

The hCG Diet

Fast Track Weight Loss Program



Moses Lake Professional Pharmacy bases its medical weight loss program on the extensive research of world-renowned physician Dr. ATW Simeons. Dr. Simeons studied extensively and found that in addition to a specific diet, hCG can help safely speed up weight loss. hCG is a natural hormone which stands for Human Chorionic Gonadotropin. hCG is believed to break down your abnormal body fat, causing you to lose inches. At the same time, it protects your body's good fat and muscle from depleting. That means that you can go on a low calorie food plan and lose weight without the typical problems such as muscle loss and sagging skin. We do have prescription appetite suppressants available that have been used to assist with weight loss for over 40 years. These give you great will-power by curbing your appetite, making it easier to eat the right food in the correct proportions for successful weight loss.

Our Program

We require all of our patients to have an office visit in order to purchase the prescription hCG product.

What to expect:

- Weight loss of 20-30lbs
- Increased Energy
- Detox - simple and effective
- Cravings decrease or are eliminated
- Identify foods that may be causing headaches or other symptoms.
- Simple, healthy recipes and snacks made from whole foods
- Easy to understand information on macronutrients: fats, carbs, protein
- Improved lab panels - lower "bad fat" levels

Call us for more information! (509) 764-2314

You'll notice our "hCG weight loss program" is much different from most. While we retain the key focus of using hCG to suppress appetite and mobilize fat stores for energy, this is really just the beginning, and not the end - as it is in most programs. We also teach you about nutrition, making it simple and fun.

This way, you won't repeat the same lifestyle choices that piled the pounds on in the first place. Making conscious and intentional decisions about what we put in our body is key to feeling good, preventing illness, aging more slowly, and living longer!

We believe whole-heartedly in your journey to health ~

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Phase 1 - Get the Facts (\$75 office visit)

At your initial appointment, you will be given all the information you need about our program. A blood panel is required on your first visit. We will also go over your medical history and diet & exercise history. We will give you our specialized low calorie diet plan. All the details of the program and the diet will be explained to you and you will be able to ask all the questions you need to in order to know exactly how the program works. We will also help you make modifications within the hCG diet if you are allergic to certain foods or you are a vegetarian. Some patients choose to take appetite suppressants while on the diet. If you decide to take appetite suppressants, we will explain how to take the medication.

Phase 2 - Begin hCG (\$330 to begin program)

- HCG Nasal Spray \$65 one month supply
- HCG Injectable \$75 one month supply
- Refrigerated Shipping \$12

Educational component: Fiber, insulin, sugars

Timeline: 26 days + 3 days post hCG intake

In Phase 2, you will begin the program. We request that you come in to our office weekly to weigh in, but it is not mandatory. Appointments are not needed for your weekly weigh in - simply walk in whenever it is convenient. As you lose weight, you may begin to have questions. Our Nurse Practitioner will monitor your weight loss progress and answer any questions you may have at any time during the program. For those patients who live a distance away, alternate arrangements can be made in order to participate in the program.

Phase 3 - transition to maintenance

Educational component: Carbohydrates

Timeline: 3 weeks

You've just completed the very low calorie diet (VLCD), now it's time to learn more and put it into practice. Learn how to choose great tasting foods to keep your blood sugar level - and avoid insulin spikes (we already learned in Phase 2 why these are bad). You'll also get New Recipes and ideas to convert your kitchen and pantry for health.

Maintenance

Educational component: Fats

Timeline: for life!

When you have reached your goal weight and are ready to stop the diet, you will begin the maintenance part of our hCG weight loss program. This consists of meeting with the practitioner, who will go over all the details of how to successfully maintain the weight you have just lost. You'll receive more delicious, simple recipes and tips. This is the most important part of our program! Remember, you have just lost all the weight you have wanted to and now we want to help you keep the weight off!

Some patients may wish to do another round of the hCG and VLCD. After a review of health and weight loss goals ~ both patient and the Nurse Practitioner determine a start date. Additional month of HCG within the next 6 months is \$225 + cost of HCG.

*** Note that FDA has not approved hCG and there is no substantial evidence that hCG is effective in the treatment of obesity.*

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Case Study

"The HCG diet has turned my life around. I can bend over to tie my shoes again. I can play with my kids again. I have so much more energy and feel great. Once the weight was off, it was easier to exercise. My family is exercising and eating healthy with me. After following the very low calorie diet, the maintenance diet was no problem. And our family is saving over \$200 per month on groceries." **Shawn Needham – Moses Lake, WA**



- 48 pounds in 3 months
- Cholesterol 40 points lower
- Blood pressure 35 points lower
- 9 inches off waist and still losing