



A NEW DIRECTION IN HEALTHCARE

Welcome to the HCG Weight Loss Program

Congratulations on beginning the process of defining the new YOU! The HCG Weight Loss Complete program will help you through a step-by-step process to improve your health and wellness naturally!

The human chorionic gonadotropin (HCG) weight loss program is designed only for those individuals seriously committed to long-term weight loss. HCG is a natural hormone produced during pregnancy. The “rules” of the program must be followed without exception to obtain meaningful, consistent, and successful long-term results. This program will change the way you view food if you follow it through to reach your goal.

First, take some time to review all of the enclosed information. Review the handout, *How to Prepare for the HCG Weight Loss Program*, on page 5 of this binder. This will give you a great frame of reference and instruct you how to physically & mentally prepare for the program.

Read through the *HCG Weight Loss Protocol* and understand the four phases of the HCG weight loss process:

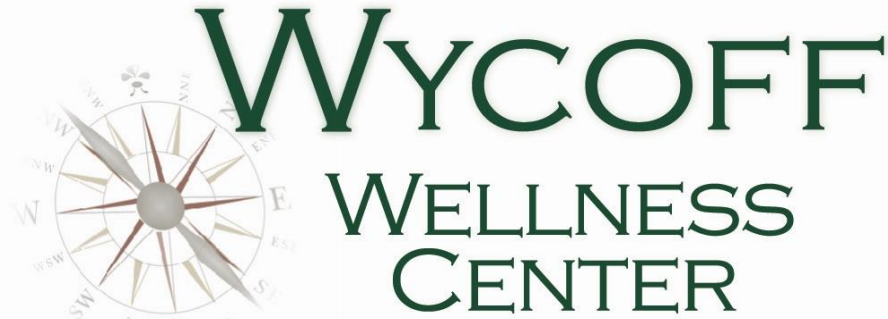
- Phase 1: Detoxification
- Phase 2: HCG Rapid Weight Loss
- Phase 3: Reset
- Phase 4: Maintenance

Each phase is to be followed in order for you to be successful. It is important to complete all 4 phases for success.

Long-term success is only accomplished by adhering to the program completely and understanding that detoxifying your body is the secret to long-term weight loss with this program. Long-term weight loss will only be achieved by adherence to the complete four-phase program and following all of the details.

While eating according to the instructions in this binder, you will lose weight quickly by utilizing the abnormal fat without losing muscle mass. Over the course of the program, your old eating habits will be altered to new habits that will help you maintain improved health and a more ideal weight from this time forward.

The Wycoff Wellness Center is committed to seeing you succeed on this program. Your commitment to following the guidelines in this binder will help improve your potential success. You may contact us at any time by phone or via email with our secure web-based service at www.wycoffwellness.com. We wish you great success!



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HCG Weight Loss Program Overview

Dr. A.W. Simeon, a British physician, performed extensive research on the reason(s) resulting in obesity in the 1950's. He discovered that the leading cause of obesity was an improperly functioning hypothalamus gland. The hypothalamus is the "master gland" in the brain which controls some of the basic instincts such as thirst, hunger, and sex drive. The hypothalamus gland also controls the storage of body fat. Dr. Simeon, who practiced in Europe, had tremendous success with his weight loss program and developed a very successful weight loss clinic.

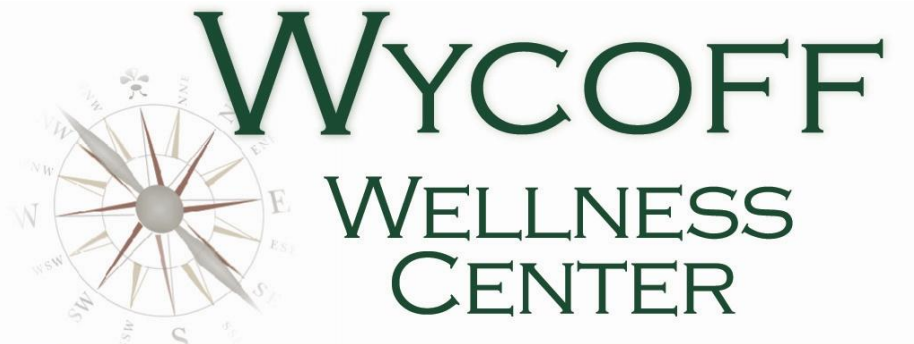
The human body has three different types of fat. Structural fat cushions the organs and is found inside the abdomen. Normal fat is the fat that forms the padding on the hands and feet. Abnormal fat is the extra fat around the waist, buttocks and upper thighs. This type of fat is often known as the love handles, spare tire, or saddle bags. This last type of fat is the fat that human chorionic gonadotropin (HCG) helps remove safely and easily.

