

Frequently Asked Questions

What is hCG?

Human Chorionic Gonadotropin (hCG) is a polypeptide hormone secreted by the placenta during pregnancy. It has many functions and is used medically to treat a variety of conditions. During pregnancy, hCG is believed to help ensure that the fetus will have access to the mother's stored fat supply regardless of the amount of food she ingests. In non-pregnant persons, research suggests hCG similarly increases the metabolism and promotes lipolytic activity.

The hCG diet was first discussed in a report published in 1954 by Dr. A.T.W. Simeons, who used it for weight loss. Simeons noticed that his patients could drastically reduce their caloric intake without experiencing irritability, hunger pains, headaches, or weakness when taking hCG. He also found that hCG helped to naturally reshape his patients' bodies even without exercise. Dr. Simeons concluded that this was because the patients lost their fat tissue from adipose tissue accumulations, which made changes in the body shape more visible.

His patients were losing a particular kind of fat. There are three distinct kinds of fat, two of which are needed, and one not. Of the three kinds of fat, **structural fat** is essential because it cushions our organs. Then there is **fat used for energy**, fueling the body between meals. But the third kind, **abnormally stored fat**, that unsightly, difficult-to-lose fat, is unhealthy.

In a non-pregnant state, hCG as a weight-loss aid reduces and/or erases the craving for food by making stored fat available for metabolism, thus aiding in the ability to adhere to a rigid diet program. Abnormal fat deposits disappear - the double chin, potbelly and fat around hips and thighs are the first to go. HCG does not deplete subcutaneous or other essential fat.

Most hCG weight-loss clients see a loss in inches before they see a drop in the scales. When done properly, the result is rapid weight loss and improved body shape during and after the program. As hCG metabolizes stored body fat, about 2000 calories are released into the bloodstream daily, thus allowing for a low calorie diet without experiencing fatigue, weakness or hunger.

The genius of Dr. Simeons was to recognize that hCG triggers the body to burn the bad type of fat. It appears to reset the hypothalamus gland, along with areas of the brain that regulate a variety of hormones, blood sugar metabolism, blood pressure, and other key body functions.

NOTE: This weight loss program employs cutting-edge technology to create personalized, digitally-encoded frequencies from Pharmaceutical-Grade Homeopathic hCG for oral (sublingual) use to capitalize on releasing the unhealthy stored fat in the body, NOT INJECTIONS, and NOT HOMEOPATHIC REMEDIES.

How many types of hCG are on the market?

Basically, there are 2 types of hCG:

- 1) Injections – requiring a prescription
- 2) Oral - Sold as Oral hCG , Homeopathic hCG, Digitally-Encoded hCG -

Oral hCG is available in both Natural hCG and Synthetic hCG.

The Natural hCG is available in both Pharmaceutical Grade and Non-Pharmaceutical Grade.

The Synthetic hCG should read hCGr, but sometimes the “r”, indicating it is synthetic, doesn’t quite make it onto bottle.

Read more about Synergia’s Digitally-Encoded hCG below . . .

You’ll want to make sure you know what you’re taking!

What’s the difference between ACTUAL, INJECTABLE, HOMEOPATHIC, and DIGITALLY-ENCODED hCG?

- Actual hCG is a glycoprotein hormone found in pregnant women. The original hCG diet calls for daily injections, and requires a prescription from an M.D.
- Homeopathic hCG carries only the “blueprint” or “frequency” of the real hCG. It contains a highly-diluted amount of actual hCG. It is typically in an alcohol base. When it enters your blood stream, it signals your body to search for amino acids, which are building blocks for hormones. Your body then makes the hCG for you. Using the frequency of hCG does not mimic pregnancy in the body, and can be used safely by both men and women.
- Digitally-Encoded hCG is once-removed even from Homeopathic. There is no actual hCG in the end product, only the vibrational blueprint, or essence, of the homeopathic hCG is captured. This is possible by using cutting-edge technology to replicate frequencies digitally. Is this effective? Highly. In my experience it matches the results of the injections without the . . . you know . . . PAIN!

What is Homeopathic?

The Principle of Similars (like cures like) states that a disease can be cured by a substance that produces similar symptoms in healthy people. This concept, traced back to Hippocrates and further developed by Hahnemann, was proven correct.

The Principle of Dilutions (law of minimum dose) states that the *lower* the dose of the medication, the *greater* its effectiveness. In homeopathy, substances are diluted in a stepwise fashion and shaken vigorously between each dilution. This process, referred to as "potentization," transmits a form of information, energy, or frequency from the original substance to the final remedy.

