

Dr. Mercedes @ Westchase
12171 West Linebaugh Ave
Tampa, FL 33626
(813) 855-5455

HCG Frequently Asked Questions

1. What is HCG and how does it work?

HCG- a hormone naturally produced in the body. It has many functions and is used medically to treat a variety of conditions. It is the pregnancy hormone, but during pregnancy the levels double every two days. This hormone allows the body to mobilize fat and use it as energy for both mother and fetus. This acts as a “fail-safe” mechanism when energy is needed immediately. For weight loss, we use only a very small amount of HCG to capitalize on this same mechanism. Using HCG in this way does not mimic pregnancy; in fact, it can be safely used by both men and women.

2. Is it true that I can only eat 500 calories?

No. Absolutely not! Dr. Mercedes does not agree with severe calorie restriction. HCG works on the chemistry of the body. With us:

- You do not count calories
- You do not count carbs
- You do not weigh or measure your food

As long as you eat from the foods on the plan designed by Dr. Mercedes and take the HCG you will lose weight.

3. Is HCG safe?

HCG is extremely safe. All women experience very high levels during the nine months of every pregnancy with no adverse effects. The small amount we use for weight loss is safe for everyone to use. However, a word of caution HCG weight loss **MUST BE MEDICALLY SUPERVISED**. HCG corrects elevated blood sugar levels very quickly and there is a potential for a severe drop in blood sugar levels especially in people taking diabetic medicine. Some people are not even aware that they have problems with their blood sugar level that is why medical supervision is mandatory.

4. If HCG works so well for weight loss, why don't pregnant women lose weight?

HCG works to mobilize fat for utilization by the body only when there is a significant decrease in REFINED CARBOHYDRATE. A specific chemical state must exist for HCG to work. For weight loss, we remove quick sources of energy to trigger HCG to help rid the body of fat.

5. Will my metabolism slow down if I'm on a very low carbohydrate diet?

Yes, normally when we cut back our calories and fat, our bodies store fat and our metabolisms slow down. This happens because fat is really a life-saving source of stored energy. When a low carbohydrate diet is used in conjunction with HCG, the hormone signals the body to use stored fat for energy, and eliminates excess fat reserves. It's a natural process, so no ill effects on your metabolism will result.

6. Wouldn't I lose the same amount of weight eating a very low calorie diet without HCG?

You can lose weight by simply eating fewer calories and fat, but because the body stores fat during times of deprivation, you will most likely lose muscle and bone before fat. This causes cellular metabolism to slow down, so in the long run, it would make gaining weight easier, as well as decreased bone density and muscle mass. By using HCG a low carbohydrate diet, extra fat is mobilized for energy and the rest is eliminated; the low carbohydrate diet is vital in preventing immediate refilling of emptied fat cells. You benefit by preferentially getting rid of excess fat without affecting your bone and muscle.

7. The HCG diet is a low carbohydrate, will I get hungry?

Because HCG mobilized fat and makes it available to the body as an energy source, it naturally reduces appetite. So even though you are taking in fewer calories, your body can access the energy you have stored in fat cells. After about 2 days, many patients notice a significant decrease in their appetite. Overall, most people have plenty of energy and feel good while on the program.

8. Will HCG interfere with any medications I am currently taking? What about birth control pills or Depo-Provera injections?

HCG does not interact with ANY medications, including birth control pills or Depo-Provera, so there are NO side effects.

9. Will I experience any changes in my menstrual cycle taking HCG?

Because the amount of HCG is so small, there are no changes to your menstrual cycle. Likewise, HCG will not affect your ability to become pregnant, nor will it increase your chances of getting pregnant.

10. Why are some people calling HCG the "Weight Loss Cure"?

HCG is also being called the "Weight Loss Cure" because after taking it for weight loss, it reprograms your body to use stored fat for energy when calories are reduced for a period of time. Or put another way, it helps you maintain your weight and not regain the pounds you've lost.

11. How much weight can I expect to lose on the program?

On average, our patients lose around 20 lbs. of fat per month. Often, people lose 10 to 12 lbs in the first week.

12. Does the weight loss slow down after the first month?

Many times what we see is a large amount of weight loss in the first month, then a plateau or leveling off. This does not mean that your weight loss has stopped. Typically, inches are being lost continuously while on the program, and after a period of time, patients will experience another large drop on the scale. Weight loss is thus achieved in this stair-step fashion.