

dr simeons hcg diet drops

Dr Simeons HCG Diet Drops: A Closer Look at This Popular Weight Loss Method

dr simeons hcg diet drops have become a topic of interest among those seeking effective weight loss solutions without resorting to extreme measures. Rooted in the pioneering work of Dr. Albert Simeons during the mid-20th century, these drops have sparked curiosity and debate due to their unique approach that combines hormone therapy with calorie restriction. If you've been wondering what exactly these drops are, how they work, and whether they might be a fit for your weight loss journey, this detailed article will guide you through the essentials and beyond.

The Origins of Dr Simeons HCG Diet Drops

The story begins in the 1950s when Dr. Albert Simeons, a British endocrinologist, introduced the concept of using human chorionic gonadotropin (HCG) as an aid in weight loss. HCG is a hormone produced naturally during pregnancy, and Dr. Simeons theorized that it could help redistribute fat and suppress hunger, making it easier to follow a very low-calorie diet.

His approach combined the administration of HCG—originally via injections—with a strict 500-calorie diet. According to Dr. Simeons, this combination allowed patients to lose significant amounts of weight, particularly stubborn fat deposits, without the usual feelings of deprivation or muscle loss that typically accompany dieting.

What Exactly Are Dr Simeons HCG Diet Drops?

Dr Simeons HCG diet drops are a form of the hormone HCG provided in liquid drop format, often taken orally or sublingually. These drops are marketed as a convenient and less invasive alternative to the traditional HCG injections. The idea is that by using drops, individuals can still benefit from the purported fat-mobilizing and appetite-suppressing effects of HCG while avoiding needles.

While HCG injections must be administered under professional supervision, diet drops have gained popularity because they are easier to use at home and more accessible. Many brands sell these drops online or in health stores, often accompanied by a strict low-calorie meal plan modeled after Dr. Simeons' original protocol.

How Do HCG Drops Work?

The exact mechanism behind HCG's impact on weight loss remains a subject of scientific discussion and controversy. However, the general claims are:

- ****Appetite Suppression:**** HCG is believed to reduce hunger pangs, making it easier to stick to a very low-calorie diet.
- ****Fat Redistribution:**** The hormone may encourage the body to burn fat stores, especially the

"abnormal" fat deposits that are resistant to typical dieting.

- **Muscle Preservation:** Unlike many low-calorie diets that can cause muscle loss, HCG is thought to help preserve lean muscle mass during weight loss.

Whether taken as drops or injections, the hormone supposedly triggers these effects, enhancing the weight loss results when combined with calorie restriction.

Following the Dr Simeons HCG Diet Protocol

The HCG diet is not just about taking the drops; it involves a carefully structured eating plan. Here's a general overview of the typical phases involved:

Phase 1: Loading

During this phase, which lasts a couple of days, individuals start taking HCG drops but are encouraged to eat normally, focusing on high-fat and high-calorie foods. This phase is meant to prepare the body for the upcoming calorie restriction.

Phase 2: Weight Loss

This is the core dieting phase where HCG drops are continued, but calorie intake is drastically reduced—to about 500 calories per day. The low-calorie meal plan usually consists of lean proteins, certain vegetables, and limited fruit or bread. This phase can last from 3 to 6 weeks, depending on individual goals.

Phase 3: Maintenance

After reaching the desired weight loss, HCG drops are stopped, and calories are gradually increased. This phase helps stabilize the new weight without regaining fat.

Phase 4: Sustaining

This final phase encourages long-term healthy eating habits to maintain the results achieved during the diet.

Benefits and Potential Advantages

Many people turn to Dr Simeons HCG diet drops because of the unique benefits they claim to offer:

- **Reduced Hunger:** The drops may help control appetite, making calorie restriction less challenging.
- **Targeted Fat Loss:** Users often report losing fat in stubborn areas like the abdomen, hips, and thighs.
- **Muscle Preservation:** Unlike many low-calorie diets, HCG protocols claim to help maintain muscle mass.
- **Quick Results:** The combination of hormone therapy and strict diet can lead to rapid weight loss in a short period.
- **Convenience:** Drops are easy to use and non-invasive compared to injections.

