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MYTHS ABOUT HCG



MYTH 1: YOU CAN TAKE A HOMEOPATHIC APPROACH TO HCG & GET THE SAME RESULTS AS HCG.

FACT: YOUR BODY WON'T RECOGNIZE A SOLUTION WITH NO REAL HCG.

HCG is a hormone that triggers a response from your body to use fat stores as energy. A homeopathic approach cannot get the same results because homeopathy is based on a law of similars, which doesn't fit the model of weight loss.

For more information, check out our blog post:

[The Truth About Homeopathic HCG drops](#)



MYTH 2: THE 500-CALORIE DIET REQUIRED ON AN HCG PROGRAM IS TOO LOW & I'LL FEEL FATIGUED.

FACT: HCG SIGNALS FOR YOUR BODY TO USE CURRENT FAT STORES FOR ENERGY AND THE TYPE OF CALORIES YOU EAT ON THE DIET ALSO GIVE YOU MORE ENERGY.

The goal of the HCG Diet program is to eat healthier, and the idea is to get back to basics (fruit, veggies, and protein). Patients learn about portion size, calories in foods and about choosing more nutritious foods. So while the calorie count is low, you are actually providing your body with nutrients that give you more energy!

For more information, check out our blog post:

[Importance of Following the HCG Diet Rules for Success](#)



MYTH 3: I WON'T GET THE PROTEIN MY BODY NEEDS IF I GO ON THE HCG DIET & CAN ONLY HAVE 500 CALORIES/DAY.

FACT: 300 CALORIES OF PROTEIN ON AVERAGE PER DAY IS SUFFICIENT ENOUGH TO SUPPORT YOUR BODY'S PROTEIN NEEDS.

The body does require calories for energy and protein is used as building blocks to continually sustain us. The HCG Diet requires you to eat around 7-10 ounces of a protein per day, depending on the food. This can also be translated into total calories. A total of 300 calories of protein is sufficient to support our body's protein needs. Therefore, adequate protein intake can be provided by this diet if you follow the instructions given by the physician.

For more information, check out Harvard's blog post:
[How Much Protein Do You Need Every Day?](#)



MYTH 4: HCG INJECTIONS ARE THE ONLY AUTHENTIC HCG TREATMENT.

FACT: DROPS CAN BE JUST AS EFFECTIVE, BUT MORE EXPENSIVE.

Both treatments have proven to be successful in helping our patients lose weight and naturally reshape their bodies, but there are definitely some pros and cons to consider. The advantages of using an HCG injection instead of drops is that the treatment goes directly into your bloodstream and only has to be administered once a day. For patients who rather not have to give themselves HCG injections, the HCG sublingual drops may be the better choice. They have shown to be just as effective for some people as the injections without the pain and inconvenience of needles.

For more information, check out our blog post:
[HCG Injections vs. Drops](#)



MYTH 5: IF YOU CAN HANDLE SKIPPING GORGE (OR “LOAD”) DAYS, YOU’LL ACHIEVE RESULTS FASTER.

FACT: IT IS 100% NECESSARY TO BUILD THE FAT STORES YOUR BODY NEEDS TO NOT GO INTO STARVATION MODE.

During the HCG diet, our bodies continue to burn the same amount of calories, or more, as they would on any normal day. But because you are eating just 500 calories a day, your body looks to get the calories from someplace else. This is where the stored fat comes in. Your body can then take the other calories that it needs from the fat reserves, which is what allows you to lose such a significant amount of weight.

For more information, check out our blog post:

[HCG Gorge Days: Do I Really Need Them?](#)



MYTH 6: YOU CAN BUY AUTHENTIC, QUALITY HCG FROM HEALTH FOOD STORES, TANNING SALONS, OR MLMS.

FACT: REAL HCG IS A PHARMACEUTICAL THAT CAN ONLY BE OBTAINED FROM A MEDICAL DOCTOR. EVERYTHING ELSE IS FAKE.

The weight loss industry has seen the HCG diet work and has tried to reproduce the HCG product idea and sell it for profit. Those who don't research the diet and pay close attention can fall prey to these gimmicks. Hormones (such as HCG, testosterone, etc.) are medications, and you can only get them from a doctor or a pharmacy with a prescription.

For more information, check out our blog post:

[HCG Diet – Buyer Beware](#)



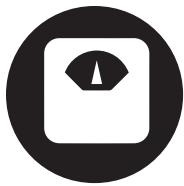
MYTH 7: HCG IS A NEW FAD THAT HAS ONLY BEEN AROUND SINCE 2010, & NO ONE KNOWS MUCH ABOUT IT.

FACT: HCG HAS BEEN AROUND FOR MORE THAN 50 YEARS.

The HCG diet originated with Dr. A.T.W. Simeon's (Research 1930-1950) "Pounds and Inches." After 50 years of the HCG diet, it's safe to say it's not a fad diet. He spent 18 years studying this and observing the patient's health and weight loss on a specific diet. He treated over 10,000 patients on this 40-day protocol with patient after patient losing both pounds and inches, and it stayed off!

For more information, check out our blog post:

[Get the Skinny on the HCG Diet](#)



MYTH 8: THE HCG DIET IS A ONE-TIME WEIGHT LOSS FIX.

FACT: THE HCG DIET REQUIRES A LIFESTYLE CHANGE.

As with any other weight loss regimen, HCG will not fix your weight forever. You must be disciplined to establish and maintain personal fitness goals. Going back to your old lifestyle could mean gaining back the weight you lost, which is why you must establish a new lifestyle to maintain your new and improved body.

For more information, check out our blog post:

[Common HCG Misconceptions](#)



MYTH 9: ANYTHING THAT GETS RESULTS SO QUICKLY IS TOO GOOD TO BE TRUE.

FACT: FAST RESULTS ARE WHAT MAKE THIS SO SUCCESSFUL. LIFESTYLE CHANGES ARE REQUIRED, BUT HCG IS THE BOOST MANY INDIVIDUALS NEED.

One of the toughest parts about losing weight is just getting started. Many people feel that if they could just get a good jump start on losing weight, they would feel more motivated to stick with a diet or exercise routine. They just need to see some progress, preferably sooner than later. The HCG diet and the lifestyle change it requires do just that, with our shortest program being only 23 days!

For more information, check out our blog post:

[The Benefits of HCG](#)



MYTH 10: TO DO HCG, I'LL BE SLAVE TO THE DOCTOR OFFICE FOR A MONTH+.

FACT: VERY LITTLE TIME IN THE OFFICE IS REQUIRED; INJECTIONS CAN BE DONE AT HOME.

All injections or drops can be done at home, and our shortest HCG diet is only 23 days. This means you get to determine where you administer the HCG hormone and the length of time for your HCG diet.

Contact us for more information on the [HCG Diet](#).