



HCG Injections for Weight Loss

A large population of adults in the US are battling with obesity. Well there are a number of ways through which you can achieve your weight loss goals one of them being the HCG injections diet. If you have been into lots of exercising and dieting for weight loss and you have not been seeing any results HCG injections could just be the ideal option for you. In this article we are going to look at how the HCG protocol works in getting rid of excessive weight.

What is HCG?

First and foremost it's important to know the weight loss ingredients that are contained in the HCG injection diet. **HCG stands for Human Chorionic Gonadotropin** and it contains essential components for the proper functioning of both the male and female reproductive systems. When HCG is in its pure form is referred to glycoprotein which contains oligosaccharide chains. Basically, glycoprotein contains a mass of hundreds of amino acids. Both males and females produce low amounts of during their entire life but expectant mothers tend to produce higher levels of HCG during the pregnancy period.

HCG effects in Men

Particularly in men the male testicles produce very minimal levels of HCG that cannot be easily detected. However the HCG produced helps in the production of testosterone and the enhancement of the usual functioning of the testicles during the puberty stage of adolescent males.

HCG effects in Women

In women high levels of HCG are obtained from the urine of expectant mothers which is in turn used for various functions including weight loss and acquisition of fertility components in both men and women.

HCG Injection Description

Also known as the HCG shots the Human Chorionic Gonadotropin injection is known as the HCG in a medicinal form. These injections are usually administered together with the HCG protocol for solving weight loss and fertility issues. Since we all have different bodies that respond differently to medication you need to get a doctor to give you the right HCG prescription for your body however the usual HCG shot dosage is 200iu/day. While on this program you should be careful not to consume the product for a longer period or in an excess amount opposed to the one recommended by your doctor.

How the Injection Works



Well, it may seem unusual that the Human Chorionic Gonadotropin hormone produced by expectant mothers can be helpful in meeting your set weight loss goals. However, you will be surprised to know that the same role it plays in expectant mothers is the same that can lead to weight loss in both males and females. This is how it works; in an event where a pregnant mother is not having a sufficient food intake this hormone comes in to utilize the excessive fats that are stored in the body to ensure proper nutrition during the pregnancy period. The same procedure can also be applied to men and women that want to burn off the extra fat in their body through the HCG injections. Though low calorie consumption can be effective in getting rid of excessive fat it bears more benefits when used together with the HCG injection. Moreover relying on calorie restriction only can leave your body weak unlike doing it with the HCG injection accompaniment which ensures that your body produces enough energy to keep your body strong.

The HCG Diet Injection Protocol for Weight Loss

Our bodies contain a number of fat components all meant for different functions of the body. They provide the body with maximum protection of the vital organs from damage and proper nutrition. As much as body fat is essential in performing these functions it becomes harmful when produced in excess. This excessive fat is normally stored in body areas such as the thighs, stomach and the hips thus the HCG injection comes in place to get rid of the unwanted fat that is stored in these areas. Note that HCG specialists advise that this injection should be used along with a diet with limited calories that enhances maximum fat burn thus leading to a remarkable weight loss. Apart from calorie restriction the HCG protocol ensures that all the excess fat in the body is utilized while retaining the muscle tissue and all the crucial fat for a normal operation of the body functions. A user that is dedicated and consistent with the HCG program may **lose 1 to 2 pounds a day**. A day's calorie intake of the HCG diet is normally made up of limited servings of vegetables, proteins and fruits that should be



consumed in turns all day long. If you want to get the best out of this program these injections should be administered on a daily basis. This will ensure that the muscle tissues are preserved while losing weight on the other hand.

How the HCG Weight Loss Diet Actually Works

Research from back in the 1950's indicated that the HCG diet shots were an ideal remedy for burning excess fat through the removal of the fat cells from the body. Usually these HCG shots are supposed to be administered along with a calorie free diet for satisfactory weight loss results. How these injections work is through enhancing the distribution of the body's effects on the fat cells rather than on the muscle tissues of the body. These process helps in the retaining of the body's lean muscle void of consuming much of the essential nutrition from other operational cells of the body. Accompanied by a calorie free diet this process in turn makes it mandatory for the body to use the stored fat for its functions thus leading to a remarkable weight loss in the long run.

HCG Weight Loss Phases 1-4:

Weight loss results from the HCG program can be witnessed within 4 to 8 weeks of using the HCG injection. During this period the body's metabolism resets itself to the new HCG diet which should continue even when the HCG diet comes to an end. This procedure works concurrently with the HCG burning away the excessive fat cells that bring along overweight issues. While on this diet program you should have in mind that the main weight loss should occur during the 4-8 week period. Note that there are four phases that need to be adhered to for an effective weight loss.

Phase 1

The number one phase also termed as the loading phase enhances a heightened calorie consumption so as to form up fat stores. While this is referred to the most exciting phase among the four the patient is usually advised not to just enjoy guzzling food but to give keen attention to how they will end up successful in the rest of the phases.

Phase 2

Phase two is the most involving phase of the program and it can last from 23 to 40 days all dependent on the recommendation of the specialist guiding your through the weight loss journey. The reason why it is termed to be the most difficult phase is because it's the period that the patient's diet should have quite a restricted amount of calories. Though it's a common knowledge that the HCG injection reduces the urge for excessive food intake the patient might find themselves having high appetite levels during this period. The cause for the increased appetite levels is not usually hunger related but



mostly as a result of societal settings or high stress levels. Good news is that when the HCG user is aware of the causes of having a food intake exceeding the prescribed amount for the phase they can be able to fight them back. For instance, people that tend to eat much due to high stress levels can always avoid any stressful situations that may come their way.

