

Pounds and inches: a new approach to obesity

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Abstract

In 1954 Dr. A.T.W. Simeons found a solution to make the stored body fat circulate again without people having to suffer from hunger or having to exercise too much. The name of this solution is hCG, or Human Choriongonadotropic Hormone, a substance found in the urine of pregnant females. Dr. Simeons discovered that a small quantity (125 to 250 I.U.) of hCG administered once daily for a short period of time (23 to 46 days) in combination with a very low calorie diet (VLCD) consisting of 500 calories, produces an average weight loss of 1 pound per day.

The person following the protocol feels satisfied with the dietary intake of 500 calories, since the hCG helps the body to release additional calories (up to 3,500) from stored body fat. The hCG weight loss protocol performs a metabolic recovery, where the hypothalamic fat set point in the body is reset, boosting the metabolism and increasing the person's ability to burn fat at a much higher rate. hCG is also said to break down body fat, causing rapid weight loss by mass, simultaneously protecting the endogenous fat and muscle which the body needs to stay healthy, but also avoiding sagging and loose skin often characteristic in excessive weight loss. Daily activities can be continued without feeling weak or tired and without feeling depressed—in fact, most report feeling strong and energetic. Additional research is available at Dr. Belluscio's website at www.hCGobesity.org.

Keywords: diet, eating disorders, Human Chorionic Gonadotrophin (hCG), hypothalamus, obesity