What to Watch Out For: Risks and Controversies

Despite its popularity, the HCG diet, including the use of Dr Simeons HCG diet drops, has drawn criticism and concern from medical professionals and regulatory agencies.

Scientific Evidence and FDA Position

The U.S. Food and Drug Administration (FDA) has not approved HCG for weight loss purposes. Clinical studies have produced mixed results, with many suggesting that any weight loss is primarily due to the severe calorie restriction rather than the hormone itself. Some research points out that HCG drops may contain little to no actual hormone, raising questions about their effectiveness.

Potential Side Effects

While many users tolerate HCG drops well, some possible side effects include:

- Fatigue and weakness due to low calorie intake
- Headaches and dizziness
- Mood swings or irritability
- Injection site reactions (for injectable HCG)
- Electrolyte imbalances if diet is not properly managed

Risks of Extreme Calorie Restriction

The 500-calorie diet prescribed in the HCG protocol is much lower than the typical recommended daily intake. Such extreme restriction can lead to nutrient deficiencies, slowed metabolism, and other health complications if not carefully supervised.

Tips for Using Dr Simeons HCG Diet Drops Safely

If you're intrigued by the idea of trying Dr Simeons HCG diet drops, taking a few precautions can help maximize safety and effectiveness:

1. **Consult a Healthcare Professional:** Before starting any hormone-based diet, discuss your plans with a doctor or qualified nutritionist.
2. **Choose Reputable Brands:** Since the market is flooded with various HCG drops, opt for those with transparent ingredient lists and positive reviews.
3. **Follow the Diet Strictly:** The hormone alone won't produce results without adhering to the low-calorie meal plan.
4. **Stay Hydrated and Supplement Wisely:** Drink plenty of water and consider multivitamins to prevent deficiencies during calorie restriction.
5. **Listen to Your Body:** If you experience severe side effects or feel unwell, discontinue use and seek medical advice.

Complementing the HCG Drops with Lifestyle Changes

While Dr Simeons HCG diet drops focus on hormone-assisted weight loss, combining them with sustainable habits can enhance long-term success.

Incorporate Regular Physical Activity

Even gentle exercise like walking or yoga can help maintain muscle mass and improve overall health during the dieting phases.

Mindful Eating Practices

Paying attention to hunger cues and avoiding emotional eating can support the restrictive diet and prevent rebound weight gain.

Balanced Nutrition Post-Diet

After completing the HCG diet protocol, gradually introducing a balanced diet rich in whole foods helps stabilize metabolism and maintain weight loss.

Dr Simeons HCG diet drops present an intriguing blend of hormone therapy and calorie control that has appealed to many seeking quick and targeted fat loss. While the method demands commitment and caution due to its stringent calorie limits and ongoing debates about its efficacy, those who choose to explore it often find the combination of appetite suppression and fat mobilization appealing. As with any weight loss strategy, informed decisions and professional guidance remain key to achieving healthy and lasting results.

Frequently Asked Questions

What are Dr. Simeons HCG diet drops?

Dr. Simeons HCG diet drops are a form of human chorionic gonadotropin (HCG) hormone used in conjunction with a very low-calorie diet to promote weight loss, based on Dr. A.T.W. Simeons' protocol from the 1950s.

How do Dr. Simeons HCG diet drops work for weight loss?

The drops are believed to help suppress appetite and promote fat loss while preserving muscle mass when combined with a strict low-calorie diet, typically around 500 calories per day.

Are Dr. Simeons HCG diet drops safe to use?

The safety of HCG diet drops is controversial; while HCG itself is FDA-approved for certain medical uses, its use for weight loss is not approved and may cause side effects. It's important to consult a healthcare professional before use.

What is the typical duration of the Dr. Simeons HCG diet drops protocol?

The traditional Dr. Simeons HCG diet protocol lasts about 23 to 40 days, including phases of HCG administration and a strict low-calorie diet, followed by a maintenance phase.

Do Dr. Simeons HCG diet drops guarantee long-term weight loss?

