

## **Waller Wellness Center**

### **HCG Weight Loss Therapy – Fact Sheet**

HCG or human chorionic gonadotropin is a hormone naturally produced in women during pregnancy. It has many functions and is used medically to treat men & women for many different conditions including infertility and hormone regulation.

#### **Overview of HCG weight loss therapy**

HCG therapy involves daily injections of the hormone combined with a very low calorie diet of 500 calories per day, to utilize the abnormal fat stores of the body for fuel. Average weight loss is 1/2 to 1 pound per day. Each course of therapy lasts about six weeks. If another course of HCG therapy is desired, a minimum of 6 weeks wait is required.

#### **How does the HCG hormone help with weight loss?**

The diet's founder, Dr. ATW Simeons believed that the hCG diet "reset" the hypothalamus ("central hormone control station" in the brain) improving metabolism and allowing the body to release abnormal fat stores and use them for fuel.

#### **What patients can expect**

- The weight loss stage begins with the first injection and includes a "forced feeding," or consuming as much fattening food as you can for two days to increase the body's fat reserves. These reserves are lost within the first three days, and help limit discomfort during the initial phase of the diet.
- Patients can expect to have normal energy and activity levels during the diet, but should not engage in unusually strenuous exercise while on the 500 calories per day diet
- The self-administered injections, are given daily in the mid-thigh for 23 to 40 days, depending on how much weight patients want to lose. The diet must be continued for three days past the last injection.
- During the injection period, patients will be closely monitored with Bio-impedance analysis (BIA) body composition tests, lab tests and weekly visits with a nutritionist. At the end of week 6, patients will be instructed on a low-carbohydrate diet, which they will follow for an additional three weeks.
- Patients will then begin a maintenance program to help them maintain their ideal body weight for life.

#### **What is the diet like?**

The diet includes 100 grams of protein and a serving of fruit, vegetables and a breadstick eaten at lunch and at dinner. No alcoholic beverages or oil, butter or dressings are allowed. Rochester Center for Healthy Living provides patients utilizing HCG therapy with detailed food guidelines, recipes and restaurant recommendations.

#### **Who is eligible for this treatment?**

Men and women who have at least 20 pounds to lose. Patients with significant chronic diseases will require a visit with one of our physicians before they can begin the program.

#### **What are the side effects, if any?**

The most frequently experienced side effects are pain at the site of injection and bruising. Headache, irritability and restlessness are the next most common but are short-lived, if they occur at all. Fluid retention, breast tenderness and depression may occur infrequently. Allergic reactions are possible but very rare.

#### **A word about this program**

HCG in this program is being used "off-label" for the treatment of obesity, which means it was originally not intended for weight loss but can be used by any physician who feels it is clinically effective. Studies done in the 1970's and 1990's on the HCG diet concluded that although the observed ½ to 1 pound per day weight loss was real, it may have been due to the calorie restriction alone. More studies were recommended. Clinically, Rochester Center for Healthy Living has found HCG to be an effective tool for our patients desiring significant weight loss. However, given the individual differences from one person to another, it is important to note that it may not be beneficial in every patient.

#### **How much does it cost?**

The first course of HCG is \$795 and includes: RN (Registered Nurse) consultation and instruction on injection technique, One – 60 minute visit and Six - 30 minute visits with the nutritionist, one vial of HCG and supplies (will last for the entire course), physician review of lab tests at week 3 & 6, four BIA's (Bio-impedance analysis), Patient information booklet and weight loss log, and various handouts.

***To schedule a consultation, please contact Dr. Catherine Waller, MD at (248) 844-1414.  
To learn more about the Waller Wellness Center visit our website at [www.wallerwellness.com](http://www.wallerwellness.com)***