



## **Human Chorionic Gonadotropin (hCG) + Very Low Calorie Diet (VLCD)**

### **What are hCG and VLCD?**

For a number of years, many people have enjoyed the benefits of using this program to lose – and keep off – significant amounts of unwanted fat from their bodies. The combination of daily doses of about 135 IU of hCG plus a substantially reduced caloric intake, result in weight loss without side effects. Countless people have experienced these results. The big difference between “diets” and this program is that, with hCG, the “famine syndrome” is not triggered. Instead, the body is essentially re-trained to handle excess fat in a more natural and sustainable way.

The hCG for Weight Loss program offered by Belle-Petite offers a real, effective and safe way of helping the substantial numbers of people in the western world who are now considered obese.

### **The Origins of hCG**

hCG is one of the few weight loss aids that are produced by the body naturally. For a large part of its history, the focus was solely on the production and effect relating to the testicles and ovaries. It is now well understood that it has amazing powers when applied to a disciplined weight loss program.

Doctor ATW Simeons was the first academic to deeply research the effect of hCG on obesity. Simeons, a native of Britain, completed his studies in Germany, and did much of his research in Rome between 1930 and 1950. By the time he published his research conclusion in *The Lancet*, he had worked with thousands of individual patients during his decades of research.

The publication of his findings caused such a rush of enthusiasts wishing to learn first hand the secrets of this new “wonder drug”, Simeons decided to publish his entire findings in a book, published privately, *Pounds and Inches*. It was a revolutionary approach to obesity.

Although his book is now out of print, excerpts of it can be read on the following website, dedicated to the subject of hCG:

[www.hcgdietinfo.com](http://www.hcgdietinfo.com)

