

# The Nature of Obesity<sup>1</sup>

## Obesity a Disorder

Obesity, in all its many forms, is due to an abnormal functioning of some part of the body. Persons suffering from this particular disorder will get fat regardless of whether they eat excessively, normally or less than normal.

## Complicating Disorders Associated with Obesity

- Diabetes
- Gout
- Rheumatism & arthritis
- High blood pressure and hardening of the arteries
- Coronary disease and cerebral hemorrhage.

## Three Kinds of Fat

1. The structural fat: fills the gaps between various organs; beds the kidneys in soft elastic tissue, protects the coronary arteries, keeps the skin smooth, and provides the springy cushion of hard fat under the bones of the feet.
2. **The normal reserve (localized all over the body): is the source of fuel upon which the body can freely draw when the nutrition from the intestinal tract is insufficient to meet the demand.**

*Both these types of fat, structural and reserve, are normal fat. Even if the body stocks them to capacity, this can never be called obesity.*

3. **The abnormal reserve** -- is the accumulation of fat that is locked away in a fixed deposit and not available to the body in a nutritional emergency.

When an obese patient tries to lose weight by starving himself, he will first lose **his normal fat reserves**, then structural fat, and only as a last resort the abnormal reserves. → *Obese patients lose the wrong fat. They feel famished and tired and their face becomes drawn and haggard, but their belly, hips, thighs and upper arms show little improvement. Their skin wrinkles and they look old and miserable.*

## Three Basic Causes of Obesity

1. The Inherited Factor: Obesity will develop at an early age in spite of normal feeding.
2. Other Diencephalic Disorders: Obesity can become established as the previously normal fat-banking capacity becomes lower due to some other diencephalic disorder.
3. The Exhaustion of the Fat-Bank: Obesity can become established as normal fat-center is suddenly called upon to deal with an enormous influx of food far in excess of momentary requirements.
  - i. Assume that the capacity of the fat center is normal, probably that the only persons who have some inherited trait in this direction can become obese merely by overeating.
  - ii. Amount of food eaten remains the same and only the consumption of fuel is suddenly decreased. Ex: an athlete is confined to bed for many weeks with a broken bone, he may develop obesity because his body now requires far less fuel than before.

## Signs and Symptoms of Obesity

- Disproportionately large size of the two upper front teeth, or a dimple on both sides of the sacral bone
- Little pad just below the nape of the neck
- A triangular fatty bulge in front of the armpit when the arm is held against the body.
- Striation on the breasts, the hips and occasionally on the shoulders.
- A pad of fat on the insides of the knees
- A fold of skin over the pubic area and another fold may stretch round both sides of the chest
- In males, an excessive accumulation of fat in the breasts is always indicative
- Excessive fat on the abdomen, the hips, thighs, upper arms, chin and shoulders are characteristic

**Remember!!!** These signs may be present in persons whose weight is statistically normal.

**Clinical symptoms:** headaches, rheumatic pains without bony abnormalities; a feeling of laziness and lethargy; the frightening feeling of being weak with hunger two to three hours after a hearty meal with an irresistible yearning for sweets and starchy food; constipation and an irritable colon, and menstrual disorders.

## The Treatment of Obesity Using hCG<sup>1</sup>

### What is hCG (Human Chorionic Gonadotropin)?

hCG is a glycoprotein hormone produced in pregnancy that is made by the developing embryo after conception and later by part of the placenta. Its role is to prevent the disintegration of the corpus luteum of the ovary and thereby maintaining progesterone production that is critical for pregnancy in humans.<sup>2</sup>

### The Importance & Potency of hCG

- The injection of only 125 units hCG per day is ample to reduce weight about one pound per day, when associated with a 500-calorie diet.
- It was also evident that only abnormal fat was being consumed, as there were no signs of any depletion of normal fat. Their skin remained fresh and turgid, and gradually their figures became entirely normal.

### The Duration of Treatment

1. To lose 15 pounds (7 kg.) or less requires 26 days of treatment with 23 daily injections.
  - ▶ The extra three days are needed because all patients must continue the 500-calorie diet for three days after the last injection. After three days when all the hCG has been eliminated, the blood is then no longer saturated with food and can thus accommodate an extra influx from the intestines without increasing its volume by retaining water.
  - ▶ As soon as patients have lost all their abnormal superfluous fat, they begin to feel greedily hungry with continued injections, these patients need to add 800-1000 calories for the rest of the treatment.

- ▶ The diet is arranged in such a way that the weight remains perfectly stationary and is thus continued for three days after the 23rd injection. Only then are the patients free to eat anything except sugar and starches for the next three weeks.
2. To lose more than 15 pounds, the treatment takes longer with a maximum of 40 injections for a single course, or patients may lose up to 34 lbs. (15 kg.) at a time. The treatment is stopped when either 34 lbs. have been lost or 40 injections have been given.

*The only exception is in the case of morbidly obese patients who may be allowed to lose an additional 5-6 lbs. if this occurs before the 40 injections are up.*

## Immunity to hCG

- Some patients may begin to show signs of hCG immunity after a certain length of time in which the body learns to break down and eliminate hCG very rapidly-- counter-regulation; therefore, limiting a course to 40 injections. It takes about six weeks before this immunity is lost and hCG again becomes fully effective.
- Patients who need only 23 injections may be injected daily, including Sundays, as they rarely develop immunity. In those that take 40 injections the onset of immunity can be delayed if they are given only six injections a week, leaving out Sundays or any other day they choose, provided that it is always the same day.

