

## hCG Injections and Diet



The hCG diet is another fad diet. It requires that the individual take an injection of 125 IU (International Units) of hCG daily (except during menstruation) until 23 injections have been given. Until the third injection has been reached, the individual can eat whatever they want to ensure that normal fat cells are filled to maximum capacity. After the third injection, only 500 calories are consumed each day until 3 days after the final injection. Thereafter, for a period of three weeks, all foods are allowed except starch and sugar. Then, a gradual addition of starch can be added in small quantities.

If the individual has not lost significant weight or begins to regain weight, the entire process can be repeated four times. The diet protocol requests that there is a break between injection therapies as the human body will become sensitized to hCG and will become ineffective if used in succession.

During an hCG diet, the hormone acts on the dieter's body to release stored fat, thus providing the body with the needed calories to survive the day. The 500 consumed calories virtually allow the dieter to not experience hunger, but does not do much to supply needed nutrients.

### The Problems

First, the body needs balanced levels of carbohydrates, proteins, and fats to function properly. When any one of these nutrients is cut out, the metabolism of the body requires adjustments that can actually cause more harm than benefit. With low carbohydrate consumption, the body enters into a state of *ketosis*, a dangerous and possibly life-threatening state that taxes the liver and causes significant destruction of muscle tissues - tissue that are needed to actually lose weight.

Secondly, by only consuming 500 calories a day you do not receive the nutrients- magnesium, iron, vitamin C, vitamin A, and a plethora of other nutrients, that the body needs to function properly.

Artificially messing with hormones can be dangerous. The risks of interfering with your hormone levels can be detrimental. Some serious side-effects that have been noted with the hCG Diet include: blood clots, headaches, restlessness, depression, swelling, breast tenderness, water retention, and a life-threatening condition called ovarian hyperstimulation syndrome (OHSS). OHSS can cause abdominal bloating, weight gain, decreased urination, and difficulty breathing. hCG is also known to cause birth defects if used while pregnant.

### Conclusion

The hCG diet requires no modification of eating or exercise habits. Thus, when the diet is terminated (which it always will be), the weight will just "creep" its way back onto the body. The proven method for proper weight and a healthy lifestyle is eating healthy foods and getting regular exercise.