

The hCG diet protocol: two case studies

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Case I. 56-year-old male with high blood pressure and previous minor stroke

Patient history

This patient had been experiencing high blood pressure (200+/100+) prior to being prescribed Lisinopril (Prinivil®) 40 mg, 1½ tablets per day roughly starting in January of 2001. Following a TIA (Transient Ischemic attack, i.e., “minor stroke”) on April 4, 2003, patient was additionally prescribed a blood thinner, Plavix (clopidogrel bisulfate) 75 mg (1 per day), Nifedipine (brand name: Procardia) 90 mg (1 per day), Hydrochlorothiazide (brand name: Microzide) 50 mg (1 per day), and Atenolol (Tenormin®) 2X per day to lower blood pressure.

In April, 2007 patient was diagnosed with diabetes which was controlled by administering daily the following medications: (1) insulin injections (Novolin® 10 units), anti-diabetic drugs Metformin 850 mg (3X per day) and Glyburide (brand names: Diabeta, Glycron, Glynase, Micronase) 5 mg (4X per day). Also to control blood sugar, patient took Actos® 15 mg (pioglitazone hydrochloride) 3X per day.

In May, 2007, patient tried dieting under the supervision of physician-referred nutritionists. Using their protocol, he lost up

to 10 pounds, but this weight returned within approximately two months. Patient had been at a weight of 215 to 250 pounds for the past 3 to 5 years.

Patient outcomes on hCG diet

Patient initiated once daily a subcutaneous hCG injection (with 5/16”-long syringe) in stomach area on August 8, 2008 and continued through September 13, 2008. Following a physician visit and blood test on September 8, the physician exclaimed, “I cannot believe it, but your pancreas seems to be functioning again.” The patient was taken off all diabetic medicines (which included Novolin® injections, Metformin, and Glyburide) except for Actos® 15 mg which was reduced to 1X per day. Patient has continued to remain on all medications to control blood pressure. Insulin levels prior to, during, and immediately following the hCG diet are shown in Table 1. Patient experienced a 24-pound weight loss (from 219 to 195) as shown in Table 2.

Patient subsequently started a second round of the hCG protocol on November 4, 2008 and after 20 injections on this round, currently weighs 184 pounds, for a total weight loss of 35 pounds over the 3¼ months of dieting. Patient reports a blood pressure of 139/69, pulse 50 beats per minute.