There is limited scientific evidence supporting long-term weight loss from HCG diet drops. Most weight loss is attributed to the severe calorie restriction rather than the drops themselves, and maintaining results requires lifestyle changes.

Additional Resources

Dr Simeons HCG Diet Drops: An Analytical Review of Their Role in Weight Loss

dr simeons hcg diet drops have been a topic of significant interest and controversy within the weight loss community for several decades. Originally developed in the 1950s by Dr. Albert T. W. Simeons, the HCG (human chorionic gonadotropin) diet involves the use of HCG hormone supplements combined with a very low-calorie diet. The promise of rapid weight loss with minimal hunger has made these drops popular among those seeking quick results. However, the scientific validity, safety, and efficacy of Dr. Simeons HCG diet drops continue to be debated by medical professionals and nutrition experts alike.

The Origins and Mechanism Behind Dr Simeons HCG Diet Drops

Dr. Albert Simeons, a British endocrinologist, proposed that HCG hormone could help reset the hypothalamus gland, which regulates hunger, metabolism, and fat storage. The core idea was that administering HCG in conjunction with a severely calorie-restricted diet (typically around 500 calories per day) would mobilize abnormal fat deposits in the body while preserving lean muscle mass. This approach was intended to address the stubborn fat pockets that standard dieting often fails to target.

HCG is a hormone naturally produced during pregnancy, signaling the body to provide nutrients to the developing fetus. The hypothesis was that HCG mimics this biological process by triggering fat utilization. Dr Simeons formulated the HCG diet drops as a sublingual liquid preparation, allowing the hormone to be absorbed directly into the bloodstream.

How Do Dr Simeons HCG Diet Drops Work?

The diet plan that accompanies the HCG drops involves a strict regimen:

- Daily administration of HCG drops, usually in measured doses.
- Adherence to a very low-calorie intake, often between 500 to 800 calories per day.
- Restriction of certain food groups, emphasizing lean proteins, vegetables, and specific fruits.
- Phases including a loading phase (high-calorie intake), weight loss phase, and maintenance phase.

Proponents claim that combining the hormone with calorie restriction reduces hunger and prevents the metabolic slowdown that typically accompanies low-calorie diets. This purportedly facilitates rapid fat loss while preserving muscle and bone density.

Scientific Evidence and Criticism Surrounding HCG Diet

Drops

Despite the popularity of Dr Simeons HCG diet drops, the scientific community remains skeptical. Multiple randomized controlled trials and meta-analyses have scrutinized the effectiveness of HCG in weight loss and appetite suppression.

Clinical Studies and Their Findings

Research generally indicates that the weight loss observed during the HCG diet is primarily due to the severe calorie restriction rather than the hormone itself. For instance, a 1995 study published in the Journal of the American Medical Association (JAMA) concluded that HCG was no more effective than placebo in reducing hunger or enhancing fat loss.

Key findings from clinical research include:

- The hormone does not significantly affect metabolism or fat distribution.
- Weight loss results are comparable to other very low-calorie diets without HCG.
- Reported reductions in hunger were inconsistent and likely placebo-driven.

These findings have led the U.S. Food and Drug Administration (FDA) to classify over-the-counter HCG products as illegal for weight loss claims, warning consumers about the potential risks of unregulated supplements.

Potential Risks and Side Effects

Use of Dr Simeons HCG diet drops is not without risks. The extremely low-calorie diet that accompanies the drops can lead to nutrient deficiencies, fatigue, dizziness, and electrolyte imbalances. Additionally, HCG hormone administration may cause side effects such as headaches, irritability, and swelling.

Because HCG products vary widely in quality and dosage—especially those purchased online or from non-medical sources—there is also the risk of contamination or inaccurate labeling. Medical supervision is advised to mitigate potential complications.

Comparing Dr Simeons HCG Diet Drops to Other Weight Loss Approaches

When evaluating the HCG diet drops, it is useful to compare them against other popular weight loss methods:

Low-Calorie Diets Without HCG

Standard low-calorie diets, when properly balanced for nutrients, have been shown to produce sustainable weight loss. Unlike the HCG diet, these plans typically allow for a broader variety of foods and do not rely on hormone supplementation. However, adherence and hunger management remain challenges.