Homeopathic remedies are prepared according to the guidelines of the *Homeopathic Pharmacopeia of the United States (HPUS)*, which was written into law in the Federal Food, Drug, and Cosmetic Act in 1938. These remedies are regulated in the same manner as nonprescription, over-the-counter (OTC) drugs. The U.S. Food and Drug Administration (FDA) requires that homeopathic remedies meet certain legal standards for strength, purity, and packaging.

The National Center for Complementary and Alternative Medicine (NCCAM) is the Federal Government's agency for scientific research on complementary and alternative medicine. Visit their web site for further questions: <http://nccam.nih.gov/health/homeopathy>

Benefits of Homeopathy:

- Extremely effective; when the correct remedy is taken, results can be rapid, complete and permanent.
- Extremely safe.
- Can be taken with other medication without producing unwanted side effects.
- Natural; the remedies are normally based on natural ingredients.
- Works in harmony with your immune system.
- Non-addictive.

What is Digitally-Encoded? Cutting-edge technology now makes it possible to capture frequencies as digital signatures and replicate them exactly from their original position to any place of our own choosing. Synergia chooses a pharmaceutical-grade, all natural, homeopathic hCG for its encoding.

How do I take it my oral hCG?

This product is a liquid tincture, so you will place the liquid under your tongue and hold it there for a few minutes. You will be given your personalized dose in your printout, as well as all the frequencies added to your remedy. Take this remedy away from meals, caffeine and mint. Do not subject it to strong electromagnetic frequencies for long periods of time.

How much of the formula should I take?

With Synergia's hCG protocol, you will be muscle-tested and told your optimal daily dose.

What is different about the hCG from Synergia Healing Arts?

Using cutting-edge photon resonance technology, vibrational frequencies are added to a sealed base of 15% ethanol, 85% distilled water. Your system will be muscle-tested for the frequencies you need to support your weight loss and assist in resolving emotional, physical and spiritual issues. **This means that your hCG product is personalized just for you with frequencies determined in your private session.**

How do you personalize my hCG?

Synergia Healing Arts has 2 options for finding the correct frequencies that will serve you and your weight loss the best:

Option #1

If you have a computer with high-speed internet and the following system requirements:

- Microsoft Windows Vista, Windows XP (Home or Professional) with Windows Service Pack 2.0 installed

- CPU 2.0 Gigahertz (1.0 Gigahertz minimum)
- 1 GB RAM (512 MB Possible/Not Recommended)
- 40 GB (20 GB minimum) w/1GB available for ZYTO software
- 20x speed CD-ROM Drive or higher
- 2.0 USB Port (1.1 minimum)
- High Speed Internet Connection (DSL or Cable Modem) 56K Modem is NOT RECOMMENDED and is NOT GUARANTEED to work
- 1024X768 resolution XGA Monitor
- Mouse Standard
- Keyboard Standard

We can send you a portable hand cradle and software to scan your system. Synergia uses the high-tech Zyto software and components (see www.Zyto.com). “In the most basic terms, Zyto uses technology based on quantum physics as well as established Galvanic Skin Response (GSR) technology to measure fluctuations in electrical conductivity of the skin. A client places their hand on the hand cradle, the ZYTO software sends stimuli to the body using digital signatures that represent actual things, and the fluctuations in GSR are measured and interpreted. The response helps the practitioner to see how the body responds to the items being assessed, which ones your body prefers, and how much it prefers them. This knowledge is used by healthcare practitioners to maximize their results by helping them choose the right solution for their clients at the right time.” (From Zyto’s web site)

The Zyto hand cradle is available for purchase for \$150.00.

Option #2

We can also use kinesiology to test your system – even at a distance - for the optimal frequencies for you. Most people choose this method because it is faster - skipping the lag time in mailing the hand cradle – and just as effective.

Each participant will have a private 15-minute phone session to determine the exact frequencies needed to support your Body-Mind-Spirit Triangle. These frequencies will be encoded in your bottles of hCG when they arrive at your door, and you will receive a printout of what has been included in your formula.

Am I really ready for this diet? That’s a very important question. Starting the diet before you are psychologically and emotionally ready won’t yield the best results. Ask yourself some questions:

- Are you willing to adjust your consciousness to a different life-style short term for a long-term gain?
- Can you enter into these changes with an attitude of joy – or at least one of neutrality?
- Do you have a lot of social events coming up which would make you feel deprived if you chose to not indulge in the food?

