

Frequently Asked Questions:

Q: What side effects will I experience?

A: Depending on your previous diet and lifestyle, you may experience sugar withdrawal symptoms (headache, irritability, cravings, fatigue, nausea) and symptoms of detox for the first 3-7 days of diet. hCG is naturally produced in the body and has no toxic effects.

Q: Why do I need to take my supplements?

A: A 500 calorie diet does not provide enough nutrients to your body. The fat stores that are being burned will render energy but not nutrients. Supplements are necessary to prevent symptoms of malnutrition. These symptoms are a side effect of the VLCD not the hCG.

Q: Why do I need to come into the office every 2 weeks and be monitored by the NP?

A: The hCG hormone is a prescription that must be monitored by a licensed practitioner. The program and diet must be followed without any deviations or weight gain can occur. With proper supervision, fat will be burned and lean muscle protected. Regular medical monitoring is essential to your success.

Q: Are any of my medications (including antidepressants) contraindicated with hCG?

A: No. All prescribed medications should be continued. Vitamins A, E, and Omega 3 fatty acids are not taken during the on hCG phase. hCG has been found to cause a sensation of well-being. This has been attributed to the beta-endorphin content of the hCG molecule.

Q: Will I gain the weight back after I complete the hCG diet?

A: Former hCG patients report a change in their appetite. The plan allows for an ideal transition into a healthy relationship with food and maintaining your weight. You should not regain weight as long as you do not return to previous unhealthy habits. With the hypothalamus reset you should not feel the need to overeat.

Q: Can a man be on the hCG diet, Metabolic Weight Loss plan?

A: hCG is a natural hormone present in both men and women. Men tend to lose more weight than women when on the protocol. It never makes men grow breasts nor does it interfere with their virility.

Q: If I have diabetes, high blood pressure, high cholesterol, Crohn's disease, history of thyroid disease or removal....can I take hCG?

A: Yes. These diseases are why you have Metabolic Syndrome and hCG is safe and effective in decreasing your weight and fat percentage. The program will improve your health and in some cases resolve the health problems listed above.

Here's why our Program is the RIGHT program for YOU!

- You get a complete physical and blood work. We want to make sure you are a good candidate for this program.
- You get one-on-one counseling with our doctor and nurse practitioner.
- We walk you step-by-step through the program and provide support along the way. We will give you all the tools you need to be successful. Even after you reach your goal weight, we are here for you to help you maintain your success.
- You are provided with supplements to ensure you are getting the proper nutrition your body needs.
- Supervision is critical because it allows us to track patients progress and keep an eye on underlying medical conditions and address any problems they may have so we can correct them early. And we will work with your medical doctor regarding those health concerns.
- Our staff is knowledgeable about the HCG protocol and most are participants themselves.
- Dr. Anco can be reached via e-mail, text, and cell phone 24/7 should you have any questions or concerns.
- According to the American Society of Bariatric Physicians, no significant harmful effects of hCG have been described in the medical literature. The group endorses the hCG diet.