Pharmaceutical and Medical Weight Loss Aids

Prescription weight loss medications and medically supervised programs offer evidence-based approaches with monitored safety profiles. These options may include appetite suppressants, metabolic enhancers, or bariatric surgery, depending on individual needs.

Natural and Behavioral Interventions

Lifestyle modifications, such as increased physical activity, mindful eating, and behavioral therapy, have been demonstrated to promote long-term weight management without the risks associated with hormone use or extreme calorie restriction.

Consumer Considerations When Evaluating Dr Simeons HCG Diet Drops

Individuals considering Dr Simeons HCG diet drops should weigh several factors:

- **Scientific validity:** The lack of strong clinical evidence supporting HCG's effectiveness in weight loss.
- **Safety concerns:** Potential side effects and risks arising from both the hormone and the low-calorie diet.
- **Cost and accessibility:** Availability of HCG drops varies, with some products being expensive or unregulated.
- **Long-term sustainability:** Rapid weight loss achieved through the HCG diet is often followed by regain once normal eating resumes.

Consulting healthcare professionals before embarking on the HCG diet is crucial. Personalized guidance can help mitigate health risks and identify more effective weight management strategies.

Legal and Regulatory Status

The FDA prohibits the sale of over-the-counter HCG products marketed for weight loss due to lack of evidence and safety concerns. Legitimate HCG hormone therapy is available only via prescription for approved medical conditions such as fertility treatments. Many online HCG diet drops are unregulated supplements, which raises questions about their authenticity and safety.

Conclusion: Navigating the Complexities of Dr Simeons HCG Diet Drops

Dr Simeons HCG diet drops remain a controversial weight loss method blending hormone therapy with extreme calorie restriction. While the original concept offered a novel approach to targeting stubborn fat, scientific research has largely discredited the hormone's purported metabolic benefits. The rapid weight loss reported by users is primarily attributable to the very low-calorie diet rather than the HCG itself.

For those seeking weight loss solutions, understanding the limitations and risks associated with Dr Simeons HCG diet drops is essential. More sustainable and evidence-based approaches continue to dominate medical recommendations, emphasizing balanced nutrition, physical activity, and behavioral change over hormone-based quick fixes.

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dr simeons hcg diet drops: HCG-DIET: What Dr. Simeons Really Said Dan Hild, Susan Margret Wimmer, 2020-08-26 Finally a book calls obesity exactly what it is a disorder. HCG-DIET: WHAT DR. SIMEONS REALLY SAID is a small book with great clarity and sound advice for ending your dysfunctional relationship with weight loss once and for all. From theories on obesity to the causes to the treatment, authors Dan Hild and Susan Margret Wimmer shares the nuts and bolts before he hones in on the great news - Human Chorionic Gonadotrophin, otherwise known as the phenomenal new treatment HCG. As the authors walk you through the step-by-step procedures, one thing is clear: our bodies give us ample warning, years ahead of time, of oncoming obesity. But, isn't it good to know if we miss the harbingers of weight gain, we have a wonderful solution and coach in Mr. Dan Hild and Susan Margret Wimmer's exceptional book, HCG-DIET: WHAT DR. SIMEONS REALLY SAID? Get your copy today and get off the hamster wheel of dieting and onto the road of lasting, healthy weight loss success!

dr simeons hcg diet drops: The Rapid Waist Reduction Diet Don Colbert, 2013 This diet targets fat loss in the most critical area of the body: the waist. Research shows that the waist measurement is a key indicator of risk for developing type 2 diabetes and many other diseases.

