

FOREWORD and Introduction by Dr. A.T.W. Simeons

This volume discusses a new interpretation of the nature of obesity, and while it does not advocate yet another fancy slimming diet it does describe a method of treatment which has grown out of theoretical considerations based on clinical observation.

We have grown pretty sure that the tendency to accumulate abnormal fat is a very definite metabolic disorder, much as is, for instance, diabetes. I have always held that overeating is the result of the disorder, not its cause.

During the 16 years that have elapsed since I first published my findings, I have had many hundreds of inquiries from research institutes, counselors and clients. Hitherto I could only refer those interested to my scientific papers, though I realized that these did not contain sufficient information to enable counselors to conduct the new treatment satisfactorily. Those who tried were obliged to gain their own experience through the many trials and errors which I have long since overcome.

Doctors from all over the world have come to Italy to study the method, first hand in my clinic in the Salvator Mundi International Hospital in Rome. For some of them the time they could spare has been too short to get a full grasp of the technique, and in any case the number of those whom I have been able to meet personally is small compared with the many requests for further detailed information which keep coming in.

Obesity as a Disorder

As a basis for our discussion we postulate that obesity in all its many forms is due to an abnormal functioning of some part of the body and that every ounce of abnormally accumulated fat is always the result of the same disorder of certain regulatory mechanisms. Persons suffering from this particular disorder will get fat regardless of whether they eat excessively, normally or less than normal. A person who is free of the disorder will never get fat, even if he frequently overeats.

Those in whom the disorder is severe will accumulate fat very rapidly, those in whom it is moderate will gradually increase in weight and those in whom it is mild may be able to keep their excess weight stationary for long periods. In all these cases a loss of weight brought about by dieting, treatments with thyroid, appetite-reducing drugs, laxatives, violent exercise, massage, baths, etc., is only temporary and will be rapidly regained as soon as the reducing regimen is relaxed. The reason is simply that none of these measures corrects the basic disorder.

While there are great variations in the severity of obesity, we shall consider all the different forms in both sexes and at all ages as always being due to the same disorder. Variations in form would then be partly a matter of degree, partly an inherited bodily constitution and partly the result of a secondary involvement of endocrine glands such as the pituitary, the thyroid, the adrenals or the sex glands. On the other hand, we postulate that no deficiency of any of these glands can ever directly produce the common disorder known as obesity.

If this reasoning is correct, it follows that a treatment aimed at curing the disorder must be equally effective in both sexes, at all ages and in all forms of obesity. Unless this is so, we are entitled to harbor grave doubts as to whether a given treatment corrects the underlying disorder. Moreover, any claim that the disorder has been corrected must be substantiated by the ability of the client to eat normally of any food he pleases without regaining abnormal fat after treatment. Only if these conditions are fulfilled can we legitimately speak of curing obesity rather than of reducing weight.

Our problem thus presents itself as an enquiry into the localization and the nature of the disorder which leads to obesity. The history of this enquiry is a long series of high hopes and bitter disappointments.

The History of Obesity

There was a time, not so long ago, when obesity was considered a sign of health and prosperity in man and of beauty, amorousness and fecundity in women. This attitude probably dates back to Neolithic times, about 8000 years ago; when for the first time in the history of culture, man began to own property, domestic animals, arable land, houses, pottery and metal tools. Before that, with the possible exception of some races such as the Hottentots, obesity was almost non-existent, as it still is in all wild animals and most primitive races.

Today obesity is extremely common among all civilized races, because a disposition to the disorder can be inherited. Wherever abnormal fat was regarded as an asset, sexual selection tended to propagate the trait. It is only in very recent times that manifest obesity has lost some of its allure, though the cult of the outsize bust - always a sign of latent obesity - shows that the trend still lingers on.

The Significance of Regular Meals

In the early Neolithic times another change took place which may well account for the fact that today nearly all inherited dispositions sooner or later develop into manifest obesity. This change was the institution of regular meals. In pre-Neolithic times, man ate only when he was hungry and only as much as he required to still the pangs of hunger. Moreover, much of his food was raw and all of it was unrefined. He roasted his meat, but he did not boil it, as he had no pots, and what little he may have grubbed from the Earth and picked from the trees, he ate as he went along.