## Menstruation

During menstruation, no injections are given but the diet is continued and causes no hardships; yet as soon as the menstruation is over, the patients become extremely hungry unless the injections are resumed at once.

## Further Courses

Patients requiring the loss of more than 34 lbs. must have a second or even more courses.

- 2<sup>nd</sup> course: started after an interval of at least six weeks
- 3<sup>rd</sup> course: started after an interval of at least 8 weeks
- 4th course: started after an interval of at least 12 weeks
- 5th course: started after an interval of at least 20 weeks
- 6th course: started after an interval of at least 6 months

## Plan for a Normal Course

- 125 I.U. of hCG daily (except during menstruation) subcutaneous injection, OR 150 .IU. per 0.5 cc daily sublingually.
- Until 3rd injection forced feeding.
- After 3rd injection, 500 calorie diet to be continued until 72 hours after the last injection.
- For the following 3 weeks, all foods allowed except starch and sugar in any form (careful with very sweet fruit). After 3 weeks, very gradually add starch in small quantities, always controlled by morning weighing.

## The Diet<sup>1</sup>

Do not substitute foods even if the caloric values are the same. hCG reacts differently to different foods. Those that failed to produce the desired effect were eliminated from the list. Some modern foods have been tested and added to the list, but all acceptable foods are listed here.

### Breakfast:

- Tea or coffee in any quantity *without sugar*
- Use only fat free and sugar free creamer. Silk Soy creamer in small quantities may be used.
- Stevia and Xylitol may be used as sweeteners. Truvia, a brand of Stevia is now available in grocery stores. Avoid artificial sweeteners.
- One container of non-fat yogurt (preferably Activia, which has only 80 calories) with one-half cup of berries if desired (blackberries, blueberries, raspberries or strawberries)
- OR Eggbeaters equivalent to 3 egg whites. Onions, bell peppers and/or mushrooms may be added to the Eggbeaters for an omelet.

### Lunch:

**Meat** - 100 grams (3 ½ ounces)

- ▶ Veal
- ▶ Beef
- ▶ Chicken breast
- ▶ White fish (Tilapia, Cod, Flounder, etc.)
- ▶ Lobster, crab, or shrimp

All visible fat must be carefully removed before cooking, and the meat must be weighed raw. It must be boiled, broiled or grilled without additional fat. The chicken breast should be boneless and skinless.

**Not allowed: Salmon, eel, tuna, herring, dried or pickled fish.**

### Vegetables

One type of vegetable or a salad (1½ to 2 cups) consisting of the following:

- ▶ Spinach, turnip greens, chard, beet greens or dark greens
- ▶ Green beans
- ▶ Salad greens, cabbage (raw or cooked)
- ▶ Tomatoes
- ▶ Celery, cucumbers
- ▶ Onions, garlic
- ▶ Carrots, mushrooms
- ▶ Asparagus
- ▶ Broccoli, cauliflower

Salsa may be used as a dressing if substituted for part of a vegetable or fruit. Vinegar and lemon juice may be used as a dressing. One tablespoon of fat free ranch dressing mixed with Balsamic or apple cider vinegar makes a good salad dressing. You may also use the fat and sugar free salad spritzers.

### Fruit

- ▶ One apple
- ▶ Or a handful of strawberries or other berries (1 cup)
- ▶ Or one-half grapefruit
- ▶ Or one whole orange

### Dinner:

The same four choices as lunch. Change meats, vegetables and fruits if possible.

- ◆ You may have one breadstick or one piece of Melba toast at any meal or to snack on between meals.
- ◆ You may reserve a fruit or vegetable from a meal to eat as an afternoon snack.

### Salt and Water Intake

- No restriction in the use of salt, the daily amount taken should be roughly the same.
- Drink large quantities of water throughout the treatment

### Cosmetics

- 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.
- Modern cosmetics which contain hormones, may interfere with endocrine regulations during treatment – must be absolutely avoided.
- Plain mineral oil can be used for skin that has become adjusted to the use of fat containing cosmetics to avoid dryness.
- Lipstick, powder and lotions, which are entirely free of fatty substances can be used.
- Brilliantine can be used on the hair but it must not be rubbed into the scalp.

### Concluding a Course

When the three days of dieting after the last injection are over, the patients may now eat anything they please, except sugar and starch, provided they faithfully weigh themselves every morning as they get out of bed, having first emptied their bladder.

### References

1. Simeons, A.T. Pounds & Inches—A New Approach to Obesity. Retrieved online on 05/04/2010 at <http://hcgdietinfo.com/Dr-ATW-Simeons-Pounds-and-Inches.htm>
2. Human Chorionic Gonadotropin. Retrieved online on 05/04/2010 at [http://en.wikipedia.org/wiki/Human\\_chorionic\\_gonadotropin](http://en.wikipedia.org/wiki/Human_chorionic_gonadotropin)

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# Human Chorionic Gonadotropin (hCG)

## a New Approach to Obesity