If choosing to weigh daily, please take into account the fact that you may lose only ounces one day but pounds the next, and you could have a slight gain every once in awhile as your body reacts to things like salt and other variables. Measuring your weight loss at the end of each week will give you the full picture of your weight loss on the HCG Protocol.



Once you have finished taking the HCG for the desired length of time (no less than 23 days but not to exceed 99 days), it is time for the maintenance portion of the HCG Protocol to begin. This is where the hypothalamus is reset to the new body weight set point. You will be allowed to add foods back into your routine but continue to refrain from sugar and starch (no grains, no legumes, etc). You will have to weigh daily – at the same time every morning, after emptying the bladder and while naked – if the weight is more than 2 pounds above the weight of the last HCG day then a 'Steak Day' must be completed THAT day.

70. Are there age restrictions for the HCG Diet?

Dr. Simeons gives no age restrictions or requirements in the Protocol. He does warn that teenage girls may experience fluctuations in their menstrual cycle up to and including no cycle while taking the HCG. It is very important for everyone to make sure that their health care provider is aware of the weight loss plans.

71. Why won't I be starving if I am only eating 500 calories a day?

If you attempted to lose weight by only eating 500 calories it would back fire because your body was created to survive. Eating just 500 calories would make your body think that you were living in a famine. When this happens your body starts to store fat for fuel. HCG releases about 1500 to 4000 calories into your system per day (per Dr. Simeons's manuscript) + 500 calories you are eating on the Very Low Calorie Diet (VLCD) = 2000 to 4500 calories per day.

72. My friend lost weight with the HCG injections, so will the homeopathic oral HCG drops work the same?

While the Homeopathic HCG drops are as effective as the injections there are a few differences. The Homeopathic HCG drops should be used for no less than 23 days but can be continued for as long as 99 days before taking a break. There is no need to take a break from taking HCG during the menstrual cycle. While it is not necessary to refrigerate, many find the refrigerator a safe place to store their bottles that aren't being used but because refrigeration is not necessary, homeopathic HCG is easier than prescription HCG to take wherever you go.

73. Do the Homeopathic HCG drops need to be refrigerated?

No - the drops go where you go without refrigeration! The only time to refrigerate them is if you have an open bottle that will not be used for a few months or longer. However, avoid leaving your HCG bottles in extreme temperatures, like in your car in hot summer sun or freezing cold winter.

74. When is a good time to start the HCG Weight Loss Protocol?

It is best to begin the HCG Protocol when you have the time necessary to devote to completing the Protocol. Teenagers may find that summer break is the perfect time for their schedule. Women should begin after their menstrual cycle. The bottom line is that the Protocol is easiest to adhere to when there aren't any major events (like birthdays, holidays, weddings, etc), or business/personal travel days. This is because it is necessary to purchase foods that need to be prepared at home. Cooking from scratch takes time but allows you to better enjoy the flavours of the foods.

75. I'm ready to start Fat Loading. Are there foods I should avoid?

The purpose of the Load days is to eat foods that are high in fat. This tells your cells that there is an abundance of fat, so that when you start the VLCD days, your cells will be happy to release thousands of fat calories into your system for elimination. If you do not eat enough fat during the load days, your cells may go into starvation mode where instead of releasing excess fat, they hold onto it. You would likely also have an issue with hunger for at least the first week.

Aim for high fat foods, such as gravy, cheese, bacon, sausage, chicken wings & dip, fried foods, ice cream, cheesecake, pork ribs etc. You will feel very full so be smart about it. For example, a loaded baked potato will fill you up, whereas you can get as much fat from a big bowl of ice cream and feel less stuffed. Starches and sugars aren't important - stick with the high fat foods and you'll be very happy with your results.

76. How closely must we follow the food plan? Can I substitute one vegetable for another?

In a nutshell, NO SUBSTITUTIONS!

Dr. Simeons spent many years researching an exhaustive number of food combinations, and the foods listed are the ones that gave the best and most consistent results. Some exceptions or adjustments may be allowed but these are to be made only by someone with complete understanding of the Protocol. Exceptions or adjustments made without this understanding may result in slowed weight loss or complete stall. If you are vegetarian or vegan, please refer to our information for vegetarian HCG dieters for the appropriate food list for your needs.