dr simeons hcg diet drops: *HCG Diet Book* Laura Malfere, 2012-03-02 ABOUT THE BOOK The HCG diet is an very low calorie diet that is estimated to help dieters lose around one to two pounds per day. Through a combination of low calorie clean eating and a HCG dieting supplements, dieters lose weight fast. While it is a speedy way to lose weight, many find that the strict calorie limitations are hard to stick to, and they slip back into their old dieting habits. However, there are ways to follow the HCG diet and make sure you do not break it and put weight back on. As the diet is made of three phases, it is essential that you follow each phase to the most finite detail, just to ensure you reach your maximum weight loss potential. While following each phase, it is important that you take HCG supplements as directed. MEET THE AUTHOR The Hyperink Team works hard to bring you high-quality, engaging, fun content. If ever you have any questions about our products, or suggestions for how we can make them better, please don't hesitate to contact us! Happy reading! EXCERPT FROM THE BOOK Before embarking on the HCG diet, sit and think about your weight loss goals. The diet has been well revered throughout the media and online for its weight loss capabilities, so many people make the mistake of diving straight in without defining what they want to gain from it and how they wish to gain it. First, you must decide how much weight you need to lose and decide why you want to lose it. By setting yourself a target goal you will know approximately how long the second phase of the HCG diet is going to last and you will be more likely to succeed. The success you will gain will come as a result of you being mentally prepared for the journey that is ahead. Thinking about exactly why you want to lose weight will contribute to your mental strength while on the HCG diet. Set a goal such as needing to slim down for a vacation, fitting into a special outfit or wanting to lower your BMI. By having something specific to aim for, you will feel as though you have purpose and every pound you lose will be taking you one step closer to your goal. Buy a copy to keep reading!

dr simeons hcg diet drops: *The Big Book of Bible Cures, Vol. 1: Weight Loss* Don Colbert, 2017 From the author of the NEW YORK TIMES best-selling books *The Seven Pillars of Health* and *I Can Do This Diet*, along with best sellers *Toxic Relief*, the Bible Cure series, *Living in Divine Health*, *Deadly Emotions*, *Stress Less*, and *What Would Jesus Eat?* Dr. Don Colbert has sold more than TEN MILLION books. Reclaim control over weight loss, inflammation, and your spiritual and emotional health.

dr simeons hcg diet drops: HCG Diet Stephanie Hinderock, 2021-09-18 Do you want to lose weight quickly without exercise and while still enjoying your favorite foods? If yes, read this concise and professional review of the HCG Diet and follow the prescribed diet plan to get your desired results in a short time. Data released by the National Health and Nutrition Examination Survey showed the prevalence of severe obesity was 11.5% among U.S women in 2017-2018 (Hales, Carroll, Fryar, & Ogden, 2018). Obesity results in serious health problems among adults including end-stage renal disease, respiratory issues, and coronary heart disease. Besides, pregnant overweight women face several pregnancy complications like gestational diabetes mellitus (GDM), hypertension, congenital defects, fertility issues, and preeclampsia. However, you can get rid of obesity and lose weight quickly by following the HCG diet plan, which is claimed to reduce up to 0.5-1 kg of weight per day. The process is highly efficient, safe, and secure and causes fast weight reduction among pregnant women without causing any hunger or weakness. HCG refers to human chorionic gonadotropin, which is a hormone pregnant women release in large quantities during the early stages. Often used by doctors and gynecologists to test pregnancy, HCG can also treat fertility issues and was proposed as a weight-loss tool in 1954 by Albert Simeons (Palsdottir, 2018). The HCG diet combines severe calorie restriction (500 calories/day) with the HCG hormone injections (Zeratsky, 2019). You can achieve dramatic weight loss by using HCG products in various forms including pellets, drops, and sprays. In this HCG diet guide, you will discover: ● What is HCG and who presented the idea of the HCG diet as a weight-loss mechanism ● How effective the HCG diet is to treat obesity ● What are the potential risks or side effects of using the HCG diet ● What researchers, nutritionists, dietitians, and doctors say about the efficiency and reliability of the HCG diet ● Some legal obligations of the HCG diet in the United States ● Final recommendation on