Phase 3

The third phase can also be referred to the stabilization stage of the whole HCG program. This is because the user will not be in need of the HCG injections anymore. However you should continue measuring your weight daily to see that it stays stable even without the injections. Moreover at this stage you will keep consuming a specific diet as recommended by your doctor.

Phase 4

The last phase of the program is basically known as the maintenance stage. It will involve you ensuring that you maintain your current weight achieved by the HCG weight loss program. By the time you get to this phase you are usually thoroughly equipped not to get back to the unhealthy diets you used to consume before setting on the HCG diet. Though the fourth phase does not have much diet limitations as the second and third stage it's important that you keep in mind that going back to consuming an unhealthy diet will interfere with your weight loss long term goals.

Benefits using HCG Injections

With the HCG injections combined with a calorie limited diet there are plenty of benefits to reap. **Weight loss** being one among them there are a number of other benefits that the HCG hormone comes with.

Muscle Preservation

Consuming low calorie diets can be effective in attaining weight loss goals but not as much if the body's muscle tissues are going to be lost in the process. This will definitely interfere with functions of the body because it will end up reducing the metabolic rate of the body. With that you find that it will be almost impossible to kick out the excessive weight in your body or even make it quite difficult to lose any pound the next time you will be on a weight loss program. On the other hand the HCG program will not only let you lose your intended weight but it also ensures that the muscle tissues are reserved for the well-being of the body. That way it assures you to establish a long term weight loss strategy.



Increased Metabolism

Metabolism in simple terms can be termed as the amount of calories that are consumed. One essential benefit of the HCG program is that it enhances metabolism in turn increasing calorie burn. Some of the factors that will influence the metabolic rate of the body include the body genetics, muscle reliability and the growth hormone levels. All these factors lead to a heightened resting metabolism which in the end results to an increased fat consumption. When you have achieved a stable metabolism rate it will be a definite assurance that you can be able to maintain your current weight or lose your intended weight without much struggle. This is because your body will be able to burn off effectively all the excessive calories causing obesity.

No Hunger-related Excessive Food Consumption

A good number of diet plans for weight loss leave the user with remarkable hunger pains that may make the whole process quite difficult. Unlike these kind of diet plans the HCG program helps you stick to your recommended diet without facing much of hunger pains. This is because when the HCG program is administered it helps in the suppression of excessive appetite. With that you can be pretty assured of emerging successful in the HCG diet program without facing much difficulties.

Enhanced Testosterone Production

Men experiencing problems with low testosterone levels can use the HCG injection to boost their testosterone levels. Research has it that a large number of men that have taken consideration of this HCG hormone have had their testosterone issues solved remarkably. Moreover on the testosterone this hormone is quite important because it ensures that a man's sexuality, virility and muscle development stays at its best. Since this hormone deals with testosterone issues it is likely that it can also hinder the erectile dysfunction problems.

Cheap & Affordable

It is definite that before settling for any weight loss remedy you will first need to see whether it suits your budget needs. Well, with the HCG weight loss program you can be rest assured that you won't be forced to empty your bank account in an effort to achieving your weight loss goals. One thing that will make you spend less with this program is that you will not need to use it regularly because its weight loss effects remain intact even when you are done with your prescribed dosage. However you should note that this will only apply if you maintain a healthy diet intake after your HCG dosage is over.



Pain Free

We all know that some of the painful and tiresome gym exercises required for weight loss can be very uncomfortable for a good number of people. With the HCG program you won't have to go through the painful and unpleasant work out sessions; you will only need to get the HCG injections and a calorie restricted diet to meet your weight loss goals effectively.

Side Effects of HCG Diet Injections & Are they Safe?

This weight loss program has been used for over 50 years for weight loss needs among both men and women. As much as the HCG program has not yet been therapeutically approved by the FDA it has received a large number of positive customer reviews from customers that have used it before. Moreover the program has been termed by a number of medical experts to be a safe weight loss remedy without any fatal side effects.

Side Effects

Truth is that some HCG users experience some side effects while going through the program while others don't experience these effects at all. One reason that many HCG users don't experience these side effects is because the amount of HCG levels contained in an HCG diet are much lower compared to those produced by expectant mothers. Some of the HCG program side effects include:

- **Stomach and Pelvic area pain**
- **Vomiting**
- **Acne**
- **Diarrhea**
- **Breast tenderness**
- **Minor bloating**
- **Monthly periods irregularities**
- **Ovarian pain**
- **Short breath moments**
- **Irritability**
- **Headaches**
- **Growth of female like breasts in men**
- **Excessive sweating on the legs and the hands**

To reduce the occurrence of the side effects that are likely to come due to diet change you can consider engaging in an early diet transition process. This will ensure that you consume a safe diet that way not result into serious side effects. You may experience some minor side effects like swelling on the injected site.



HCG Warnings

Before enrolling in the HCG program you will need to take the following precautions into consideration to avoid experiencing some side effects that may require serious medical attention. You may not do the program if you have the situations listed below:

- Pregnancy – if you become pregnant during the program, let the Provider know immediately
- Suffering from cancer that is related to a dysfunction of the male/male hormones
- If you are allergic to contents within the HCG medication

You should also consider let the Provider know if you have experienced the following conditions in the past:

- **Allergies**
- **Diabetes**
- **Heart or kidney disease**
- **Migraines**
- **Seizures**
- **Early puberty**