

# hCG Protocol...Note to the reader

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To find this document online again: <http://tinyurl.com/hCG-Tips-from-Jodie>

## Version History

Date	Owner	Status
12/16/2011	Jodie Tice Lawrosky	Initial Version, posted to website.
12/17/2011	Jodie Tice Lawrosky	Added hCG Mixing Information link.
12/20/2011	Jodie Tice Lawrosky	Added tips from Lesley Fetterman (Lesleyhcg)
03/29/2012	Jodie Tice Lawrosky	Update links.
04/11/2012	Jodie Tice Lawrosky	Update links.
06/01/2012	Jodie Tice Lawrosky	Added Mixing/Dosing Sections, Books, Videos.
06/28/2012	Jodie Tice Lawrosky	Edited Links, Supplements, and types of hCG available.
07/01/2012	Jodie Tice Lawrosky	Added Link for new Rx hCG vendor.
07/07/2012	Jodie Tice Lawrosky	Added Link for new Mix Kit vendor and updated other text and links throughout the document.
08/24/2012	Jodie Tice Lawrosky	Update book availability.
11/14/2012	Jodie Tice Lawrosky	Modify Links for Rx hCG vendor.
12/26/2012	Jodie Tice Lawrosky	Update Links for Rx hCG vendors and misc. updates..
01/31/2012	Jodie Tice Lawrosky	Added new Rx hCG vendors.
07/18/2013	Jodie Tice Lawrosky	Updated Rx hCG vendors and links.
01/12/2014	Jodie Tice Lawrosky	Updated Rx hCG vendors and links.



# hCG Protocol...Tips and Experiences

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A couple of years ago, I heard about this program for losing weight and keeping it off, and I wasn't sure whether to try it or not. One friend lost 40+lbs and has continued to maintain the loss easily, another friend lost 80 lbs three years ago and had been easily maintaining. Others have tried the program and have had similar results. I decided to order some hCG and started the Protocol in late October 2011.

On the whole, women average .5 lb. loss per day, men average 1 lb. loss per day while using hCG. I have a way to go, but so far, I'm pleased with the results. (In Round 1, I lost 28 lbs and now at the end of 5 rounds, I've lost a total of 70 lbs.) Since a number of folks have asked me what I'm doing, I figured I'd assemble the information in a document.

**NOTE:** Please do your own research on this, before you decide to do this or any other program. Talk to your doctor, and based on medications you are currently taking, or your general health, they may recommend you do something else. This is considered an "off-label" use of hCG and some Physicians are reluctant to do this.

There is a lot of different information available to the general public about the hCG Protocol. "Caveat emptor" (Let the buyer beware) is appropriate here. I'm listing some sites where I've found valuable information...it's not the ONLY place it may be available...but it is what I've found useful...I hope it is for you.

Personally, I had NO other health contraindications. I was not taking any medication (other than vitamins), and other than my weight, my health was good. I was at the point where I was considering surgery (Gastric Bypass or Lap-Band), and for personal reasons, decided against the surgery methods listed.

Your mileage (and weight loss) may vary.

Jodie

01/12/2014

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## What is the “hCG Diet” Based On?

The hCG Diet is based on the original manuscript by A. T. W. Simeons called Pounds and Inches (P&I). This book was written in the 1940's and is considered the hCG “Bible”. If you want Pounds and Inches in a bound book, you can order it at Amazon OR you can get a free online copy from many online sites. Here's one I accessed and saved on my computer:

<http://www.hcgloss.com/Protocol/pounds-and-inches.html>

All you need to do is open the PDF document and select **File** → **Save As...** and save to an area on your computer! (I set up a separate folder for hCG and filed it there.)

In 2007, Kevin Trudeau released a book called The Weight Loss Cure “They” Don't Want You to Know About. (You can find used copies on Amazon.com and Half.com.) He expanded on the Simeons protocol, adding other things he recommended doing before the Simeons protocol (what he refers to as P1), as well as making some changes to the basic protocol designed by Simeons. You may find it valuable.

If you are considering doing this, make sure you download the Pounds and Inches Book and read it a couple of times, BEFORE ordering hCG or any other supplies.

## Should I Go Through a Doctor's Office to do this Protocol? or Can I do this Program by Myself?

This is a good question that doesn't have an easy answer. Many Chiropractic and Naturopathic offices are now treating overweight individuals using hCG. Prices vary greatly. Support in those programs varies greatly. Do your own research. Check out what the offices are offering. They will typically give you an estimate of how many rounds you will have to do. Price out hCG and Mixing Supplies for those rounds. And check with your Primary Care Doctor.