whether to use the HCG diet or not

dr simeons hcg diet drops: The Super Simple HCG Diet Kathleen Barnes, 2013-04-18 The Super Simple HCG Diet is the simplest and most successful way to shed excess weight--3 to 5 pounds a week--without the complexities of the original HCG Diet. • Have you considered the HCG Diet? • Are you worried that you won't be able to stick to the 500-calorie restriction? • Or worried you won't have enough energy? • Or worried you'll just become numbingly bored with the limited food choices? • Afraid to inject yourself? This book debunks the myths of the 500-calorie Simeons HCG Diet and the outdated protocols that are difficult to understand and practically impossible to follow. Easing the calorie restriction to allow 700 calories a day, The Super Simple HCG Diet offers you a simpler program that still ensures success--allowing easier compliance without sacrificing rapid weight reduction. It also eliminates the complex phase system and, for those who need to stay on the program for several months, allows small breaks without abandoning the diet and weight control program altogether. The Super Simple HCG Diet is based on the author's personal experience. With her unique sense of humor and compassion, Kathleen Barnes helps you navigate the pitfalls, simplify the process, and stay the course for major and permanent weight control.

dr simeons hcg diet drops: The New Bible Cure for Weight Loss Don Colbert, 2013 Reclaim control over your spiritual, emotional, and physical health, and lose weight today.

dr simeons hcg diet drops: The Hybrid Approach To Weight Loss Angie Cook Lawhead,

dr simeons hcg diet drops: The hCG Metabolism Treatment Frank Schmidt, 2020-08-07 For the many eager readers of hcg Gut Cleansing finally comes the second book from Frank Schmidt. He speaks once more from personal dieting experiences in which he quickly lost over thirty kilos. From this book, read about practical experience. Written by an interested participant, who, as part of his weight loss, dealt intensively with the topic and shows you what worked and what didn't. As a participant/user, the author illustrates the factors and decisions that made all the difference in his weight loss. Regardless of whether you have already completed an hCG-colon cleansing or want to skip straight to the hCG-Metabolic Cure, this book is full of valuable information to help you achieve your dream weight.

dr simeons hcg diet drops: Human Gonadotropins Laurence A. Cole, Stephen A. Butler, 2022-07-27 Human Gonadotropins is a must-have reference for basic science researchers looking to maximize their knowledge in this specific field of study. Luteinizing hormone, follicle-stimulating hormone, and human chorionic gonadotropin are essential for reproduction and outlined in detail in this work, covering topics ranging from antibodies and immunoassays, to commercial products and standards, genetics, and receptors and intermediaries for gonadotropins. Dr. Laurence Cole has been recognized for his outstanding research throughout his illustrious career. He has received awards from the Institute for Anticancer Research, Biannual Prize for best research; American Association for Clinical Chemistry, Most Outstanding Research Contributor to Clinical Chemistry Prize; Gynecology Oncology, Outstanding Speaker Award; and International Society for Study of Trophoblastic Disease, Gold Medal for most outstanding research. This detailed resource compiles all the recent research together into one volume, with one consistent voice. - Covers the evolution, structure, synthesis, and functions of gonadotropins in meticulous detail - Includes sections on Degradation, Antibodies and Immunoassays, Commercial Products and Standards, and Receptors and Intermediaries - Details a section on Reproduction and Cancer, covering gestational trophoblastic diseases, ovarian cystic disorders, and hCG and cancer

dr simeons hcg diet drops: Human Chorionic Gonadotropin (hCG) Laurence A. Cole, 2010-09-21 Human chorionic gonadotropin (hCG) is produced during pregnancy by the embryo. It promotes progesterone production by corpus luteal cells. It also functions in pregnancy to promote angiogenesis in uterine vasculature, it immuno-blands the invading placental tissue so it is not rejected by the maternal uterine tissues, promotes the growth of the uterus in line with the growth of the fetus, promotes the differentiation of growing cytotrophoblast cells, promotes the quiescence of contractions in the uterine myometrium during the course of pregnancy, and also has function in growth and development of fetal organs. The book describes the detailed biology, clinical chemistry,

and clinical perspectives of hCG and associated molecules, and examines hCG, hyperglycosylated hCG and hCG free β -subunit, 3 separate and independent molecules with totally sovereign physiological functions. - It provides comprehensive information on hCG from basic science to clinical medicine - Written by specialists in the field

