

hCG Diet Protocol: case study of female, age 56

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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. *Pounds and Inches: a new approach to obesity* by A. T. W. Simeons, which first detailed the hCG diet in the 1950s, was republished in *Medical Veritas*, volume 5, issue 2 (November, 2008) along with two recent case studies.

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, females and males generally lose on the average ½ pound and 1 pound per day, respectively, during a 30 to 40 day course.

In this case study involving a 56 year old female, successful weight loss was achieved and the individual experienced generally improved health.

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