When the hypothalamus is stimulated by HCG, the body is able to release the abnormal fat which allows the body to rid itself of large amounts of fat quickly. The *HCG Weight Loss Program* provides a combination of a very low calorie diet (VLCD) and the precise amount of HCG needed to stimulate the hypothalamus gland. When a person successfully completes the *HCG Weight Loss Program*, the hypothalamus gland is able to reset and function properly. Dr. Simeon discovered that the hypothalamus gets overwhelmed with excessive fuel that it cannot process due to the standard American diet, which is overloaded with refined foods, sugar, and hydrogenated oils. Genetics also plays a role in how the hypothalamus functions. An abnormal functioning hypothalamus is a leading cause of obesity. When the hypothalamus is not operating correctly, it causes the body to have intense food cravings, constant hunger, low metabolism, and store a surplus of abnormal fat.

HCG is the pregnancy hormone produced in high amounts by pregnant women. Dr. Simeon discovered that the HCG allows the hypothalamus gland to function at a higher capacity thus allowing the fetus to obtain the nutrients needed to grow and develop normally. Dr. Simeon noticed that, even in cultures where malnutrition was rampant, the newborns would have normal birth weights and the pregnant females would often lose weight (body fat) during the pregnancy. These observations prompted the development of the *HCG Weight Loss Program*.

The principle behind the HCG protocol is that the combination of the exact amounts of HCG along with a very low calorie diet (VLCD) allows your hypothalamus to function at a higher capacity and burn off the abnormal fat that normally is not metabolized. The VLCD consists of consuming 500 calories a day. This may not seem like enough calories, but because your body is able to use the abnormal fat as energy and nutrition, the body is actually metabolizing or burning off between 2500 and 4000 calories each day. This results in the significant weight loss without feeling tired or feeling hungry!

After a person successfully completes all phases of the *HCG Weight Loss Program* the hypothalamus gland will reset, increasing the metabolism and allowing for a new comfort weight for the body to maintain. When a person is able to successfully reset their hypothalamus gland, they can eat literally anything they want with only a few exceptions including *refined foods, sugars, and starches*. You will maintain your weight by following some simple recommendations for the rest of your life. The *HCG Weight Loss Program* also seems to tighten your skin so you don't get flabby. Find out if the *HCG Weight Loss Program* will work for you!



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How to Prepare for the HCG Weight Loss Program

Patients often ask how best to prepare for the HCG Weight Loss program. Preparation is critical for short-term and long-term success. Please follow the following steps that the Wycoff Wellness Center feels will serve you best as you prepare for a change in your life!

1. Schedule an initial visit with Dr. Wycoff and discuss your specific health concerns. Dr. Wycoff may recommend some initial testing depending on your past medical history, symptoms, or concerns.
2. Read through all of the handouts and materials provided to you in this binder. Be sure you understand all four Phases of the program. Ask any of the Wycoff Wellness Center's staff questions you have before beginning the process.
3. Take a "before" picture of yourself. Although this may be a humbling experience, this will help make the changes more apparent as you progress through the program.
4. Take your "before HCG" measurements. Measure your waist, hip, chest and thigh circumference before starting the program. You may record these measurements on the "Body Measurements Tracking Form" in Appendix F on page 69. Track your body changes periodically as the program progresses.
5. Re-read all the handouts and materials provided to you. Be sure you thoroughly understand the entire process. Ask any questions that you have. You may send a secure email to our office at www.wycoffwellness.com. Just click on the "**Existing Patient Login**" portal tab on the right side of the page. The first time you use the website, you will need to click on "Create an Account" at the top left

side of the page. Follow the prompts to complete setting up your own patient account. Once your account is set up, you may send email inquiries and request appointments online.

6. Take stock of your personal readiness state. Answer the following questions before starting the program:
 - a. Can you commit to staying on the program for the time required?
 - b. How easily can you fit the program into your lifestyle?
 - c. What opposition will you have from family and friends?
 - d. What support will you have from family and friends?
 - e. Do you have the financial means to be and continue on the program?
 - f. Do you have the time to complete at least one round of the program (6+ weeks to complete the first three phases)?
 - g. Are you ready for a permanent change in your life?