dr simeons hcg diet drops: Phase 3 HCG Diet Sonia E. Russell, Candice Ekberg, 2013-02-21 Dieters are often uncertain on how to effectively follow the 21 day Phase 3 Stabilization and many fear they will gain the weight back. Sonia E Russell, LPN, licensed nurse, professional hCG diet coach, and author of the HCG Diet 800 Calorie Protocol has teamed up with certified personal fitness trainer and hCG diet coach, Candice Ekberg, B.S. ESS, NSCA-CPT, EMT-I .They have combined their years of hCG diet coaching, knowledge in nutrition, fitness training, and medical background to develop a structured and comprehensive Phase 3 plan that will help ensure stabilization, prevent the frustration of chronic correction days, avoid unnecessary additional rounds and the possibility of gaining any weight back. Their Phase 3 plan will reduce stress to the hypothalamus by prohibiting the dieter to over-indulge on sugars, starches, grains, breads, nuts, beans and limiting most dairy. The expanded Phase 3 plan includes a comprehensive 3 week food tracking guide, Phase 3 overview, the science behind stabilizing, Phase 3 food items, how to read food labels, Phase 3 calorie conversion chart, the interval between rounds, understanding basal and resting metabolic rates, Phase 3 exercise, how to begin Phase 4, and a large assortment of delicious Phase 3 recipes. The recipes include; beverages, condiments, breakfast foods, appetizers & snacks, soups & salads, chicken, beef, fish and seafood dishes. By following the structured Phase 3 plan, the dieter will have the tools to enable a successful stabilization.

dr simeons hcg diet drops: *The Best Diet You Have Never Heard of - Physician Updated 800 Calorie Hcg Diet Removes Health Concerns* Dr. Larry Vickman, MD, 2011-04 The Best Diet You Have Never Heard Of is a modernized and improved revision of the original Dr. Simeons 500 calorie hCG diet protocol. Developed over 3 years ago, Dr. Larry Vickman, MD, Dr. Connie Odom, MD and Sonia Russell, LPN are the first medical professionals to provide a safer and more tolerable protocol for the patient by removing the safety concerns many experience with the original 500 calorie protocol. The physicians have integrated the latest modern medical advancements and increased both the daily protein and caloric intake from the original 500 calories/day to an LCD of 800 calories/day. The revised protocol is also utilized as the new standard in hCG weight loss therapy for the prescribing practitioner.

dr simeons hcg diet drops: New Pounds and Inches Richard L. Lipman M.D, 2013-02 The HCG diet has caught the attention of most overweight Americans as it promises to help the dieter lose a pound a day without hunger or cravings and without a minute of exercise. The HCG diet was conceived in 1950, by Dr. A.T. Simeons, who wrote in his booklet, Pounds and Inches, that injecting HCG, a hormone produced normally by pregnant women, could not only produce spectacular weight loss results, but at the same time re-set the metabolism centers in the brain permanently. Simeons' plan required daily injections of HCG, and a rigid semi-starvation 500 calorie a day diet. Although many people have been successful with the plan, an equal number have found the HCG diet difficult to follow and have increasing questions about the HCG's safety and effectiveness. In the New Pounds and Inches, Richard L. Lipman M.D., a board certified endocrinologist and internist, updates and revises Simeons' 1954 plan using modern day science and his personal experience treating thousands of patients with HCG. Dr Lipman clarifies all of the controversies surrounding the HCG diet. The New Pounds and Inches uses oral HCG, an 800 calorie food plan, protein with all three meals, many fruits, unlimited vegetables, and many more foods, beverages and snacks unavailable to Dr. Simeons. It presents a workable exercise program, a maintenance plan and concludes with hundreds of appropriate HCG recipes. The New Pounds and Inches offers a safe, effective weight loss plan that sets the standard in weight loss for both practitioners and patients.