Table 1. Daily Insulin Levels for 56-year-old Male

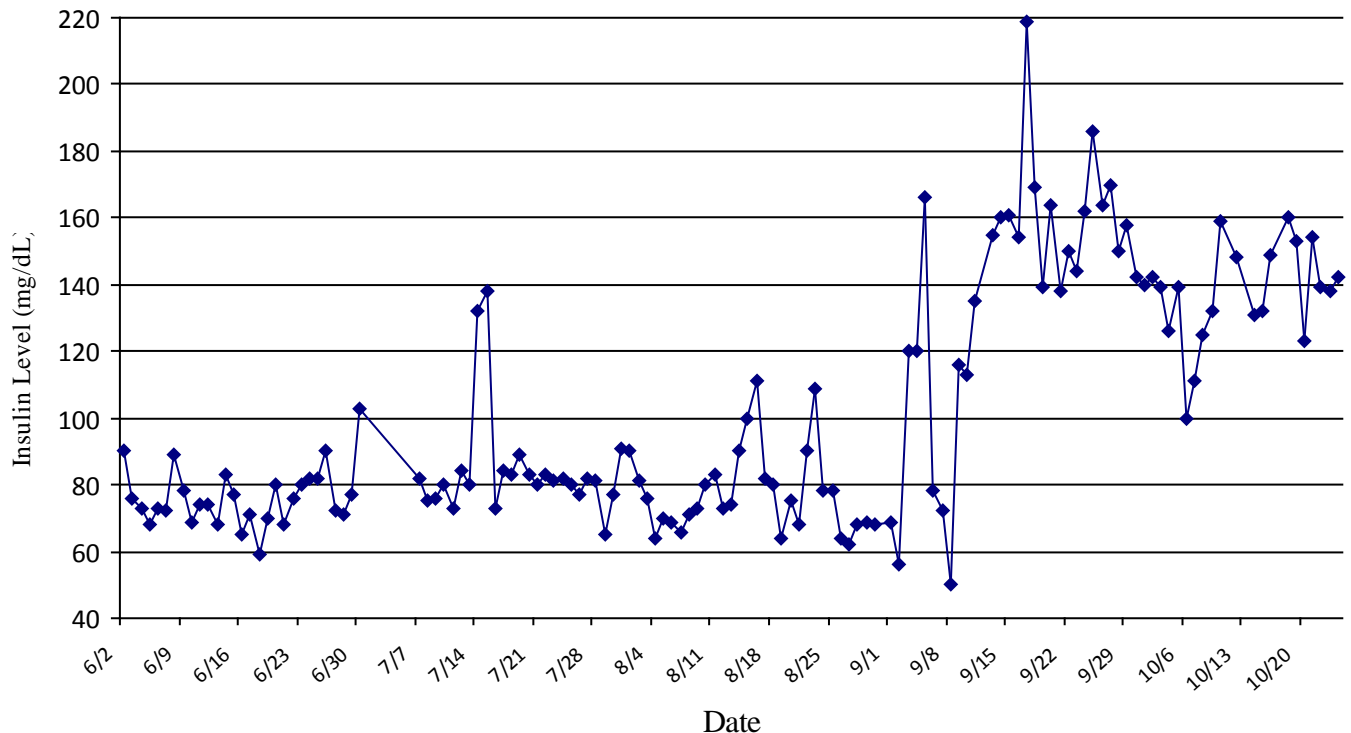
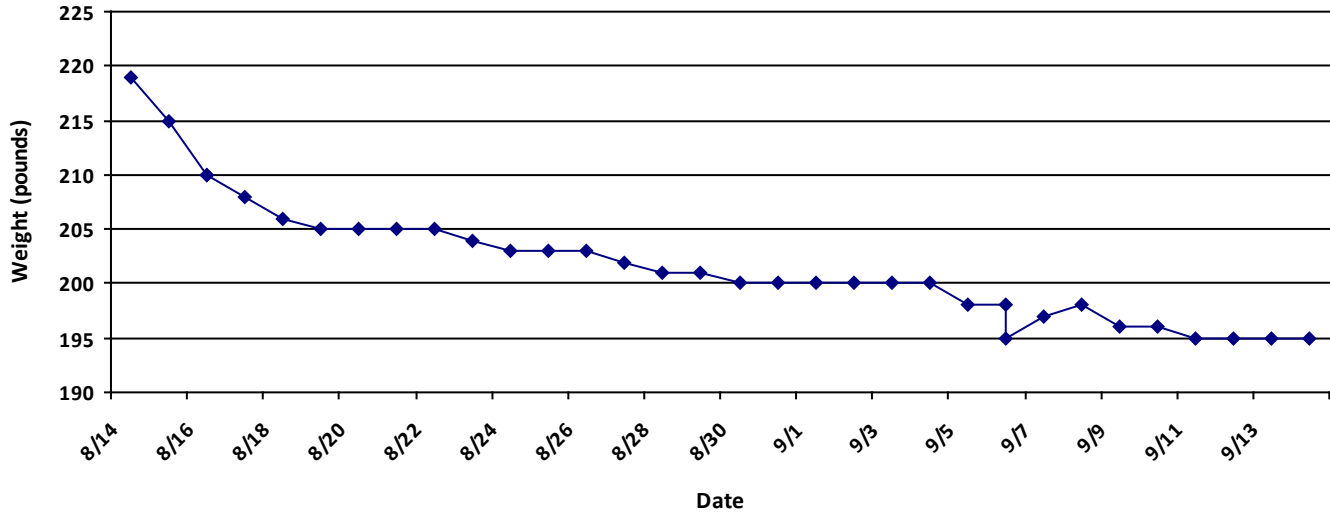


Table 2. Daily Weight during hCG injections 08/11 through 09/13



Case II. 49-year-old Female with Hashimoto’s Thyroiditis (Thyroid Dysfunction)

Patient history

When 18 years of age, the patient presented to a physician with a goiter and was diagnosed with Hashimoto’s Thyroiditis. The patient was prescribed Synthroid to control the goiter and, at that time, weighed approximately 120 pounds. After having two children, the now 33-year-old patient weighed 160 pounds and was experiencing heart arrhythmias. She was taken off Synthroid for a period of one week. Patient was then started back on Synthroid at ½ the prior dose and gained 40 pounds in 4 weeks (weight now at 200 lbs). During third pregnancy, patient gained 23 additional pounds which was never lost following the birth. Gradual weight gain over the next 15 years resulted in the patient’s weighing 258-lbs. at 49 years of age.

Over the past 16 years, patient had periodically tried weight loss programs such as had also tried walking 5 miles per day, seven days a week for 1½ years and after losing 43 pounds, she started the Atkins Diet. After 3 weeks on that diet, patient experienced a severe case of gout-like conditions involving both feet and developed plantar faciitis (a painful inflammation

of the foot and in particular, the arch). Because her 2-year bout with plantar faciitis prevented her from exercising, the patient gained back 43.

Eight weeks after patient had a total knee replacement (left knee) on March 26, 2008 her blood pressure had risen to 180+/108. At this point the patient started the hCG diet.

Patient outcomes on hCG diet

Patient started Round I of hCG protocol on July 21, 2008 and after 40 days lost 37 pounds (from 252 to 215). After approximately 3 weeks (the recommended wait between rounds I and II is 6 weeks; between rounds II and III, 8 weeks; and between rounds III and IV, 12 weeks) patient began Round II on September 20 and after 29 days lost an additional 13 pounds for a total weight loss of 50 pounds during the past 4 months. Without blood pressure medication, the Patient’s blood pressure is currently 108/68 following the hCG. At the conclusion of Round II, Synthroid medication was reduced from 0.25 mg (1X per day) to 0.125 mg (1X per day).

Table 3. 49-year-old female daily weight during Round I (40 days) and Round II (29 days) of hCG Protocol