7. Decide on the route of HCG administration. HCG may be administered in an injectable or sublingual (under the tongue) form. Both forms of HCG must be kept refrigerated once mixed and have a limited shelf life. Both forms are equally effective. Wycoff Wellness Center actually studied this, and the results were remarkably similar.
 - The injectable form is given in a small, subcutaneous (just through the skin) injection each morning. The injection is given into the abdomen or thigh using a very small, 31 gauge needles, less than a half-inch long. The injection is very similar to an insulin injection or a Lovenox or Heparin injection. Our office will provide detailed information on how to administer the injections and provide all the materials you need for the injections, along with a disposable sharps container for your used syringes. Please be sure to return the filled sharps container to our office for safe disposal. Do not throw needles into the trash!
 - The sublingual drops are placed under the tongue twice a day (approximately 12 hours apart). The drops are held under the tongue for a minimum of two minutes. The drops do have a medicinal taste, but are not offensive in taste.

8. Consider obtaining a copy of *The Weight Loss Cure*, by Kevin Trudeau. This book provides a complete description of the HCG Weight Loss program. It is available at any local book store, library, or at www.amazon.com.

9. Become educated about the importance of detoxification for the program to be successful. Detoxification is a complicated process that can be improved by regular bowel elimination (colon hydrotherapy), increased sweating (far infrared sauna sessions), avoiding skin lotions and other topical products, metabolic detoxification of the liver with UltraClear products, massage therapy, reflexology, and eating organic. All of these items will improve the amount of weight you will

lose and how you feel while on the program. Schedule your colon hydrotherapy and far infrared sauna sessions now.

10. Become educated about organic food. Eating organic is something that is critical while on the program and is something you should continue as part of a life-long change to improve your health, increase your wellness, and support your long term weight goal.
11. Visit your local health food stores. Most areas have great health food stores to help you make healthy choices. In the greater Lansing area, check out the *Better Health Store* and *Foods for Living*. Check out resources in your area if you do not live near Lansing.
12. Read and review the HCG Recipes given to you in Appendix A on page 43. This will allow for some diversity in your food choices during and after the program.
13. Prepare a grocery list and purchase the foods you will need to be successful on the program.
14. Purchase the nutritional supplements needed to maintain optimal health and energy during the program. The basic list of supplements is below, and Dr. Wycoff may recommend additional supplements based on your unique health needs. During Phases 2 to 4 of this program, we suggest you take the following supplements:
 - **Multigenics IC without iron:** Take two tablets, twice a day (for a total of four per day). This is a good multivitamin and mineral supplement. Your body requires some basic nutrients beyond what you will obtain from the very low calorie diet to support weight loss on the HCG Weight Loss Program.
 - **D 3 5000:** Take one tablet daily. Vitamin D 3, the sunshine vitamin, helps to improve your energy and metabolism. Most patients who live in this climate are deficient in vitamin D 3.
 - **MetaGlycemX:** Take two tablets, twice a day. These nutrients help with insulin resistance and promote weight loss. (This supplement may be discontinued in Phase 3 & 4 if your weight loss goal is obtained).
 - **Ceralin Forte:** Take three capsules once day. It contains N-acetylcysteine, Acetyl L-Carnitine and various antioxidants to support weight loss and help burn off body fat. This supplement seems critical for success.
 - **Ortho Biotics** or **Ultra Flora DF:** Take one or two capsules daily with meals. Probiotics, or beneficial bacteria, will stimulate your metabolism, improve digestion, and help with detoxification. Often patients find they feel better long term taking a daily probiotics.

These supplements contain a combination of nutrients that are needed for successful weight loss and to allow your metabolism to work normally. They will also help improve and maintain normal energy!

15. Purchase a good quality scale to weigh your body. It is imperative to have an accurate and easy to read scale to check your weight each morning while on the program and to monitor your weight after you complete the rapid weight loss phase. If you do not have such, plan to purchase one today. Record your weight daily on the "Weight Loss Graph" provided in Appendix D on page 65 or the Daily Weight Log provided in Appendix E on page 67.
16. Mentally prepare for the program. It is important that you are at a place where you can follow all of the rules and restrictions on the program.
17. Get excited about the new you that will begin to transform right in front of your eyes!

Three HCG Weight Loss Program Options

The Wycoff Wellness Center offers three exciting HCG Weight Loss program options. If you are not sure which program option is best for you, just schedule your initial visit and Dr. Wycoff and his staff will help you make the most appropriate choice for your specific needs and situation. Feel free to contact our office and discuss the program specifics at any time.