For me, I did all of those things listed previously. And I made sure to have my MD's support. And I found that I could order the hCG and Mixing Kits for much less than working this protocol through a Chiropractic or Naturopathic office.

Each individual must make this decision on their own.

## Benefits vs. Side Effects and Risks

With any weight loss program, there will always be positives and negatives. The following lists of Benefits and Side Effects and Risks were primarily taken from the following website page:

<http://www.hcgdietmart.com/side-effect-risks-benefits.html>

### Benefits

- Fast weight loss! (Women average 0.5 lb. per day and men average 1 lb. per day, while on the low calorie portion of the protocol.)
- Learn to eat a healthy, well-balanced diet
- Increased energy level
- Lowered cholesterol and triglyceride levels
- Improved sleep
- Decreased risk of Type 2 Diabetes
- Slimmer, more contoured body shape
- So many more personal benefits: you can walk without getting breathless, you can cross your legs, you can bend over to tie your shoes, getting off medications, actually not afraid to weigh yourself on the scale, playing with your children etc. etc.!!!

### Side Effects and Risks

People seem to feel energized while using hCG. But, there are possible small side effects, you should be aware of:

- Headaches are common-especially in your first week-this seems to be from “detoxing” from no longer eating carbs and sugars.
- Insomnia, feeling restless or irritable
- Pain, swelling, or irritation where injections are given. (PLEASE educate yourself before injecting! NOTE: You Tube has many videos on mixing hCG, loading needles and giving injections.)
- Diarrhea, constipation or nausea
- Dietary restrictions may cause problems for people with gall bladder issues. Extreme diet changes in body may also cause temporary hair loss.
- People on thyroid medication need to be cautious; you may not get the best fat loss results if your thyroid gland is not functioning correctly. You need to consult with your Doctor before starting the hCG protocol, as medications may need to be adjusted frequently.
- Possible menstruation changes (starting earlier or later, heavier flow, lasting longer than normal, cramping)

## How to Order hCG

Recently, there have been various companies that are no longer selling Rx hCG (prescription strength).

Some of the places you can still purchase your hCG are <http://www.medsmore.com>, <http://www.reliablerxpharmacy.com>, <http://www.safemeds4all.com>, and <http://escrowrefills.com> (You'll need the code CID 169892 –OR– CID 292867 –OR– CID 293030 to get set up on Escrow Refills). Make sure you compare prices and shipping costs any time you order, as they will vary greatly. ☺

You will want to purchase hCG that comes in a rubber stoppered vial, where the hCG comes in a freeze-dried tablet. It is best to get the rubber topped vials (not the glass ampoules), so that you do not have to break the glass ampoule and then have to use filtered syringes to remove your product when mixing.

**NOTE: ALWAYS buy hCG that comes in freeze-dried tablets, placed in a sealed vial with a rubber stopper. (If you have a question about what you are ordering, send an email to the vendor, requesting clarification.)**

***It is especially important to not purchase hCG that comes pre-mixed, from an off-shore pharmacy. Mixing starts the “efficacy” (strength/usefulness) clock on your hCG. If your product is mixed the day a company sends it from offshore, and you receive it 2 weeks later, you probably will have 7-10 days where the product is “usable” at full strength, and then it will become less and less effective during your round.***

You will also need to decide how many I.U.'s of hCG you will need in each dose. Typically, on the Simeon's protocol, folks will typically mix up their hCG Solution to then dispense in a dose of 125 I.U.

It is recommended that you buy your hCG based on HOW you plan to take your hCG (and the dosing amount you need, as previously mentioned). If you are dosing at 125 I.U., then you will typically use the following size vials for dosing:

5000IU vials for sublingual (SL)  
2000IU vials for injections (IM or SQ)

If you do injections, you take them once in the morning. If you dose sublingually, you'll need to dose in the AM and PM, therefore, you'll need double the hCG injection amount.

**RECOMMENDATION:** Get as much product you think you'll need for the total number of rounds you'll estimate you want to do. Read P&I for more information on average weight loss in a round. As usual, men will typically lose more quickly than women.

Often, the shipping from these pharmacies is a flat rate (about\$25.00), it's also recommended that you make your purchase of hCG for as many rounds as you can afford. Expiration dates are on the product boxes and the hCG dispensed from most of these pharmacies is typically viable for 2-3 years.

## Special Note: Homeopathic hCG Drops

In December 2011, the FDA sent out a Press Release where they have acted to remove “homeopathic” hCG weight loss products from the market in the USA.

