

HCG Frequently Asked Questions(FAQ)

In an attempt to answer as many of your questions as possible, I assembled a list of frequently asked questions and answers. Although each of these questions has been asked in the past, many may apply to you and many may not. This is not a comprehensive list of every unique situation a client may experience while on the HCG protocol.

While the requirements of the HCG protocol are detailed and I receive many questions from every client, I believe the majority of your questions will be answered on this page. Please read through these questions before your initial appointment.

DIETARY QUESTIONS:

Q: Can I complete the HCG protocol if I am a vegetarian or vegan?

A: Yes.

Q: Can I complete the HCG protocol if I am lactose intolerant?

A: Yes.

Q: How much salt would you recommend using?

A: You should use Sea Salt as a replacement for regular table salt. There is no restriction on the use of salt. On the other hand, an increase in salt can be one of the most common causes for inconsistencies in weight, due to water retention.

Q: I have heard that tap water is not preferred. Why?

A: Tap water contains chlorine, which affects the thyroid.

Q: Why do I “gorge” for the first 2 days of the protocol?

A: It takes 2 days for HCG to completely enter your system; gorging helps with hunger feelings while on the program.

Q: What are the best foods on which to gorge?

A: High fat calorie foods such as full fat dairy products, nuts, oils, avocados, etc.

Q: Are frozen veggies okay instead of fresh?

A: Fresh vegetables are preferred, but frozen vegetables will work.

Q: May I eat pickles with any meal on the diet?

A: Cucumbers and vinegar are on the protocol so pickles are permitted. If you find that you are not losing weight, stop eating the pickles.

Q: What can I eat while I’m completing the HCG protocol?

A: The complete diet is covered in the initial orientation. However, here is a basic overview:

- Drink two liters of water each day.

- Breakfast: herbal teas, black teas, or coffee.
- Lunch/dinner: 500 calories of food each day from the following: 100 grams of beef, veal, chicken, white fish, lobster, or shrimp. One vegetables from the approved list with each meal (includes broccoli, cabbage, cucumbers, zucchini, tomatoes, and others). One fruit from the approved list with each meal (includes apple, orange, strawberries, grapefruit). Finally, one serving of melba toast crackers or grisinni bread sticks with each meal.

Q: Won't I starve if I only consume 500 calories per day?

A: No. Because HCG releases your fat reserves, your body begins to “consume” the fat, which acts as a source of energy in place of food. In essence, you burn about one pound of fat each day (one pound is 3,500 calories). Therefore, your total consumption each day will be about 4,000 calories – 500 from food and 3,500 from fat. That is why most patients do not experience extreme hunger while using HCG.

PROGRAM QUESTIONS:

Q: Will I lose exactly one pound every day while on the program?

A: No. Most clients on the 30-day program tend to lose about 20-30 pounds; however, the weight loss does not always happen evenly over 30-day period. This is an average, so there will be some who lose more and some who will lose less. Some clients may notice a “lull” or a span of a few days where little to no weight loss occurs. Some clients often notice quick weight loss after a “lull” period.

Q: If I only want to lose 10-15 lbs. can I still complete the program?

A: If you only need to lose a small amount of weight, there aren't as many “abnormal fat reserves” available and the hunger experienced throughout the program may be intense. However, we have had several clients participate who only needed to lose 15 pounds.

Q: Can I complete the protocol if I am nursing a baby?

A: No, when you are nursing you produce prolactin, which interferes with HCG.

Q: What makeup can I use during the protocol?

A: You can use Makeup that does not include fats, oils, creams and ointments.

Q: Can I use mineral oils?

A: Yes, you can use mineral oils externally as a moisturizer. However, because there is little nutritional value, do not use mineral oil to cook.

Q: What lip products can I use?

A: Lipstick is permitted.

Q: Can I use Carmex and Chap Stick?

A: Carmex is okay because it is a wax and it doesn't penetrate the skin. Chap Stick is not okay, because it penetrates the skin.

Q: What deodorant can I use?

A: You can use Crystal deodorant, which can be found at health food stores. You will also be able to find an oil free deodorant at your local stores. Read the labels, stay away from solids, gels, and roll-ons. Usually a spray works best, but READ THE LABELS

Q: What lotion and makeup can I use?

A: Oil free lotions. See list at the bottom.

Q: Are shampoos, conditioners, and styling products okay?

A: Yes, as long as they are rinsed out immediately.

Q: Can I use Crest white strips for whitening my teeth while on HCG?

A: Yes.

Q: Will the lotions and diaper creams I put on my children have an effect on me, even if I wash my hands immediately after applying?

A: The lotions and creams can have a small effect. I recommend you wear gloves to prevent penetration of any lotions or creams.

Q: Can I go tanning while I am on the program?

A: Yes, but do not use tanning lotion or oil.

HEALTH QUESTIONS:

Q: Can I still complete the HCG protocol if I've had a hysterectomy?

A: Yes.

Q: How does a diabetic benefit from the program?

A: When a diabetic follows the protocol the HCG naturally stabilizes the blood sugar. There could be an overall drop in fasting blood sugar after completing the program.

Q: Can I still take my medications while on HCG?

A: Yes, however; this will be reviewed on a case-by-case basis during your doctor consultation.

Q: How does HCG affect cholesterol levels?

A: Cholesterol levels could fluctuate while on the HCG program. For the majority of clients the cholesterol levels drop and improve.

Q: Can I continue using my hormone medications?

