

HCG TESTIMONIALS

"Finally! A weight reduction program that works for me (and I have tried them ALL). On the HCG program, I am down 21 lbs in 6 weeks, and another 3 lbs after stopping the program. I have more energy, feel better and definitely look thinner. Although I was a little hungry at times, I was so thrilled with the fast results, it gave me the incentive to hang in there. Four other of my family members are on the program and each one has reduced from .5 to 1lb a day and are thrilled with their progress! I am looking forward to being able to restart the program, continue my weight reduction and maintain my new lifestyle." CG

"Both my husband and I have battled with our weight since childhood. After researching the HCG program, we decided to give it a try. I was not a big fan of needles but I overcame my fear real quick when 6 lbs came off in the first week! We were surprised at how we could feel fully satisfied by eating such a small amount of food, and yet we were. My husband is down 32 lbs and I am down 23 lbs! Our weight reduction continued after the program due to our new eating habits and lifestyle changes. I wish I would have known about HCG years ago." KR

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CORNERSTONE
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HCG
WEIGHT REDUCTION
PROGRAM



**YOUR GUIDE ON THE
PATHWAY TO WELLNESS!**

HCG WEIGHT REDUCTION PROGRAM

The use of HCG in the treatment of obesity was first discovered by the late British Physician, Dr. A.T.W. Simeons. He first published a report on the topic in 1954, while practicing in Rome, Italy. He devoted years to researching various patients suffering from obesity. During this time, he noticed several important factors including the lack of symptoms one would expect from a patient on a very low calorie diet. For example, his patients had no headaches, hunger pains, weakness, or irritability as long as the low calorie diet was combined with HCG.

WHAT IS HCG?

HCG stands for Human Chorionic Gonadotropin, a hormone produced by the placenta during pregnancy. During pregnancy, the substance almost completely controls the woman's metabolic functions. Generally, the HCG used in the diet protocols, is synthetic.

HOW MUCH WEIGHT REDUCTION CAN I EXPECT ON THE HCG DIET?

Most HCG dieters report 1 to 2 lbs a day reduction. At the very least, .5 pound a day, and at the most, 3+ lbs a day. 1 lb is generally lost in the first day. Fiber intake is extremely important, as is water intake.

IS 1 TO 2 POUNDS A DAY WEIGHT REDUCTION HEALTHY?

HCG studies have shown that weight reduction comes directly from adipose fat tissue rather than lean muscle. It does not strip the body of much needed muscle, vitamins or minerals, essential to maintain good health. For this reason, HCG dieters maintain good health. For this reason, HCG dieters report a feeling and appearance of great health and marvel at the loss of negative health risks they had as an overweight individual.

WHAT PREPARATIONS ARE REQUIRED FOR HCG INJECTIONS?

Prior to treatment, your physician will request blood tests and perform a general health assessment. For self-injections, pre-loaded syringes are provided and you will be



shown certain steps that can be taken to reduce the discomfort of injections.

WHY THE 500 CALORIE DIET?

HCG shots cause your hypothalamus to mobilize the fat out of the fat storage locations – hips, thighs, belly, upper arms., so that it's available for use. While you are only consuming 500 calories, your hypothalamus is continually releasing the mobile fat stored in your body. Because of this, your body is actually operating on thousands of calories daily which causes 1 to 2 lbs reduction or more, per day.

WHO IS A RIGHT CANDIDATE FOR HCG INJECTIONS?

The majority of men and women can use HCG injections for weight reduction. It is recommended that dieters consult a physician concerning your weight reduction, along with the appropriate implementation of the HCG protocol. The physician will NOT permit HCG weight reduction injections for women who are pregnant or nursing.

HOW ABOUT SAFETY AND SIDE EFFECTS OF HCG INJECTIONS?

There are rarely side effects reported while using HCG shots. When the HCG shots are used for fertility reasons, the larger amount is known to cause occasional headaches and pregnancy symptoms. However, the amount differences between the HCG diet protocol and HCG used for fertility purposes is significantly different in quantity.

WILL I GAIN THE WEIGHT BACK AFTER THE HCG REDUCTION PROGRAM?

After the HCG program, you will find your appetite has changed, your eating behavior has changed and your body of course, has changed. This



is the perfect opportunity to adopt that healthy lifestyle to maintain your weight. You will find a minimum amount of exercise will be sufficient for maintaining a very healthy body – from yoga, to 15 minutes of cardio a day, or whatever you enjoy, that gets your heart moving. With your hypothalamus reset, your metabolism will be different and you will be able to eat moderately without feeling the need to overeat.

IS HCG SAFE FOR MEN?

The HCG used for the HCG weight reduction protocol is actually already found in men. In fact, it is present in every human tissue, including males and non-pregnant women as well as pregnant.

HOW PAINFUL ARE HCG INJECTIONS?

The injections are administered using a very fine needle and are relatively painless.



WHAT DOES THE FDA SAY ABOUT HCG?

The FDA states that "HCG has not been demonstrated to be an effective adjunct therapy in the treatment of obesity and does not increase fat reduction beyond that resulting from caloric restriction." In properly conducted studies, people incorporating HCG in their weight reduction program lost significantly more weight than those that did

not. Moreover, these same people lost the weight, had no hunger and lost dramatically more inches than their counterparts.

**IF YOU ARE INTERESTED
IN SCHEDULING AN APPOINTMENT,
PLEASE CALL (402) 343-7963**