<http://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm282334.htm>

The hCG you will order from these pharmacies is **NOT** homeopathic hCG (hhCG). At this time, the Rx version (available at these off-shore pharmacies) is NOT being directly affected by the FDA ruling.

## hCG Mixing Supplies

Once you have your hCG, you will need to mix it, so you can either take it sublingually (SL → Under the tongue) OR by injection (IM → Intramuscular (into muscle) or SQ → Subcutaneous (into fat)).

Many have created mixing kits for IM and SQ injections and SL dosing. They're also available on other sites. If you mix up 5000IU vials, and take a dose of 0.5ml, then you will want a mixing vial that holds at least 20ml of fluid.

To purchase Mixing Kits for any of these methods of taking hCG, check out the following sites:

Westend Supplies sells supplies in bulk: <http://www.liquidations-outlet.com/>

[Amazon.com](http://www.amazon.com) also has mix kits for sale. (Search there for “hCG mixing kits”.)

Formagenics (<http://www.formagenix.com/>) also has hCG Injection Kits, which are the same as an “hCG mixing kit.”

NOTE: More companies selling mix kits are listed at the back of this document.

## Other Things You'll Need

- **A Bathroom Scale** that measures you weight in up to 0.2 lb. increments (if it has % fat, BMI, or other measurements, that's also good!)
- **A Food Scale** that measures in ounces, as well as grams.
- **A Measuring Tape** (I highly recommend purchasing the Myotape, an easy to use item that allows you to take consistent body measurements. Myotape can be found on Amazon at the link below.)  
<http://www.amazon.com/AccuFitness-MT05-MyoTape-Body-Measure/dp/B000G7YW7Y>
- **An Account at <http://sparkpeople.com>** to calculate calories eaten/calories expended during a day, online.  
The Spark People site is place where you can calculate calories eaten/calories expended during a day. Your account will be used to record the food you eat and track your caloric intake.
- **OR an Account at <http://fitday.com>** (or another site) to calculate calories eaten/calories expended during a day. Your account will be used to record the food you eat and track your caloric intake.

Personally, I used a spreadsheet I found on the hCG\_Dieters Yahoo Group page called “hCG Chart of Success.xls” for the P2 part of my round. It was easy to select foods from the drop downs and just enter the weight of various foods. For the latter sections of the Protocol (P3 and P4), you will need the Fitday account to record your food intake.

## Supplements/Vitamins

Again, I'm no expert in this. I am currently taking the following and have felt good throughout the Protocol. So far, I typically split these up in Breakfast/Lunch/Dinner amounts (fairly equally).

### Supplements I've Taken on the Protocol

- **Trader Joes Women's Formula Multi Vitamin & Mineral** (3 Tablets/day for P2, P3, P4)
- **Nature's Way MSM** – 1000mg (6 capsules/day for P2, 3 capsules/day for P3/P4) --this is used to tone up skin and good for joints
- **Magnesium** (helps with regularity) 400mg (I found 1 capsule/day works...more and I'm too "loose")
- **Potassium** – 99mg (3 capsules/day on P2, less for P3/P4—reduce as your salt intake increases in P3/P4)
- **Biotin for hair loss** 5,000-10,000 mcg/day (for P2, P3, P4)
- **L-Glutamine Caps** – 500mg (2 caps/day in P2 if cravings are difficult to deal with—I open the caplet leaving the powder under my tongue to dissolve ...slightly bitter)

### Other Supplements

- **B12 Chewable Tablets**(Sublingual) 1000mcg to 2500mcg/day
- Other supplements you may typically take.

### Other Food Items

- **Stevia** – you'll want to switch over from taking any other sweetener to Stevia (Sweet Leaf brand is recommended). Avoid Stevia in the Raw (contains *stevia with dextrose, a sugar*) and Truvia (contains *stevia and erythritol*), if possible. Do not use aspartame (Equal) or sucralose (Splenda). The Sweet Leaf brand Stevia has powder and liquid versions (plain), as well as flavored liquid versions. I've found the following flavored Sweet Leaf Stevias are wonderful for use in/on:
  - Iced Tea (Lemon Drop)
  - Coffee (Vanilla Cream, Hazelnut, Cinnamon, Chocolate, Peppermint, English Toffee)
  - Strawberries (Vanilla Cream)
  - Baked Apples (Vanilla Cream, Cinnamon, English Toffee)
  - Water (Berry, Grape, Root Beer)

There are other flavors, but these are the ones I've tried and liked. Use sparingly...and add slowly or you will over sweeten.

