

# The Science Behind the Plan

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### Dr. Simeons Protocol

Dr. Simeons is the father, creator and legend behind the hCG protocol. He developed this plan during the 1950's in Italy with hundreds of patients, perfecting it into a sure-fire, healthy weight loss "cure". Until recently, this plan was accessible only to the elite, wealthy and famous with thousands of dollars to spend. Patients were required to stay at his European facility while under constant monitoring, even being served the proper meals throughout the day. Luckily, now, we don't even have to leave our homes to have access to this amazing detox!

Rejuvenation Institute of Natural Health has molded the strict guidelines into something very accessible and attainable, even being the first to develop an injection-free, homeopathic version of his protocol which was originally created with injections. We are very proud of his work, and proud that we've been able to bring it into thousands of homes in our own country. As you're cruising right along in your own weight loss journey, here's some technical, medical information which will shed light onto the "whys" behind what we ask you to do. This is worth reading every word!

Simeons states:

*"Obesity in all its many forms is due to an abnormal functioning of one part of the body" (the hypothalamus).*

"If obesity is always due to one very specific hypothalamus deficiency, it follows that the only way to cure it is to correct this deficiency."

Doesn't this make perfect sense? That's what our plan does, corrects deficiencies in the hypothalamus (the region of the brain that controls metabolism and hunger). What causes these abnormalities? It's the toxins all around us, and especially in our foods, things such as:

- Pesticides
- Outdoor pollutants
- Heredity
- Food preservatives and chemical dyes
- White sugar

The good news...hCG can reset the hypothalamus!!! Dr. Simeons manuscript states "we find that the 'use' of only 125 units per day is ample to reduce weight at the rate of ***roughly one pound per day***, even in a colossus weighing 400 pounds, when associated with a restricted-calorie diet." (Pounds and Inches).

Simeons found that the hypothalamus region takes a minimum of 21 days to regain its optimal functioning. That is why the minimum number of days on the plan are 21. 45 days becomes the max, as the body begins to show signs of immunity at this point to the hCG.

The hypothalamus is located in the brain just under the thalamus on either side of the third ventricle. The main function of the hypothalamus is homeostasis, or maintaining bodily balance. Blood pressure, body temperature, fluid and electrolyte balance, circadian cycles, and body weight are all regulated in the hypothalamus (Molavi, 1997). Ultimately the hypothalamus can

control every endocrine gland in the body. A person who suffers from obesity, especially someone whom cannot seem to lose weight despite their efforts has a problem with homeostasis, a metabolic disorder that lies in the hypothalamic region. Many hormones are involved in regulation of our bodies and one of those is human chorionic gonadotropin hormone or hCG. The anterior hypothalamus contains receptor sites for hCG (Lei, 2001). Scientists know hCG does not directly act on fat cells, it does however, act on the receptor sites located in the hypothalamus which regulates our metabolism (Belliscio, 2009).

Next, we'll answer some frequently asked questions with Simeons' own words.

### **Why are there no creams or lotions allowed?**

"Fats, oils, creams and ointments applied to the skin are absorbed and interfere with weight reduction by hCG just as if they had been eaten. We find that persons who habitually handle organic fats, such as workers in beauty parlors, masseurs, butchers, etc. never show what we consider a satisfactory loss of weight unless they can avoid fat coming into contact with their skin."

While many women may be horrified at the prospect of no facial creams, Simeons reassures us by declaring "Under treatment, normal fat is restored to the skin, which rapidly becomes fresh and turgid, making the expression much more youthful."

### **Why do my muscles feel tired and weak? Am I losing muscle mass?**

First of all, your specially formulated drops from Rejuvenation contain the best amino acids to support your muscles, to help ensure no muscle mass is lost. In addition, Dr. Simeons explains this sensation as something other than a loss of muscle tissue:

"This phenomenon, which disappears soon after the end of the treatment, is caused by the removal of abnormal fat deposited between, in, and around the muscles. The removal of this fat makes the muscles too long, and so in order to achieve a certain skeletal movement - say the bending of an arm - the muscles have to perform greater contraction than before. Within a short while the muscle adjusts itself perfectly to the new situation, but under hCG the loss of fat is so rapid that this adjustment cannot keep up with it."

### **Why did my coach tell me no massage therapy allowed?**

"I never allow any kind of massage during treatment. It is entirely unnecessary and merely disturbs a very delicate process which is going on in the tissues. The only effect obtained is severe bruising. The torn tissue then forms scars, and these slowly contract making the fatty tissue even harder and more unyielding."

### **How does this plan keep me from being hungry?**

"While fat was in transition it was available to the body as fuel. Only when the fat which is in transit under the effect of hCG is actually consumed can more fat be withdrawn from the fixed deposits. It seems that hCG brings about this continual saturation of the blood, which is the reason why obese patients under treatment with hCG never feel hungry in spite of their drastically reduced food/calorie intake."

In fact, your fat is nourishing your body quite sufficiently. "Every time they lose a pound of fatty tissue, which they do almost daily, only the actual fat is burned up; all the vitamins, the proteins, the blood, and the minerals which this tissue contains in abundance are fed back into the body."

Essentially, you're not getting as much energy from the food you're eating. You're living off of the fuel from your own fat!  
YAY!!!

We encourage you to read Dr. Simeons protocol for yourself. All of the information in this article came from this manuscript. Read it! It contains so much more amazing information.

So, next time you're boggled at how well this is working, just remember this information from Rejuvenation Institute of Natural Health. It's medically documented that resetting the hypothalamus has exciting, promising, and long lasting results. We are all very blessed his research reached us in the States, and that we may all benefit from his wisdom and hard work.

### References

Belluscio, D.O. (2009). The hCG (Human Choriogonadotropin) method for the treatment of obesity: Overcoming the "test of time." Retrieved June 14, 2009, from <http://www.hcgobesity.org/> .

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