

### **Can I exercise on the HCG diet?**

Yes, you can. We recommend that you keep your regular exercise routine and level of fitness – do not do more than you normally do.

### **How much weight will I lose?**

That differs with each individual. Patients who have been on the Village Osteopath HCG Diet have lost between 10-40 pounds during the 'On Phase', and have maintained that weight loss throughout the second round of the diet.

### **How long does the diet last?**

The diet is broken down into two phases, each lasting 30 days, or 60 days total. The days break down like this:

1-2 Loading Phase – HCG with high calorie intake

3-30 On Phase – Take HCG with Very Low Calorie Diet (VLCD)

31-32 Transition Phase – VLCD without HCG

33-60 Maintenance Phase – No HCG, caloric intake depends on individual needs

### **Are there any contraindications for the HCG diet?**

HCG diet is contraindicated for women who are pregnant, trying to become pregnant, or nursing mothers. Patients with a history of chronic disease (diabetes, hypertension, etc.) should be evaluated by Dr. Nall first to see if the HCG diet is a good fit for them.

### **How is the HCG diet different than just a low calorie diet?**

With a low calorie diet alone, the body senses the decreased energy and goes into 'starvation mode', *holding on* to fat stores. HCG is a hormone that, when used with a very low calorie diet, will signal the body to *release fat stores* for the body to use for energy, keeping muscle mass.

### **How far apart should I space my lipotropic injections?**

Lipotropic injections can be done once a week after starting the HCG diet. We recommend getting the first one 4-7 days after beginning.

### **How many rounds can I do?**

This depends on your weight loss goal. Patients can begin a second round of HCG after the 30 day maintenance phase if additional weight loss is desired.