dr simeons hcg diet drops: The Wisdom of Menopause Christiane Northrup, M.D., 2012-01-03 Dr. Christiane Northrup's #1 New York Times bestseller The Wisdom of Menopause has inspired more than a million women with a dramatically new vision of midlife—and will continue to do so for

generations to come. As Dr. Northrup has championed, the change is not simply a collection of physical symptoms to be fixed, but a mind-body revolution that brings the greatest opportunity for growth since adolescence. The choices a woman makes now—from the quality of her relationships to the quality of her diet—have the power to secure vibrant health and well-being for the rest of her life. Now completely revised, this groundbreaking classic draws on the current research and medical advances in women's health, and includes: • a new section on sex after 50—and how, if need be, you can rejuvenate your sex life; • updated mammogram guidelines—and how thermography improves breast health; • the latest on the glycemic index, optimal blood sugar levels, and ways to prevent diabetes; • dietary guidelines revealing that hidden sugar—not dietary fat—is the main culprit in heart disease, cancer, and obesity; • all you need to know about perimenopause and why it's critical to your well-being; • a vital program for ensuring pelvic health during and after menopause; • strategies to combat osteoporosis and strengthen bones for life. With this trusted resource, Dr. Christiane Northrup shows that women can make menopause a time of personal empowerment—emerging wiser, healthier, and stronger in both mind and body than ever before.

dr simeons hcg diet drops: The Hormone "Shift" Dawn M. Cutillo, 2012-03-28 Would you like to lose five pounds, stop your hot flashes and sleep better, THIS WEEK? These results are attainable when your hormones get into balance. The author explains how natural, safe solutions can bring fast results that last. From her twenty-three years of experience in the health field, and after helping thousands of women at her Lancaster, Pa. health center, she has noted growing trends that ALL stem from a simple hormone imbalance: The inability for women to lose weight efficiently after the age of 35 due to a slowed metabolism. The increased use of strong mood medications for depression/anxiety that do not improve mood satisfactorily for most women and also cause unpleasant side effects. The increase in fatigue experienced by women and the increased use of synthetic thyroid medication that does not satisfactorily resolve all the womans symptoms. The increased use of the birth control pill for heavy, painful periods and menstrual irregularity that temporarily solves the problem but will cause health issues over time. The increased number of ablations, hysterectomies and other invasive procedures performed for cysts, fibroids, endometriosis. Women still fear breast cancer due to not knowing its true cause. CONCLUSION: Frustration is rising due to NOT getting validation about concerns or answers on these issues from the medical field or health/nutrition industry! Are Your Hormones Imbalanced? Perhaps your hormones have shifted a bit due to stress, age, pregnancy or menopause. Are you left feeling frustrated from trying to deal with many issues that do not seem to respond to diet, exercise, herbs, medication or even surgical procedures? Learn the ONE MAIN hormonal shift that occurs in almost all American women, starting at puberty and peaking around menopause along with its ONE MAIN origin. The author will give you simple steps on how to reverse this hormonal shift so that within a month you can be: Losing weight quickly (even if NOTHING worked up until now) Relieving your hot flashes/night sweats Deepening your sleep Easing your anxiety/irritability and mood swings Seeing your depression lift Regulating your menstrual cycle - easing symptoms of PMS Decreasing your chance of female-related cancers Reversing your other PMS/menopausal symptoms or conditions that affect your overall health. You will understand that when hormones are balanced you will look and feel your best while preventing female-related cancersand slowing the aging process as an extra benefit! If you are one of the many women saying. These constant hot flashes are driving me crazy! Is everyone around me trying to get on my last nerve? Im counting FLOCKS of sheep and still cant sleep! Im working out, eating like a bird and cant lose a single pound! Sex? Are you kidding? Id rather be sleeping or eating. My thyroid medicine just doesnt seem like its helping me lose weight. Depressed? Thats an understatement, nothing is really fun anymore. This book is a must-read!

dr simeons hcg diet drops: Fat 2 Fab Tobi Beck, 2013-01-27 There is much controversy about the HCG diet, and even more misinformation. It comes down to this, your body has a natural weight regulator, if you are over weight, the weight regulator is broken. Fix the weight regulator and the weight will drop off. All other measures are temporary until the weight regulator is fixed. This is a program to fix the weight regulator, at home, quickly, inexpensively. This book provides everything

you need to order HCG and mix it, over 100 recipes, step by step instructions, and a support group if desired.

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