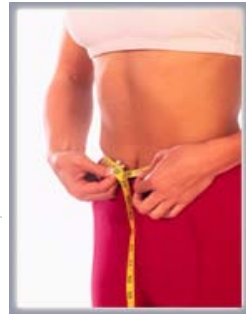




## **hCG and 21 Plan Frequently Asked Questions**



**FACT:** hCG is the key to our Formula 21 drops which are the cornerstone of the 21 Plan detox

### **What is hCG and how does it work?**

hCG is 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. This hormone allows the body to metabolize 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.

### **Is hCG Safe?**

hCG is extremely safe. Women may experience very high levels during pregnancy with no adverse affects. The small amount used for weight loss has absolutely NO side effects.

### **Where are the actual hCG manufactured and the quality control guidelines?**

The hCG that we distribute is manufactured by a laboratory that has been producing homeopathic remedies and natural healthcare products around the world for more than 20 years. All homeopathic remedies are registered with the FDA and are assigned a National Drug Code (NDC) number, which is displayed on the primary display panel. Regular inspections by the FDA ensure compliance with current Good Manufacturing Practices (cGMPs) and the Code of Federal Regulations (CFRs).

### **Is hCG safe for men?**

The hCG is actually already found in men. It is found in every human tissue, including males and non-pregnant women as well as pregnant. Men get even faster results and tend to lose more weight than women.

### **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 calories and fat. For weight loss, a low calorie diet of all the right foods is used to trigger hCG to help rid the body of fat.

### **Will my metabolism slow down if I am on a low calorie diet?**

It is true that normally when cutting back on calories and fat, our body stores fat and our metabolism slows down. This happens because fat is really a life-saving source of stored energy. When a low calorie diet is used in conjunction with the hCG, the hormone signals the body to use stored fat for energy, and eliminates excess fat reserves. It is a

natural process, so no ill effects on your metabolism will result. The hCG keeps the body from going into starvation mode and holding onto fat as it resets your metabolism.

### **Wouldn't I lose the same amount of weight eating a low calorie diet without hCG?**

You can lose weight simply by 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 decrease bone density and muscle mass. By using hCG with the low calorie diet, extra fat is mobilized for energy and the rest is eliminated; the low calorie diet is vital in preventing immediate refilling of emptied fat cells. You benefit by getting rid of excess fat without affecting your bone and muscle. With hCG you can lose the weight quickly and keep it off!

### **The hCG diet is low calorie, will I get hungry?**

It is common to feel mild hunger during the first few days. This will pass and by the second week you will find your servings to be satisfying. Because hCG mobilizes 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. Drinking lots of the green tea (we like the cold fruity sweet one sweetened with Stevia) helps a ton as a natural appetite suppressant while increasing your energy levels. Overall, most people have plenty of energy and feel good while on the program.

### **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. In addition there are NO known side effects, however, we are required to recommend that you consult your physician before beginning any detoxification protocol.

### **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. It is best to avoid starting the hCG diet if you are within 5-6 days of your menstrual period. Wait until after your menstrual period is complete to start hCG. Once on hCG and you have a menstrual cycle, you can maintain the diet and continue taking hCG.

### **What about pregnancy and taking hCG?**

If you are pregnant or become pregnant during the hCG diet, stop taking hCG and consult your physician.

### **Why are some people calling hCG the "Weight Loss Cure"?**

hCG is 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. It helps you maintain your weight and not regain the pounds you lost. Essentially, it has gotten this name because it works!

### **How much weight can I expect to lose on the 21 Plan?**

Many people will lose 21 pounds on the 21 day program. Everyone is different. It depends on many factors including how much excess weight you have and how much needs to be lost. Often, people lose 7-14 lbs in the first week. You need to have at least 12 lbs to lose in order to do the 21 day program.

### **What is the difference between the 21F/21M labels? Which one am I supposed to take?**

This is pretty simple, 21F is for females and 21 M for males. These contain homeopathic hCG along with other weight loss enhancing ingredients, such as amino acids for nourishing your muscles, endocrine system support and support for the individual needs of each sex. Most hCG homeopathic's on the market are just that, hCG. These drops contain nothing else, and do not work synergistically to bring balance to the body

### **Can I exercise daily on the 21 Plan?**

No exercise! Or if you must exercise, low key exercise only. You can do about 20 min. of walking a day and a few sit ups or push ups if you feel that is needed. Exercise burns calories and therefore causes your hunger to increase. This is a delicate process. The combination of low calorie intake and exercise could cause your body to go into starvation mode. This can negatively impact your stamina and commitment to the diet. So take it easy. And remember, you will be losing fat. So when you do go back to the gym, it's a skinner, more energetic you!

### **Can I take vitamins while on the 21 Plan?**

Certain vitamins are ok while others are not. It is best to consult your weight loss coach about which vitamins to stay on throughout the detox.

### **Can I Drink Alcohol on the hCG Diet?**

In the original hCG diet protocol by Dr Simeons, it does not mention or account for alcohol. Alcohol should be limited and if possible not used during the detox. We have found, however, that some clients whom have been drinkers or even those that are borderline alcoholic, do surprisingly well on the hCG diet. If the simple instructions are followed correctly, the hCG diet will get them out of their drinking routine. Many of these individuals have even said that they don't even feel the need to drink while on the 21 Plan because hCG works with the hypothalamus gland which controls the emotional eating/ drinking part of the brain, along with other aspects.

**\*\*\*FOR INFORMATION ON OUR REVOLUTIONARY HCG PROGRAM CHECK OUT  
THE 21 PLAN DETOX\*\*\***