Also I've found the powdered stevia is good for baking and mixing in hot fluids (tea/coffee) but dissolves less easily in cold beverages. Watch your sugar equivalents here, as 2 TBSP of stevia has the same "sweetness" as 1 C of sugar.

**NOTE:** No Diet Sodas are allowed in the P2 portion of the Protocol. In P3/P4 you may have some of the diet sodas that are sweetened with Stevia. (Zevia, for example is one made with Stevia and erythritol.)

## Quick Overview of the Simeons Protocol (Round 1)

### P2

**Goal: To lose weight on this phase of the protocol**

- Length: Between 21 and 40 days, when hCG is taken for each of those days.  
**NOTE:** 21 days is considered a short round, 40 days is a long round.  
P2 starts with 2 or 3 days of fat loading, followed by 21 or 40 days of the Very Low Calorie Diet (VLCD), equal to approximately 500 calories. (Please refer to the Simeons or Trudeau books for the length of the fat loading you wish to do.)
- 72 hours after last dose with no hCG—still on VLCD.

### P3

**Goal: To maintain weight loss from P2, by converting to a diet increasing fats/veggies (no sugar or starch) to calorie level to maintain your weight (plus/minus 2 pounds) of your Last Injection/Last Dose of hCG (LIW/LDW). (Click [here](#) to view links to calculate calories needed.)**

- Continue to monitor food intake and weight for 21 days
- NO hCG at this time.

The following link connects to a valuable site that will allow you to determine your calorie level on P3/P4. Always use sedentary (as your activity level). Calories can be increased or decreased by up to 200, depending on how you are stabilizing. I always start 200 below the number and work my way up. I have done really well on my maintenance at the number this site suggests.

<http://www.caloriecontrol.org/healthy-weight-tool-kit/weight-maintenance-calculator-women>

### P4

**Goal: To reintroduce starches/sugars while maintaining calorie level of P3 necessary to maintain the weight (plus/minus 2 pounds) at your Last Injection/Last Dose of hCG (LIW/LDW).**

- Continue to monitor food intake and weight for 21 days
- NO hCG at this time.

## Quick Overview of the Simeons Protocol (Round 2 and More)

- Continue the P2 → P3 → P4 cycle.
- P4 will be extended for each subsequent round, (see information in Simeons Book.)

## Mixing Instructions/and Dosing Instructions

All of the hCG that I have purchased has come in rubber-topped glass vials with a hard-protective plastic cap. Typically, there is a small ampoule of liquid (saline solution?) in the same box. I usually throw out the liquid vial.

As to potency, most folks find out their hCG when mixed is potent for about 21 days. That's why, if you're going to do an injection round, it's recommended you purchase 2000IU vials, so you can remix half way through a long protocol. For Sublingual, you can mix using the 5000IU vials and get 20 days of 2 doses/day @ 0.5ml = 125 IU of hCG per dose.

NOTE: I have used 20ml and 30 ml mixing vials, when mixing up for my rounds. These vials accommodate the mix solution recipes listed in this document. If you only have 10ml mix vials, then cut the total liquid volume in half, as well as halving the measurement of the dose. In that manner, you will get the standard Simeons Dose of 125IU.

Once the hCG is mixed in solution, the mix is light sensitive. Especially if you have a clear vial, wrap your vial in a paper towel, secured with a rubber band.

### For Injections

#### If I'm mixing for injections, I do the following.

1. Assemble what I need available on the counter (hCG, mix needle, dose needle, alcohol wipes and bacteriostatic H2O) I also pop off the hard plastic cap on the hCG and the Bacteriostatic H2O, if there is one present.
2. I wash my hands and dry them, then I pull off a fresh paper towel, placing it so the inside of the roll is face-up on the counter.
3. I open the alcohol wipe and wipe off the tops of the mix vial, the 2000IU hCG vial (tiny) and Bacteriostatic H2O vial), placing them on top of the paper towel.
4. With my mixing needle, I draw out 7ml of the bacteriostatic H2O and place it in the mixing vial; and then place the vial and the re-capped mixing needle back on the paper towel.
5. With my dosing needle, I draw out 1ml of the bacteriostatic H2O and place it in the hCG vial. I then roll the hCG vial in my fingers until the tablet inside dissolves.
6. Then, I insert the dosing needle into the hCG vial and withdraw all the contents and insert it into the mixing vial and squirt the hCG liquid into the mixing vial.
7. I roll the mixing vial gently in my fingers and then my mix is done. I wrap the mixing vial with paper towel around the sides and fasten with a rubber band and place in the refrigerator. I have a small tray that holds my mixing needle in one Ziploc baggie) and my dosing needles (7) (not yet loaded in a single Ziploc baggie, as well as a week's worth of alcohol wipes and my hCG mix vial.

