



hCG

WHAT IS HCG?

Human Chorionic Gonadotropin (hCG) is a hormone which acts as a protective gate keeper of the body's metabolic function. Although hCG is produced by both men and women, the role it plays during a woman's pregnancy provides a great example of how it works.

During pregnancy, it is not uncommon for a woman to experience some degree of morning sickness. Although this side effect is mostly just a nuisance, it can affect appetite and food intake at a time when the body needs to be supplying nutrients to both mother and growing fetus.

When the body needs to burn calories, hCG unlocks nutrients stored as fat while protecting those stored in muscle and tissue. This form of gate keeping ensures that there are enough nutrients to burn for both the mother and fetus without having to tap into the mother's precious muscle and tissue stores, even when morning sickness leaves her with an empty stomach.

The valuable function of hCG has been used in the form of a supplement for many years. In addition to its use as a trigger for resetting metabolic rate, it has also been used to treat infertility in both men and women. Because hCG is a hormone already naturally produced by the body, it can be used by both men and women with little to no risk of side effects.

HOW CAN I RESET MY METABOLIC RATE WITH HCG AND DIET?

By using the hCG supplement in combination with the hCG diet, you can redirect your metabolism to burn fat as a primary source of fuel.



THE HCG DIET REGIMEN CONSISTS OF 4 PHASES:

PHASE 1: Fat Loading: Start hcg and eat as much as you want (Days 1 – 2)

PHASE 2: Weight Loss: Continue hCG daily and follow a very low calorie diet (Days 3 – 42)

PHASE 3: Stabilization: Stop hCG but continue with low sugar/low carbohydrate diet (Days 43 – 64)

PHASE 4: Maintaining weight loss (Days 43 – Forever)

To establish long-term weight loss results, it's important to consider not only what we eat but also how often we eat. When we restrict calories, or go for long periods of time between meals, our metabolic rate slows and concentrates more on storing and holding onto fat as a source of energy for later, in the case of starvation. This kind of plan sabotages us, and

creates a bad habit for our metabolism. Instead, if we plan to eat small meals throughout the day, we never feel starved and we help our metabolism avoid the unwanted fat storage habit.

The hCG diet is a highly restrictive 6-week plan (40 days). Please ask for the hCG Food Guide to determine if this plan is right for you.

Phase 3 (Stabilization) is a critical phase in the process, when your metabolism has become used to your new eating pattern and weight loss has occurred. During this phase, your metabolic rate is operating at peak performance. Maintaining this phase ensures that you will not regain the weight lost during Phase 2. To do this, it is important to stick with the foods you are given, even though your calorie amount is more than doubled.

WHAT CAN HCG DO FOR ME?

Off label, the use of hCG has been successful in helping some patients lose weight who would not have otherwise been able to achieve weight loss.

By adding hCG to your diet, you trigger your metabolism to unlock nutrients stored as fat instead of your muscle and tissue as a primary source. In effect, the body can metabolize approximately 4000 calories a day, an equivalent

weight loss of 1-2 lbs or more depending on the individual.

HOW DO I TAKE HCG?

hCG is available as an injection or sublingual drops (under the tongue)

WHAT'S THE SCIENCE BEHIND HCG?

The hormones that create a "set-point" for our metabolism and appetite are controlled by a part of the brain called the hypothalamus. When we use hCG in conjunction with a low-calorie diet, we can fool the hypothalamus into unlocking fat stores to burn as energy, producing weight loss.

WHAT DO I NEED TO KNOW BEFORE TAKING HCG?

hCG is not an 80/20 diet. With other programs, you may have tried, you can make good choices Monday through Friday and then let loose on the weekend and overall still see some results. With hCG however, it is all or nothing. One "cheat" will derail your success for several days after. You should not begin this regimen unless you are committed to 9 weeks of restricted eating.

DO YOU HAVE ANY QUESTIONS?

Please do not hesitate to call us:
888-501-0233

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