77. How many drops should I take each day?

Contrary to the misinformation found in many places, the correct dosage of the HCG homeopathic drops is 3 ml total per day. Dr. Simeons' dosing suggestions for injections are to take no less than 125 International Units (IU) but no more than 200 IUs daily. This converts to taking the drops at doses of no less than 250 IUs but no more than 400 IUs, as shown here:

HCG DIET CANADA brand drops

6 DOSINGS/day of .5 to .75 ML each time

3 ml/day (using .50 ml x 6) = 250 IU

4.5 ml/day (using .75 ml x 6) = 375 IU

competitors' HCG drops

3 DOSINGS/day of 0.5 ML /each

1.5 ml of hcg drops per day = 125 IU



A 2-ounce bottle of HCG will last 30 days when taking the dosing of our competition (3 dosings per day) but weight loss will be slow with plateaus & stalls. When following Dr Simeons' suggested dosing above and using 250 to 375 IU, a 2-ounce bottle will last up to two weeks and average weight loss will be much higher and steady, with the final results the same as when using prescription HCG injections. Ideally, take 0.75 ml of HCG drops 6x per day... when you wake up and approximately every 3 hours throughout the day until before you go to bed. You don't need to take HCG in the hours when you are sleeping.

With homeopathic products, the most effective dosing is frequent doses of smaller portions.



78. Why are you selling six ounces of HCG drops for a 45 day plan when other sites sell three ounces of HCG drops for the same plan? Is yours more diluted? How many drops of your homeopathic HCG do we take a day?

The homeopathic HCG drops sold by HCG DIET CANADA are the same drops that are sold by other retailers offering only HCG, alcohol and water as ingredients (if a brand has any other additives it isn't real HCG).

The difference is that we've done our homework and we refuse to mislead you on the dosage. We want you to reach your goal in the minimum number of rounds of the HCG Protocol as possible.

In her book, *The HCG Weight Loss Cure Guide*, Linda Prinster compares the strength of the injections to the strength of the drops and states that to achieve the same weight loss results with the HCG drops as with the HCG injections, the dosage of the drops must be doubled. This means that instead of starting at 125 IUs (30 drops) you must begin at 250 IUs (60 drops)--see the table above for clarification.

HCG DIET CANADA takes this into consideration and includes the correct amount of HCG to complete each plan with 3 ml of HCG drops per day.

79. Is it normal to have a headache and upset stomach for a few days after starting the HCG drops?

Yes, it's normal but preventable. For most the headache and stomach upset comes from sugar/starch withdrawals. These will subside after a few days adhering to the VLCD. Some may experience blood sugar fluctuations which need to be brought to our attention so we can help make necessary adjustments. Any headache, dizziness, etc that persists or lasts longer than 7 days needs to be evaluated.

80. Should I stop all pills and multivitamins when I start the HCG Protocol? What about B12 shots?

Only your health care provider can tell you if prescription medications can be stopped while going through the Protocol. Dr. Simeons recommends going off all medications as well as vitamin/mineral supplements. While vitamin B-12 may help increase energy levels it is necessary to bring all B-vitamins up to the same percentage before increasing one further. For this reason, if someone would like to include B-12 in their routine it would be better to include a B-Complex (25, 50, 75, or 100). It is important to note that the RDA of vitamin/minerals is the amount necessary to keep from becoming deficient. Some supplements/medications may interfere with HCG.

81. Should I take the HCG homeopathic drops while on my period?

Yes. Homeopathic drops may be taken every day of the month including during your period.

82. What if I gain weight as soon as I start eating more than 500 calories a day?

If this were to occur it would be necessary to complete a 'Steak Day'. During Maintenance 1 and 2, a steak day is used to correct any weight gain of 2 pounds or more from the last day of taking HCG. The steak day **MUST** be done on the same day that the second pound is gained or it will not be effective and could be counter-productive. This is why weighing every single morning during maintenance is non-negotiable.

A steak day consists of ½ to 1 gallon of water during the day, with no food whatsoever, and a big (8 oz) steak and either one tomato or one apple for dinner. The scale should show 1-3 pounds lost the following morning. (Other forms of lean protein may be substituted for the steak.)

83. How long will the weight I lost of the HCG Diet stay off?

As long as Maintenance 1 is followed precisely AND necessary lifestyle changes are made you may expect to maintain the new weight with little effort. It is important to check your weight frequently and use the steak day tool upon the gain of more than two pounds.