### **When I'm ready to dose using an injection, I do the following:**

1. I take out the tray from the refrigerator.
2. I open an alcohol wipe and wipe the top of the mixing vial as well as the area on my body where I'll be injecting my hCG dose (NOTE: I alternated injection sites on different sides of my waist...I tended to bruise when doing thigh injections and since I walk in the water nightly, I didn't want that.)
3. I take the dosing syringe and pull in 0.5 ml of air.
4. I then insert it into the mixing vial and slowly push the air into the vial, then tipping over the vial, (with the needle still inserted), I draw the solution slowly into the syringe until I get to the 0.5ml dose.
5. I then pull the needle carefully out of the mix vial and inject into my body. Your doctor will give you instructions to how to do this properly.
6. Afterwards, I dispose of the needle and syringe in a sharps container. Recycle appropriately.

### **For Sublingual**

#### **If I'm mixing for sublingual use, I do the following.**

When I mix for sublingual, I do not use the Bacteriostatic H<sub>2</sub>O. I have purchased Sterile Saline Solution (This is also called Wound Wash) It comes in a spray can with a cap and is available at most pharmacies.

1. Assemble what I need available on the counter( 5000IU hCG, mix needle, dose needle, alcohol wipes, a clean shot glass and the can of Sterile Saline Solution) I also pop off the hard plastic cap on the hCG, if there is one present.
2. I wash my hands and dry them, than I pull off a fresh paper towel, placing it so the inside of the roll is face-up on the counter.
3. I open the alcohol wipe and wipe off the tops of the mix vial, the 5000IU hCG vial (tiny) and the top of the sterile saline solution)
4. Taking the sterile saline solution, I squirt a full ounce into the shot glass.
5. With my mixing needle, I draw out 19ml of the sterile saline solution and place it in the mixing vial; and then place the vial and the re-capped mixing needle back on the paper towel.
6. With my dosing needle, I draw out 1ml of the sterile saline solution and place it in the hCG vial. I then roll the hCG vial in my fingers until the tablet inside dissolves.
7. Then, I insert the dosing needle into the hCG vial and withdraw all the contents and insert it into the mixing vial and squirt the hCG liquid into the mixing vial.
8. I roll the mixing vial gently in my fingers and then my mix is done. I wrap the mixing vial with paper towel around the sides and fasten with a rubber band and place in the refrigerator.

To make this easy, I have a small tray that holds my mixing needle and my dosing needle in separate Ziploc baggies, as well as a week's worth of alcohol wipes (since I'm dosing 2 times/day for sublingual, I'll grab 14) and my hCG mix vial.

**When I'm ready to dose sublingually, I do the following:**

1. I take out the tray from the refrigerator.
2. I open an alcohol wipe and wipe the top of the mixing vial.
3. I take the dosing syringe and pull in 0.5 ml of air.
4. I then insert it into the mixing vial and slowly push the air into the vial, then tipping over the vial (with the needle still inserted); I draw the solution slowly into the syringe until I get to the 0.5ml dose.
5. I then pull the needle out of the mix vial and carefully squirt the liquid under my tongue and hold it for 2 to 5 minutes, then swallow the rest.
6. After placing the solution in my mouth, I recap the syringe and replace it into the Ziploc bag to use later in the day. (I typically use the same needle for the entire round.)
7. Also, make sure you **wait for 15 minutes** before eating or drinking anything!!!

Note: Since the Alcohol wipes come in 2's, I can always tell if I took my 2nd dose or not, if there's an odd number of wipes in my tray. :o)

## Books on the hCG Protocol and Related Items

### Pounds and Inches by A. T. W. Simeons, M.D.

<http://www.hcgloss.com/Protocol/pounds-and-inches.html>

This is the book that started it all. You can buy this book at Amazon, or just download a complete copy online. There are some copies online that are NOT the original version of Dr. Simeons book. One way to check is to search for the word "Stevia." The original book does NOT mention certain artificial sweeteners, such as Stevia.