Option 1: HCG Weight Loss Basic

- Initial consultation and follow up visits with Dr. Wycoff
- 40 day supply of injectable or sublingual HCG (with all needed supplies)
- Complete HCG Program binder
- Unlimited phone and email support.
- **Cost: \$599***

* Costs of recommended supplements and any required laboratory testing not included.

Option 2: HCG Weight Loss Plus

- Initial consultation and follow up visit with Dr. Wycoff
- 40 day supply of injectable or sublingual HCG (with any needed supplies)
- Phase 1 Detoxification products included
- Initial supply of HCG recommended supplements included
- Unlimited phone support and email support.
- **Costs: \$799***

* Costs of recommended supplements and any required laboratory testing not included.

Option 3: HCG Weight Loss Complete

Our Premier Program

- **Guaranteed results!**
- Initial and follow up visits with Dr. Wycoff
- 40 day supply of injectable or sublingual HCG (with any needed supplies)
- Phase 1 Detoxification products included
- Initial supply of HCG recommended supplements included
- 4 colon hydrotherapy sessions
- Unlimited far infrared sauna session
- Unlimited phone support and email support.
- **Costs: \$999***

* Costs of recommended supplements and any required laboratory testing not included.

Frequently Asked Questions (FAQs)

1. Is it necessary to see a doctor to begin the HCG weight loss program?

Yes, HCG is a prescription medication and may only be used under a physician's guidance. You should consult a physician before beginning the HCG program.

2. Is it safe to use HCG?

Yes. Although HCG has not been approved by the FDA for weight loss, HCG is a natural hormone. HCG is a FDA approved medication.

3. What is HCG? How does it work?

HCG is a naturally occurring substance that is produced by pregnant women. HCG is used in the medical field to treat an assortment of medical conditions. During early pregnancy, the level of HCG doubles every 2 to 3 days. This substance allows the body to mobilize fat and use it as energy for both the mother and growing fetus. This acts as a "fail-safe" device to provide energy immediately for the fetus. For weight loss, HCG drops or injections, capitalizes on this same idea. HCG used in this form does not mimic pregnancy. It can safely be used by men and women.

4. Will the very low calorie diet (VLCD) slow down my metabolism?

Normally when a person lowers the calorie and fat intake, the body begins to store fat and the metabolism does slow down. This occurs because fat is a life saving source of stored energy. When a combination of a VLCD and a precise amount of HCG is used, it signals the body to access and use the stored fat for energy. This eliminates the excess fat reserves so there are no adverse effects on the metabolism. When fat deposits are released, the body uses it as fuel, which causes a person's appetite to decrease.

5. Couldn't I lose the same amount of weight without using HCG and just follow the very low calorie diet (VLCD)?

By simply cutting back a person's calories and fat consumption, one can lose weight. The risk is you will lose both fat but also valuable muscle mass. When the body is deprived it tends to store fat. This causes the cellular metabolism to slow down. When the metabolism slows down it becomes easier to gain weight and also decreases muscle mass. By following the *HCG Weight Loss Program* (VLCD and taking exact amounts of HCG), the excess fat is mobilized for energy and the rest is eliminated. The VLCD is essential because it prevents an instant refilling of the emptied fat cells. This is what helps maintain your muscle mass by eliminating fat deposits. You would lose weight on a 500 calorie eating program but only about 2 pounds per week and most of the weight loss would be muscle mass loss.

6. How much weight can I expect to lose after completing the HCG program?

Most patients lose on average about 20 pounds per 23-day course of HCG. Most patients lose anywhere from ½ pound to 2 pounds a day. Some patients tend to lose more weight quicker than others.

7. Will I starve on the very low calorie diet (VLCD)?

HCG liquefies fat which opens up all of a person's fat cells. The liquid fat is then made accessible to the body to use as energy. Even though a person is consuming fewer calories, the body is able to access the stored energy that is in the fat cells which naturally reduces a person's appetite. After a few days on the *HCG Weight Loss Program*, many people report a major decrease in their appetite. Most people that have successfully completed the HCG weight loss program have reported having plenty of energy while on the program.

8. How many drops to I need to equal the amount in an injection?

The amount of HCG drops to be used twice daily is noted on your dropper bottle. Just follow the directions on the bottle to obtain the correct dose.