- How would you hold the concept of this diet in your mind: “I’m choosing this short-term life-style shift and am in charge of the experience” vs. “This diet is in charge of my life, and trashing my joy?”

Will my metabolism slow down if I’m on a very low calorie diet (VLCD)?

HCG works to mobilize abnormal fat for utilization by the body when there is a significant decrease in calories and fat. So, YES. When a VLCD is used in conjunction with hCG, the body receives the signal to use stored fat for energy, eliminating excess fat reserves. Your metabolism will slow down, but no long-term ill effects on the metabolism occur.

Would I lose about the same amount of weight eating a VLCD without the hCG?

Probably . . . however . . . you would most likely lose muscle and bone before fat, because their metabolic rates are higher. You would also be REALLY CRANKY!! The human system will look first to release those things using the most energy when on a VLCD. By using Synergia’s hCG remedy with the VLCD, the abnormally-stored fat is mobilized for energy and the rest is eliminated. The VLCD is vital in preventing immediate refilling of emptied fat cells.

I’m NERVOUS!!! This is a very low calorie diet! How can I do this? Won’t I get hungry? Won’t I die? I LOVE food!!!

While it is normal to feel some hunger, and even headaches, on the first 2 or 3 days of this diet, typically by the end of the first week, the hCG will be in charge of your hunger mechanism. Taking hCG shifts your emotional response to food as well, so your old beliefs will be changing as well as your body weight.

HCG naturally reduces appetite as it mobilizes fat, thus making it available to the body as an energy source. So even though you are taking in fewer calories, your body can now access the energy you have stored in fat cells. This product will also help shift your EMOTIONAL relationship with food, helping you to let go of emotional eating as well as emotional food choices.

If you find hunger an issue after the first week, here are a few things you can do to support yourself:

1. make sure you are drinking 2 liters of water a day
2. take Amino Blend by Progressive Labs (available from Synergia Healing Arts)
3. take Catalyn by Standard Process (available from Synergia Healing Arts)
4. drink herbal teas such as Yerba Mate, which aid appetite control
5. consider adding Miracle Noodles to your diet – 0 calories, all fiber – they give a sense of fullness

What about continuing medications while on this diet?

If you are on physician-prescribed medication, by all means **continue**. Be sure to check in with your physician if you are losing a lot of weight. You may need to adjust your prescription. If you take self-prescribed medication, you may want to **gently** cut back to see how you do without it.

Should I expect to feel light-headed or have a headache?

This sometimes happens in the first few days of the 500 calorie/day diet. One explanation of this

is that toxins are being released through the abnormally stored fat. Another is that a very low carbohydrate diet can create immediate water loss – and so depletes minerals. A potassium supplement – in small doses, up to 100 milligrams/day – should manage this issue.

Will I experience any changes in my menstrual cycle?

This product is only the vibrational blueprint of hCG, so you should not expect to see changes to your menstrual cycle. Further, this product will not affect your ability to become pregnant, nor will it increase your chances of becoming pregnant.

Should I stop taking the hCG while on my period?

Yes. Stay off it for those days where you feel bloated (usually 3-4 days), but stay on the 500 calories per day diet – if you can. This is a place where the Miracle Noodles can be very helpful! (www.miracle-noodles.com)

If I follow the program exactly, how much weight can I expect to lose?

All bodies are unique, but on average, people tend to lose around 20 pounds or more per month. Often, 10-12 of those pounds are in the first week.

Is the Re-Entry Phase (Maintenance) actually important for success on this diet?

YES! It's crucial – don't skip it, or you'll be sad! This is the phase where your metabolism is stabilized, thus instructing your body it's new way to manage carbohydrates and fats. Skip it, and you're likely to revert to your old way of converting carbohydrates to fat . . . again! Remember what that was like? You WERE sad, right?

Is it safe to lose that much weight so quickly with hCG??

HCG studies have shown that weight lost using Dr. Simeons protocol comes directly from fat tissue vs. lean muscle, so it does not strip the body of muscle, vitamins or minerals essential to good health.

Are ANY foods ok to eat as long as I stay at 500 calories?

No. Stick to the rules! Even if you enjoy experimenting . . . your quickest route to success is the tried and true in this case! (I'm speaking from personal experience here, scientist that I am!) The exact foods on this diet are a catalyst for specific chemical reactions in the body which, in combination with the hCG blueprint, activate the hypothalamus into mobilizing abnormal fat reserves.