A: This can be discussed during your doctor consultation.

Q: Will I be able to stop using my anti-diabetes medications after I complete the HCG protocol?

A: While discontinuance of diabetes medication is possible, it should not be expected as a result of the protocol. Often it depends on how long you've been diabetic, how many medications you are currently using, your fasting blood sugar levels, your blood sugar range, etc.

Q: Will HCG help my high blood pressure?

A: Many clients have experienced a decrease in blood pressure. Some patients have been able to stop taking their medications, **BUT THIS SHOULD NOT BE DONE WITH OUT MEDICAL ADVICE.**

Q: Can I continue using my anti-depressant medications?

A: Yes.

Q: Can I continue using my anxiety medications?

A: Yes

Q: Why does HCG interfere with Gout?

A: The HCG increases uric acid levels which may cause a severe attack.

Q: If I don't have a regular menstrual cycle will the HCG affect that?

A: Some clients have experienced changes in their menstrual cycle while on the HCG. These irregularities are resolved with the completion of the program.

Q: Should I run and exercise while completing the protocol?

A: Strenuous exercise is not recommended while completing the protocol. However, a nice leisurely stroll to walk to the dog, or just get fresh air is acceptable.

Q: What should I do if I get constipated?

A: Drink Dieter's Tea (Celestial Seasons brand) or licorice tea and increase fluid intake.

Q: What are the negative side effects of the HCG program?

A: Fortunately, very few negative side effects have been noticed or reported. The most frequent complaint we receive from patients is hunger. This can be avoided in most cases with a proper load.

Q: If I am really hungry while on HCG can I use an appetite suppressant? For instance, Hoodia?

A: No, give it a few days. If your hunger does not subside as your body adjusts to the new food intake, you can discontinue the HCG for three days, and then re-load. This is to be used only as a last resort.

Q: Is cold medicine okay?

A: Yes, as long as it does not contain sugar.

COST QUESTIONS:

Q: What is the cost of the program?

A: Please contact Losers R Winners Weight Loss Clinic, LLC for current pricing. Contact information can be found on the Contact us Page of this website.

Q: What if I don't lose weight, will I receive a refund?

A: Unfortunately, we cannot guarantee results of the program. Much of the success of the program is based on your willingness to follow the strict protocol. By "taking days off" or cutting corners on meals, the effectiveness of the program is greatly reduced. We encourage you to follow the protocol with strict heed, however, each body is unique and the program offers no guarantee.

APPROVED PRODUCT LIST:

During the HCG protocol, it is critical that you eliminate the intake of oils, which includes oils applied externally in the form of lotions, cleansers, and cosmetics. The following products are advertised as oil free:

Clinique

Moisture Surge Extra
Dramatically Different Moisturizing Gel
Face moisturizers
Available at the cosmetic counters

Lancôme

Aqua Fusion: Tinted and non-tinted moisturizer
Pure Focus: Toner, Cleanser, Scrub, Moisturizer, T-zone gel.
Absolue: Anti-aging, Wrinkle Defying Face Moisturizer. Pump only is oil free. (\$110)
Renergie: Anti-aging, Wrinkle Defying Face Moisturizer. Pump only is oil free. (\$78)
All available at the cosmetic counters

Shiseido

Pureness: Face Moisturizer.
Available at the cosmetic counter

Chanel

Tient: Innocence and Pro Lumiere: base/foundation/compact
Purete: Line of facial cleansers and blemish control products
Available at the cosmetic counters & www.chanel.com

Estee Lauder

Individualist: Double wear: Foundation (liquid and powder)
Available at the cosmetic

Kiehl's

Sodium PCA, and Yerba Mate lotion
Both are face moisturizers

Almay:

Eye Make-up remover, paste and gel

NeutrogenA: Oil-free Moisture, Face Lotion

Available at Rite Aid, Walgreens (www.walgreens.com)

Naked Minerals

Naked Minerals makeup is 100% natural – from foundations to shadows, blushes and lip glazes. These products contain no artificial colors, fillers, binders or preservatives and Naked Minerals is the only type of makeup that actually looks better as the day goes on. The 100% pure minerals blend with your skin's natural oils to provide coverage that is flawless and natural. If you have sensitive skin Naked Minerals is perfect because it works with your skin rather than against it. If you want superior coverage that will give your skin that healthy glow while concealing uneven pigmentation and imperfections, then Naked Minerals is for you. This is a line is available through our office. Please contact Mahavia at 801-938-3135

Body Lotions

Body and Earth: Available at Albertsons.

Johnson's Baby Lotion: Available at most drug and grocery stores.

Aloe Vera gel has been found by some to be a good moisturizer. Available at most drug stores.

Lips

There is no restriction on the use of lip products.

Tip: Some people put Carmex on their knuckles to relieve dry cracked skin.

Hair

Biologe

Tip: Any shampoo and conditioner is okay if you rinse thoroughly after each use. Leave in conditioner is discouraged.

Deodorant

Natural crystal deodorant stick available at www.herbalremedies.com . Also available at many drug stores.

DISCLAIMER: The following products/ingredients should be used with caution: lanolin, glycerin, petrolatum, petroleum jelly, Carmex, mineral oil, beeswax. Many patients have used these products for the relief of symptoms of dry skin and chapped lips, without a negative effect on their weight loss. However, if you notice a slowing or drop off in your weight loss while using any of the above products, we recommend discontinuing use. All listed prices are subject to change.