9. How do I store the HCG? What is the expiration date?

The HCG drops need to be stored in the refrigerator after either the sublingual or injectable form is mixed. Keeping the HCG refrigerated prolongs the shelf life of the product and maintains the strength of such.

If the HCG is allowed to warm to room temperature some potential loss of effectiveness may be seen. If HCG is allowed to freeze, potential loss of effectiveness also.

The expiration date for HCG is marked on each vial of HCG.

10. Is there a difference between the injectable form of HCG and the sublingual (under-the-tongue) HCG drops?

There does not appear to be a significant difference in the efficacy between the injectable form of HCG and the sublingual HCG drops. The HCG drops should be done twice a day – twelve hours apart; the injectable form is administered once daily.

11. What if I have only ten or fifteen pounds to lose?

The HCG Weight Loss Program is designed to reshape and re-sculpt the body and release abnormal fat deposits. If you are on Phase 2 of the protocol and lose all the weight you need before the minimum 23 days has been completed, simply double the

amount of food on the VLCD. It is important to complete the 23 days Phase 2 of the protocol and proceed to Phase 3 & 4. Your body will not go below a normal set point in terms of weight loss.

12. What about eating in restaurants?

Eating in restaurants is a nightmare. The food is heavily processed, loaded with trans fats, high fructose corn syrup, MSG and lacks fiber. The portions are outrageously huge. It is best to avoid restaurants altogether if you want to succeed with long-term weight loss.

13. Can I take higher doses of HCG?

Dr. Simeon's protocol was derived after trying a number of different dosing regimens. He found that higher doses of HCG did not improve weight loss. You should take the amount recommended by the Wycoff Wellness Center.

14. Can I stay on Phase 2 longer than 46 days?

Dr. Simeon found that the body has a tendency to create immunity to HCG after a period of time. Therefore, staying on Phase 2 for longer than 46 days is not advised. You may repeat the protocol after a break in using the HCG equal to the number of days you used the HCG (e.g. – you used HCG for 23 days. Move to Phase 3 & 4 and then you may repeat Phase 2 after a minimum of 23 days). You may move directly from Phase 3 or Phase 4 back to Phase 2 after an appropriate break in time.

15. What if I cheat on the VLCD during Phase 2?

This program is limited to 500 calories of food intake as outlined in Phase 2. It is important during this phase to maintain the specific types and quantities of food in order to be successful. If you are unable to be completely compliant on the program, you cheat on a meal or two, the weight loss process will stop for a few days or you may experience a slight increase in weight. Don't be too hard on yourself; immediately resume the protocol again and carry on. If you cheat on a meal every other day or more frequently, the program will just not work and will be a waste of your time and efforts. If you find you cannot be compliant with the instructions, this weight loss program may not be the best choice for you.

16. Can I mix vegetables?

No, with one exception. You can make a salad consisting of various organic lettuces, cabbage, spinach, celery, onions, cucumbers, radishes and tomatoes. Season it with organic raw apple cider vinegar or the juice on one-half an organic lemon. Add sea salt, black pepper, crushed garlic or dried or fresh herbs.

17. What is a Bioimpedance Analysis (BIA) test?

Bioimpedance is a measure of biological resistance or impedance. Bioimpedance may be used to accurately measure body composition and determines the amount and percent of lean body mass (muscle, bone, organs, skin and water) and body fat. The test also determines the amount of total body water. BIA testing allows for the determination of how you are losing weight (for example, it tells if you are losing muscle or fat). Using a typical scale as your only gauge of weight loss is often deceiving as you must lose fat and maintain muscle mass to achieve long term meaningful weight loss.

18. For Women Only:

- It is recommended that treatment should begin for women the day after the last day of their menstrual period. Another option is to start the HCG phase of the program at least 10 days before your expected next menstrual cycle is expected to start.

It is recommended that during menstruation no HCG drops or injections be taken. During menstruation women need to continue the 500 calorie diet (VLCD). As soon as their menstrual cycle is over, they need to resume taking the HCG and continue on the VLCD. If the HCG drops are not resumed once menstruation is over, extreme hunger may occur.

- Women may continue to use birth control pills or other forms of contraception while on the HCG weight loss program. The HCG will not affect any form of contraception.
- HCG will not affect any type of hormonal replacement. HCG may be used safely with any form of hormonal replacement.

If you should have other questions please contact the staff at the Wycoff Wellness Center. Additional information may be found on our web. You may also send secure email questions to our office via our web site at www.wycoffwellness.com.

