

Is The hCG Diet Right for You?

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The hCG diet is the newest craze in town. Dr. Oz recently did multiple segments on the subject. It has been featured as a topic of discussion on the Today Show. With a quick google of “hCG diet”, innumerable websites & articles offer up their opinions and various hCG products. There have been multiple “hCG packages” popping up on Groupon, Living Social and the like. It’s being talked about A LOT and is being utilized even more by those in the quest to lose stubborn weight.

So first here is the scoop on the hCG diet:

It is not a “new diet”. It was developed by Dr. A.T Simeon in the 1950’s while he was practicing in Italy. He developed theories on reasons why individuals are obese and different types of fat that people develop. He began working with low dose HCG injections along with a very low caloric diet (500 calories/day) to not only achieve weight loss but mobilize a type of stored fat that’s normally not accessible by other means of losing weight.

The hCG is theorized to free up this stored fat so that even though the individual is consuming very few calories, the body still has fuel. When it works, those following the diet do not experience hunger or other negative side effects as would be expected from consuming so few calories.

During the hCG diet, the hypothalamus, located in the brain and considered to be a master gland,

is believed to re-set so that body metabolism now supports the new body weight. This enables a person to eat normally (which is hopefully a healthy well-balanced diet) and not re-gain the weight. HCG, which is a hormone normally only found in pregnant women, was given daily as an injection. Over the years other forms such as “hCG drops” have begun to arrive on the market as an alternative for those not wanting to do injections.

As you can see, this is not your run of the mill fad diet but something much more involved.

So here are some key points to know and understand about the hCG diet:

- 1) People can and have been successfully losing weight on this diet. It can be a life-changing tool on the path to a healthier life.
- 2) This diet is not appropriate for everyone and whether someone is a candidate should be determined by first consulting with a knowledgeable doctor.
- 3) This diet should only be done under physician supervision with appropriate lab testing before starting and as needed. I felt compelled to write this article as I’ve been hearing more and more about people buying product over the Internet and self-treatment. Depending on the manufacturer, hCG drops may be a homeopathic formula or may be something else.....but not necessarily an actual material dose of hCG. (These are the “drops” that have recently been under fire by the FDA.) This diet is potentially

dangerous and the hCG needs to be coming from reliable sources.

- 4) You should be meeting with your doctor on a regular basis during all phases of the diet with as much support and guidance as necessary to be successful. It also has the potential to interact with or change the need for certain medications which should be addressed as needed.

Weight loss is a complicated topic. The doctors at True Health Medicine are available to help you understand all of the choices available, helping determine what the best option is for you.



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