



HCG Program Outline

Integrative Naturopathic Medical Centre offers the Rapid Metabolic Weight Loss Program as an adjunct to our highly successful Integrative Weight Management Program. If, after participating in the basic Weight Management Program, you do not see your desired results, your practitioner may recommend the Rapid Metabolic Weight Loss Program. Research indicates that if people are unable to lose significant body fat and weight via traditional means, it may be due to metabolic insufficiency.

OVERVIEW

The Rapid Metabolic Weight Loss Program is based on Dr. AT.W. Simeons' - 'Weight Loss Cure Protocol'. This protocol is detailed in the manuscript "Pounds and Inches: A New Approach to Obesity". It is recommended that you read the full manuscript if you are interested in the Rapid Metabolic Weight Loss Program:

<https://www.hcgdietinfo.net/wp-content/uploads/2016/11/pounds-and-inches-by-dr-a-t-w-simeons.pdf>

Dr. Simeons' established that HCG (Human Chorionic Gonadotropin), a complex protein hormone that is produced by pregnant women, can be used to re-set the hypothalamus gland. HCG's normal function is to direct the mother to use her own stored fat to nourish a developing fetus.

The hypothalamus is the master gland for your body's regulating and metabolic systems. Resetting the hypothalamus gland helps the body to work at full capacity, burning calories instead of storing fat.

The two main components of the Rapid Metabolic Weight Loss Program include regular injections of HCG and Dr. Simeons' HCG Diet Protocol. The HCG Diet is a hormone-directed, very low-calorie diet that is ultra-low in fat and carbohydrates. When very low dosages of HCG are administered to overweight men and women, the HCG causes the reduction of abnormal fat - provide food calories are restricted to no more than 500 calories per day. This would be an unhealthy starvation diet without the action of HCG to derive calories for the body's fat stores.

In thousands of cases, Dr. Simeons found that patients receiving HCG were able to live very comfortably on a very low-calorie diet (500 calories) without the usual hunger, weakness, fatigue and irritability. Women were shown to lose ½ - ¾ pound per day and men ½ - 1 ½ pounds per day on average.

Different forms of HCG include injectable, oral (sublingual), transdermal (cream), and homeopathic drops. There is no scientific basis for evaluating homeopathic HCG as it contains no actual HCG. All other forms contain measurable dosages of the hormone which will show up in blood or urine tests after only a few hours. **HCG is a very safe hormone when used properly.** Contrary to popular belief, it is not a steroid hormone, it is a protein hormone.

HOW IT WORKS

HCG helps to burn "mobile fat" - the fat stored around the hips, thighs, belly and upper arms. It will leave so call "structural fat" that can be found in the muscles and that protects the organs, untouched. While maintaining a 500-calorie diet with little or no fat intake, the body is forced to go after the "mobile fat" for energy.

There are three phases to the HCG Diet protocol:

Phase I	Weight Loss cycle <i>Reducing caloric intake and HCG injections. It runs a minimum of 26 days (if you need to lose 20 pounds or less; 45 days to lose up to 35 pounds.)</i>
Phase II	Stabilization
Phase III	Maintenance



AN INTEGRATIVE APPROACH

HCG is just one small piece of a successful long-term weight loss program. HCG itself does not cause weight loss – it just modifies your eating behavior and allows you to maintain a very strict, low-calorie diet without problems.

The Rapid Metabolic Weight Loss Program encourages overall physical and emotional wellness. We provide monitoring, support, and coaching to help you understand the reasons for weight management issues and to find the lifestyle program that will work best for you in the long term.

PROGRAM FEES	Cost (+taxes)	Supplementation (Mandatory)
Medical Screening (Mandatory)	\$150	-
26-Day Program	\$599	\$67
45-Day Program	\$849	\$134
Check-in (Highly recommended)	\$50	Will depend on nutritionist's recommendations

NOTES