### Weight Loss Apocalypse by Robin Phipps Woodall

My vote for the best overall look at the hCG Protocol (other than Pounds and Inches) where she looks at the emotional eating/emotional hunger issues that many overweight individuals have. (Also, see her You Tube Channel below). Her advice on eating to the Hunger Scale has made a huge difference in my ability to be on the protocol when I'm on hCG AND when I'm on the later phases of a round. Her Blog is located at: <http://weightlossapocalypse.blogspot.com/>

### The HCG Diet Book of Secrets by Harmony Clearwater Grace

<http://tinyurl.com/hcgdietbookofsecrets>

I liked this book because it is the one place where information on eating on the Protocol, after the Very Low Calorie Diet Phase is detailed. Her tables are clearly marked for foods to enjoy and foods to avoid. Although I have a Kindle, I recommend you purchase the paperback version of this book to easily read the tables. She also has two other helpful hCG books: [HCG Diet Made Simple: Your Step-By-Step Guide Beyond Pounds and Inches](#) and [Pounds and Inches Pocket Reference: Simeons' Manuscript with Charts, Checklists, and Resources for the HCG Diet](#).

### The hCG Cookbook (Volume 1 & 2) by Tammy Skye

<http://www.hcgrecipes.com>

Tammy Skye has written two cookbooks containing various recipes for P2. (The chili is a winner!)

### The Weight Loss Cure "They" Don't Want You to Know About by Kevin Trudeau

(NOTE: You can find used copies on Amazon.com and Half.com.)

Kevin Trudeau expanded on the Simeons protocol, adding other things he recommended doing before the Simeons protocol (what he refers to as P1), as well as making some changes to the basic protocol designed by Simeons. You may find it valuable.

## Videos and Vlogs (Video Blogs)

I have found a few of the hCG videos/vlogs interesting and valuable. And some have had misleading information or things on them that have been incorrect or invalid. The Videos I have primarily viewed have been available on You Tube. There are also many hCG vloggers who post...

### You Tube Videos from Weight Loss Apocalypse

[http://www.youtube.com/user/weightlossapocalypse?feature=results\\_main](http://www.youtube.com/user/weightlossapocalypse?feature=results_main)

Robin Phipps Woodall videos her hCG Protocol coaching with her clients or solo as a learning method for the Protocol. I have found myself in agreement with many of the things she says/talks about. She ends up discussing different topics that are covered in her book, but you see her coaching applied in "real life". Her Hunger Scale coaching has been exceptionally valuable.

### You Tube Videos from HebbieDobby - Life Changing HCG Protocol

[http://www.youtube.com/user/hebbiedobby?feature=results\\_main](http://www.youtube.com/user/hebbiedobby?feature=results_main)

Hebbie Dobby is a woman in the Pacific Northwest, who has been following the hCG Protocol for some time. She has chronicled her successes and not-so-successful times on this protocol. I appreciate her ability to continue to be open and frank after years getting healthier, while following the hCG Protocol.

### You Tube Videos from MamaClok

[http://www.youtube.com/user/mamaclok?feature=results\\_main](http://www.youtube.com/user/mamaclok?feature=results_main)

MamaClok is a gal who has lost over 70 lbs. and has maintained it using the hCG Protocol. (Her Before and After pictures are impressive.) Her mix instructions in her videos are the old mix instructions for sublingual (requiring Vitamin B12 and colloidal silver). She recently went through some plastic surgery to handle some additional skin issues, and has been willing to share this information with her followers.

## Websites

NOTE: I have no financial affiliations with any of these sites or groups. I have either used these sites or had others recommend them.

### hCG Dieters Yahoo Group

<http://health.groups.yahoo.com/group/HcgDieters/>

You need to sign up for this yahoo group, and to do so, you need a Yahoo ID.

**NOTE:** Many of the following Links appear on the Home page of this Yahoo Group.

People post answers to questions asked, there are many individuals on here who have been on the protocol and have lost weight and maintained. If you sign up for this group, you'll want to get either the "Daily Digest" or just "Special Notices" and then review the postings at your leisure in the digest form...or online at the Yahoo Groups site.

### Hcg\_Support Yahoo Group

[http://health.groups.yahoo.com/group/Hcg\\_support/](http://health.groups.yahoo.com/group/Hcg_support/)

Similar to the hCG Dieters Yahoo Group, you'll need to sign up for this yahoo group, and to do so, you need a Yahoo ID.

**NOTE:** Many other saved Links appear on the Home page of this Yahoo Group.

### Chatzy Group (hCG Chat Group)

<http://www.chatzy.com/165897298220>

This is a "chat" group where you can ask questions of those folks who are logged on at any time. Sometimes there are a number of folks online, sometimes no one. Miper70 often is logged in and will be able to answer most (if not all) questions about the Protocol. You can also look back at previous conversations too, and begin to figure out when many folks typically log in to chat.

