

The hCG diet protocol: two case studies

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Abstract

The hCG diet protocol has endured despite much medical controversy. Opposing doctors (usually with conflicts of interests) will argue that (1) there is no such thing as “different” body fats, (2) the same weight loss is achieved on a 500 calorie diet without hCG injections, (3) the idea of resetting one’s metabolism and hypothalamus is bogus, and (4) the protocol is potentially harmful. Yet, the positive experience of those using the protocol provides powerful evidence that contradicts these criticisms and upsets such critics. U.S. clinics do exist that provide the daily hCG injections ranging from \$500 to \$1,500 per month.

The reality is that the very low concentration of hCG that comprises a daily, self-administered, subcutaneous injection used for the diet protocol appears very safe and has been successfully used by thousands of individuals. At a cost ranging from \$60 to \$100 per round, both females and males lose on the average of ½ pound and 1 pound per day, respectively, during a 30 to 40 day course.

This paper presents two case studies where successful weight loss was achieved and then maintained. In both cases, the individuals were able to substantially reduce the medications they were taking for chronic conditions that existed prior to the diet protocol. hCG tends to restore pancreas function and lower blood pressure. Those using insulin are generally able to stop such injections and those on high blood pressure medicine are generally able to stop or reduce the prescription drugs to treat that condition.

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