Note: The exceptions I approve to Simeon's protocol are:

- 1) Miracle Noodles – 0 calories per package
- 2) Shiritaki Noodles – 40 calories per package
- 3) Tofu (firm, organic) – 80 calories for 3.5 oz
- 4) Broccoli – 3.5 oz
- 5) Cauliflower – 3.5 oz
- 6) Orange – 2 a day, 6 hours apart

What if I eat less than 500 calories per day?

No. Smaller quantities of food slow down the mobilization of fat reserves. Stick to the rules as closely as you can.

What about artificial sweeteners like Splenda, Sweet and Low or Aspartame?

No. Stevia is the only sweetener I recommend due to the toxicity of artificial sweeteners. Stevia is natural and non-caloric. It comes in flavored liquid forms as well as a powder. Check out www.stevia.com to learn about the 12 liquid flavors – great in Club Soda!

Will the weight automatically come back on after I stop the hCG and VLCD?

The purpose of resetting the hypothalamus with the hCG is to keep the weight from returning once you return to a higher caloric intake. Just be cautious what you eat, and stay aware of how your food is impacting your weight. **Consider purchasing the Phase 3 Re-Entry package at Synergia.bz to support you through this part of the program.**

Weigh yourself every day when you go off the hCG. If your weight increases more than 2 pounds, do a steak day (see *Pounds & Inches* manuscript for the protocol).

FAT gains weight faster than MUSCLE, so when you change the proportion of body fat to muscle during the hCG protocol, you diminish the chances of rebounding to your original weight. The hCG stimulates the hypothalamus to reset your metabolic rate.

Once you reach your goal weight, you'll enter the **Re-Entry (Maintenance) Phase 3**. For the first 72 hours, you'll stay on the 500 calorie diet without the hCG . . . then 3 weeks of the Re-Entry Phase, the level of calories is not restricted but you must avoid all sugars and starches because these are easily stored by the body as fat. This allows the body to realign itself to a normal eating routine, which greatly diminishes the risk of rebounding.

What about body lotions and make-up while I'm on the VLCD?

Preferably, lotions and make-up need to be oil-free. Avoid products with oils or oil-based ingredients such as vitamin E, ascorbyl palmitate, aroma oils, etc. Know what you are putting on your body! My rule is that if I wouldn't eat it, I shouldn't put it on my body . . .

Your body processes the oil in skin care products as fat. It is also wise to avoid parabens and propyls in your skin care products. However, you have the option to stop using body products as a last resort if your weight is not shifting.

Is hCG safe for men?

HCG is considered to be as safe for men as for women. Men tend to lose more weight – and more quickly - on hCG than women. Lucky guys!

Can I exercise during the hCG Program?

Continue on your current exercise program, but don't increase it while on the hCG. Your body will already be working very hard to burn and release fat cells. If you are not currently exercising, begin only mild exercise like taking walks or swimming. Easy does it!! Or you'll be HUNGRY!!

Sometimes I get leg cramps. What can help with those?

Deficiencies in potassium and magnesium are the most common reasons for leg cramps. Start there, and take a balanced magnesium/calcium supplement as well as a potassium supplement. Also, "Dieter's Salt" in place of regular table salt may be helpful. I prefer to use Sea Salt, as some regular table salts have chemicals and sugar added to them.

I must be doing something wrong – I'm not losing weight!

You may be experiencing a "Natural Plateau", or an "Error-Induced Plateau." If it's the former, your weight will shift usually within 3 days. For the later, make sure you are adhering to the diet to the letter – which means no oils in your body products, no oil on your food. Watch for hidden sugars such as balsamic vinegars and read all labels of everything you're eating. Avoid Monosodium Glutamate (MSG) which is found in most processed foods. Make sure you are taking the correct dose of your remedy and that you are drinking at least two liters of water every day. If all of this fails to correct your situation, call Dr. Samantha St. Julian for support at 913.385.9720 or e-mail her at SamiStar@kc.rr.com. Ten-minute support phone calls are included in your monthly package. Don't stay stuck!!

What do I need to know before starting HCG?

Women: it is optimal to have at least 10 days on the hCG before starting your menstrual cycle OR begin hCG immediately upon completion of your cycle. If you start your cycle while on hCG, stop taking the drops during your cycle, continuing on the 500 calorie diet. Then re-start the drops as soon as the bloating/heaviness ends.