### Low Carb Friends – hCG Diets Board (Bulletin Board Sponsored by Netrition)

<http://www.lowcarbfriends.com/bbs/hcg-diets/>

Low Carb Friends has a bunch of different boards for losing weight in a Low Carb manner. The HCG Diets Board is fairly active, helpful group. Some folks do a strict protocol version of this program and others go a bit rogue, bending some of the "rules". Netrition carries the Intermountain brand of hhCG drops/pellets and there are strict rules for not discussing name brands of hCG/hhCG that you can buy...other than Netrition's products. You do need to set up a login....before viewing.

### hCG Supplies

<http://www.liquidations-outlet.com>

Westend Supplies was recently added to this list, provides supplies for injection or sublingual dosing. Discounts available for buying in bulk.

<http://Formagenix.com>

Formagenics has better prices than most companies, and delivers quickly to their clients. You can order for one or many rounds.

<http://hCGSupplies.com>

hCG Supplies – This company has been around for a while (I found their prices high when compared to the previous two sources listed.)

<http://www.hcgdiscountsupplies.com>

hCG Discount Supplies – This company also has hCG Mixing Supplies available.

## Weight and BMI Calculators

There are multiple sites that will help you calculate your ideal weight, your BMI (current) and the number of Calories you need to maintain a specific weight. Check out these websites:

<http://bmi.emedtv.com/bmi-calculator/bmi-calculator.html>

<http://www.mayoclinic.com/health/bmi-calculator/NU00597>

<http://www.dietitian.com/calcbody.php>

<http://www.halls.md/ideal-weight/body.htm>

<http://www.healthcentral.com/diet-exercise/ideal-body-weight-3146-143.html>

There are many more, but these were the ones I came across in my research.

## Other hCG Sites I Have Found

This site has some information that may be beneficial to you...or not. Sites like this one were geared towards the individuals taking the hhCG Drops. Recipes here may be useful and tips on loading days are usually ok.

<http://hcgdietmart.com/>

**NOTE:** There are many other sites available on this topic. I found different recipes on most of them. Make sure any recipe you try doesn't include ingredients that are not on the section of the Protocol you are following, as there are some folks doing different versions of the protocol, and not 100% Simeons version.

Also, since the FDA has taken hhCG drops/pellets off the market in the USA, a few of the sites have turned up on the blocked by site security programs, such as Trend Micro.

## Terms

**CC** – Abbreviation for cubic centimeters (volume amount). 1 cc. is equivalent to 1 ml.

**Chatzy** – Online Chat group used by many hCG followers as a method of group support while on the various sections of the protocol.

**Gorge Days (see Loading)** – 2 or 3 days at beginning of P2 where you can eat/drink anything prior to starting the Very Low Calorie Diet (VLCD). (Simeon – 2 days, Trudeau – 3 days)

NOTE: From personal experience, I've found that the more you load on proteins with fats and veggies and fruits, the easier your first week will be. If you load only with high fat and starchy carbs and sweet carbs, you may experience a bit of a carb withdrawal effect, similar to detoxing from a heavy caffeine addiction.

**hCG** – Human chorionic gonadotropin – Per Wikipedia.com, hCG is a glycoprotein hormone produced during pregnancy that is made by the developing embryo after conception and later by the syncytiotrophoblast (part of the placenta).

**hCG Immunity** – If you do the protocol as specified by Dr. Simeons, and you follow the appropriate length of P3 and P4 Rounds, you should not become immune to the weight loss ability of hCG. If you become immune to hCG, you will not be able to lose weight when using it. See P& I for more information on this.

**IM** – Abbreviation for Intra-Muscular Injections of hCG (injecting into muscle).

**I.U. or IU** – Abbreviation for International Units. This is the amount by volume of the strength of either a supplement or a drug, such as hCG.

**Injections** – Using a needle to inject hCG into a body. Can be an Intra-muscular injection (IM) ---directly into a muscle (waist or thigh or buttocks) –OR– Subcutaneously (SQ) ---directly into fat surrounding navel. People doing injections will vary the site of the injection. Typically, the Subcutaneous injection needles are shorter than the Intra-Muscular Injection needles.

**Last Dosing Weight (LDW)** – The amount you weighed on the last day of your round that you took hCG sublingually.

**Last Injection Weight (LIW)** – The amount you weighed on the last day of your round that you took hCG via injection.

**Loading** – Two (or 3) days at the beginning of P2 where an individual can eat anything they want. Emphasis is on adding fats. During Loading, you take your doses of hCG, whether sublingually or by injection (IM or SQ).

