

HCG Diet

Frequently Asked Questions

1. When do I eat the servings, and can they be combined?

The food servings may be divided throughout the day if the overall quantity is not changed. Do not eat all the servings at one time, and do not eat the fruit and carb servings in one sitting. Everyone's schedule is different, but for many it works well to start your day with water. Have a piece of fruit for breakfast. Lunch would then consist of a protein, vegetable, and a Jell-O; followed by your second protein at dinner with the remaining vegetable and then fruit for dessert. Do not forget that you get unlimited lettuce and spinach, so these can add needed bulk to your diet.

2. What are my fluid options?

Drink a minimum of 8 8-ounce glasses of water or 4 16-ounce filtered bottles of water. Coffee, diet drinks (zero calories), and herbal teas are allowed, but are not to be considered as counting towards the required water amount.

3. Is salt limited?

Salt is not limited but needs to be at a consistent amount to avoid weight fluctuations due to water loss or gain.

4. Hair and skin care restrictions?

All lotions and creams must be oil, butter, and nut free. Baby oil in gel or liquid form is allowed as a body moisturizer. Neutrogena makes several versions of oil free facial moisturizers that are all acceptable. Use all oil free make up. Powdered minerals make up is ideal. Avoid shampoos and conditioners with added oils as well. If finding a replacement conditioner is difficult, you may choose to wear gloves when applying conditioner if necessary and avoid contact with scalp.

5. Do I need to wear gloves while trimming fat off meat?

This recommendation comes from the understanding that your skin is the largest organ of your body. Because of its surface area it is capable of great absorption. Just as you do not want to use lotions and creams with any fats or oils, it is important to avoid handling fat as well.

6. Should I coordinate my HCG dosing with my menstrual cycle?

It is recommended that you wait to start HCG just following your period. If you choose not to wait that long, you should consider timing it so that you are at least ten days out from when you would predict you would be starting your next period.

7. What if I am not losing 1 pound per day?

This is common for most people. The fluctuations in weight loss are many times due to retention/elimination of water in the system. Fat is being burned from the cells. When these cells are empty, the body breaks them down and gets rid of them. The space that previously held fat is now replaced with water until the organs and connective tissue get used to the reduction in space (inches lost). Water is heavier than fat, so the scale will show no weight loss for a few days. In a few days, most people then have a large increase in urine output and several pounds of weight is lost. You can't always go by pounds, often you must look at inches lost also. Fat weighs less than muscle and water. An apple day might be recommended if you are doing everything perfectly and need to jump start the weight loss again.

8. What do I do if I hit a plateau (no weight loss for three days in a row)?

This is such a common question that I have dedicated an entire page to it titled, 'Plateau *and Apple Day*' info sheet.

9. What about cheating?

You ABSOLUTELY SHOULD NOT. It is not worth it. If you do, don't be surprised to see a 2 pound gain the following morning, and a stall out for a couple of days. Do not start this diet until you are able to and ready to follow the protocol without deviation for the set length of time. If you do cheat, correct the problem immediately and resume the diet protocol. All will not be lost, but you must be patient as it may take a couple of days to get back in the weight loss mode.

10. Should I exercise?

During the low-calorie intake portion of this diet is not the time to begin an exercise program. The exception to this would be something low key such as walking or stretching. The start of maintenance when you can take in more calories is a good time to speak with your mentor about the type of exercise and frequency that would be appropriate for you.

11. Should I have a massage?

No. Your capillary system will need to restructure. For every pound of fat you lose, your body must reabsorb and restructure around the loss of capillaries. The capillary absorption takes a little longer than fat absorption, so the capillaries are left without its supporting structure for a short period of time, making the body more vulnerable to bruising.

12. Will I be hungry?

Theoretically, if you are hungry then the HCG is not working, you did not load properly, or you may not have much extra fat to mobilize. If you feel hungry, drink a glass of water, many times thirst is mistaken for hunger. Also, you may want to spread out your allotted food throughout the day. Even if some hunger is experienced, remember that you probably felt hungry at times before you started this diet. When kept in perspective, most clients report being quite surprised how satisfied they feel when taking in such a restrictive calorie amount. Also, it is important to take note that when you get closer to a healthy weight there are less "bad" fat stores to draw from. When this happens, you will get extremely hungry, and it may be time to transition out of the diet. Please consult your mentor before making this kind of change.

13. Will I feel worn out and tired?

Most people report feeling full of energy. Personally, I hadn't felt more alert and clearer minded since I was a teenager. I was very worried about discontinuing the HCG because I didn't want to give that feeling up. The good news was that I didn't. The weight loss and healthy foods that I am now drawn to continue to feed my mind and body in a positive way.