

Myths & Facts about HCG weight loss diets. *:(Excerpts from an Interview with Dr. Deepak V. Chaturvedi)*

HCG protocol works on a hypothesis that, in a situation of calorie deficit, the exogenous HCG primes the hypothalamus to signal the mobilization of body fat stores and hence use the stored fat as primary fuel for energy. In this way it helps in attaining the weight loss in overweight individuals.

I prescribe the HCG protocol for my overweight/Obese patients as an adjuvant to the ongoing treatment along with the conventional medical treatment. The results attained in term of weight loss are remarkable. Not everyone is fit for HCG protocol and vice versa. Patients having underlying medical issues and frequent travelers need extra attention, precision and care.

I suggest, before starting the HCG protocol for any individual the screening for underlying medical issues should be done. A female should make sure that she is not pregnant.

HCG protocol is not a substitute/alternative for Bariatric surgery for morbidly obese patients, but it can be used to give initial weight loss to the patients looking for Bariatric surgery. Obesity is a complex process, and no single approach can give



Dr. Deepak V Chaturvedi
M.B.B.S., M.D.(Medicine)
Metabolic Physician,
Diabetologist, Antiaging,
Obesity & Hormones Specialist.

diet food can be customized for every individual. There is no need to buy the same from any company which is neither

best results. Hence the multitude of the treatment protocols may be required to give long term treatment of Obesity. HCG protocol is not a single line treatment for obesity and it should be taken under medical supervision. In spite of all the good results attained by number of physicians worldwide, FDA has not yet given its clearance for the use of HCG for weight loss.

The HCG diet foods promoted by various companies internationally are nothing more than a mere fad. HCG

palatable nor economical. Remember, the weight management is a lifelong process and hence the remedies for it should be practical and economical. I never advise my patients to buy the HCG diet foods/treatment online. The HCG diet/treatment needs to be planned as per their needs considering their beliefs/customs/traditions in mind.

As, we have been doing the HCG protocol under close supervision and counseling, I have seen very good results with the addition of this protocol in the conventional weight management protocols. We customize the HCG diet for every patient without hurting the cultural sentiments of our patients. This gives them a confidence and learning about the process. As they learn to get the best HCG diet from their usual food habits the compliance is best and hence results are remarkable.