**Long Round**– Typically, this is a P2 Round that lasts 40 days.

**Mixing** – Blending the freeze-dried Rx hCG with a specifically measured amount of specified solution, based on the potency desired and type of dosing.

**ML**– Abbreviation for milliliter (volume amount). 1 ml. is equivalent to 1 cc.

**P1 – Phase 1** –This phase was initiated through the work of Kevin Trudeau. See the following book: The Weight Loss Cure “They” Don’t Want You to Know for more information. If you are following the Simeons protocol, this is not a required Phase.

**P2 – Phase 2** –This is the section of the hCG Protocol when hCG is taken. Starts with 2 or 3 days of loading, followed by 21 to 40 days of VLCD, followed by 3 days of no HCG, while still on VLCD.

**P3 – Phase 3** – This is the section of the hCG Protocol when individuals increase their calorie level to maintain at their Last Injection Weight (LIW)/Last Dosing Weight (LDW) plus or minus 2 lbs. No sugars or starches are added...only proteins and non-starchy veggies and fats. This section lasts 21 days.

**P4 – Phase 4** –This is the section of the hCG Protocol when individuals increase their calorie level to maintain at their Last Injection Weight (LIW)/Last Dosing Weight (LDW) plus or minus 2 lbs. and SLOWLY test out adding starches/sugars...to see how they impact the scale weight. Monitoring this allows an individual to get in control of their eating and allows the hypothalamus to reset its reaction to different foods. On Round 1, this section lasts 21 days. For Subsequent rounds, the length increases to prevent hCG Immunity. (See the Simeon’s book for more information on this process).

**Pounds & Inches (P&I)** – the Original book written by Dr. A.T.W. Simeons. Available free online on multiple sites on the internet.

**Protocol** – The term used by Dr. A.T.W. Simeons to describe the set process to be followed on his weight loss program specified in the book: Pounds and Inches.

**Round** – On the Simeons Protocol, a full Round is P2, then P3, then P4. On the Trudeau version, a full Round is P1, then P2, then P3, and finally P4. In either case, most individuals will have to do more than one round to get down to a goal weight. Individuals can vary the length of P2 between a short round and a long round. Each time a round is completed, the length of the P4 section typically increases. (See the Simeon’s book for more information on this process).

**Short Round**– Typically, this is a P2 Round that lasts 21 days.

**Simeons** – Dr. A.T.W. Simeons, creator of the hCG Protocol.

**SL** – Abbreviation for Sublingual dosing of hCG (absorbing hCG in the mouth, under the tongue).

**SQ** – Abbreviation for Subcutaneous Injections of hCG (injecting into fat).

**Sublingual** – Method of absorbing hCG into the body by placing under the tongue and holding in the mouth for 15 minutes, then swallowing the balance.

**TOM** – Time of the Month (for women) when they have their period. Read the Simeons book for detailed information on how to handle hCG dosing, if one has their period while on the Protocol.

**Trudeau** – Kevin Trudeau – Author of The Weight Loss Cure “They” Don’t Want You to Know. The program he endorses is based upon Dr. Simeons Protocol...with some changes to accommodate increases in knowledge about the body that have occurred since the publishing of Dr. Simeons protocol.

**VLCD – Very Low Calorie Diet**—a 500-Calorie Diet as specified in the Simeons book. Limited food choices: 2 proteins, 2 veggies, 2 fruits and 2 starches, as specified in P&I. No additional foods or foods NOT listed in the book for this section.

**WLA – Weight Loss Apocalypse – Book by Robin Phipps Woodall (also YouTube video channel)** – Book, Videos and Blog that provide information on the hCG protocol developed by Dr. A.T.W. Simeons. Her work with individuals on emotional eating, as well as her research into the physiological reasons why the protocol works are exemplary. Book is available as a hardcover, paperback and e-book. ★★☆☆★

**Yahoo Group – HcgDieters – The #1 site for the hCG Diet Protocol** – As a member, of this Yahoo Group, you can ask questions of others who have been on the protocol ...or who are just starting. Tips, hints, suggestions and occasionally tough love!

**Yahoo Group – Hcg\_support** – As a member, of this Yahoo Group, you can ask questions of others who have been on the protocol ...or who are just starting. Tips, hints, suggestions and occasionally tough love! This group is similar to the previously listed Yahoo group.

**You Tube** – <http://youtube.com> – Location for multiple videos on hCG use, mixing, and examples of people shrinking!!!! Note that some of the mixing directions are either incorrect or woefully out of date, but it’s great to see all the before-after pictures.