The whole structure of man's omnivorous digestive tract is, like that of an ape, rat or pig, adjusted to the continual nibbling of tidbits. It is not suited to occasional gorging as is, for instance, the intestine of the carnivorous cat family. Thus the institution of regular meals placed a great burden on modern man's ability to cope with large quantities of food suddenly pouring into his system from the intestinal tract.

The institution of regular meals meant that man had to eat more than his body required at the moment of eating so as to tide him over until the next meal. Food rendered easily digestible suddenly flooded his body with nourishment of which he was in no need at the moment. Somehow, somewhere this surplus had to be stored.

Three Kinds of Fat

In the human body we can distinguish three kinds of fat. The first is the structural fat which fills the gaps between various organs, a sort of packing material. Structural fat also performs such important functions as bedding the kidneys in soft elastic tissue, protecting the coronary arteries and keeping the skin smooth and taut. It also provides the springy cushion of hard fat under the bones of the feet, without which we would be unable to walk.

The second type of fat is a normal reserve of fuel upon which the body can freely draw when the nutritional income from the intestinal tract is insufficient to meet the demand. Such normal reserves are localized all over the body. Fat is a substance which packs the highest caloric value into the smallest space so that normal reserves of fuel for muscular activity and the maintenance of body temperature can be most economically stored in this form. Both these types of fat, structural and reserve, are normal, and even if the body stocks them to capacity this can never be called obesity.

But there is a third type of fat which is entirely abnormal. It is the accumulation of such fat, and of such fat only, from which the overweight client suffers. This abnormal fat is also a potential reserve of fuel, but unlike the normal reserves it is not available to the body in a nutritional emergency. It is, so to speak, locked away in a fixed deposit and is not kept in a checking account ^[2], as are the normal reserves.

When an obese client tries to reduce by starving himself, he will first lose his normal fat reserves. When these are exhausted he begins to burn up structural fat, and only as a last resort will the body yield its abnormal reserves, though by that time the client usually feels so weak and hungry that the diet is abandoned. It is just for this reason that obese clients complain that when they diet they 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. The fat they have come to detest stays on and the fat they need to cover their bones gets less and less. Their skin wrinkles and they look old and miserable. And that is one of the most frustrating and depressing experiences a human being can have.

The fact is that many obese clients actually gain weight on a diet which is Calorically deficient for their basic needs. There must thus be some other mechanism at work.

Glandular Theories

At one time it was thought that this mechanism might be concerned with the sex glands. Such a connection was suggested by the fact that many juvenile obese clients show an under-development of the sex organs. The middle-age spread in men and the tendency of many women to put on weight in the menopause seemed to indicate a causal connection between diminishing sex function and overweight. Yet, when highly active sex hormones became available, it was found that their administration had no effect whatsoever on obesity. The sex glands could therefore not be the seat of the disorder.

The Thyroid Gland

When it was discovered that the thyroid gland controls the rate at which body-fuel is consumed, it was thought that by administering thyroid gland to obese clients their abnormal fat deposits could be burned up more rapidly. These abnormal deposits take no part in the body's energy-turnover - they are inaccessibly locked away therefore any weight loss brought about by thyroid medication is always at the expense of fat of which the body is in dire need.

The Pituitary Gland

The next gland to be falsely incriminated was the anterior lobe of the pituitary, or hypophysis. Although a large number of pituitary hormones have been isolated and many extracts of the gland prepared, not a single one or any combination of such factors proved to be of any value in the treatment of obesity. Quite recently, however, a fat-mobilizing factor has been found in pituitary glands, but it is still too early to say whether this factor is destined to play a role in the treatment of obesity.

The Adrenals

Recently, a long series of brilliant discoveries concerning the working of the adrenal or suprarenal glands, small bodies which sit atop the kidneys, have created tremendous interest.

When we learned that an abnormal stimulation of the adrenal cortex could produce signs that resemble true obesity, this knowledge furnished no practical means of treating obesity by decreasing the activity of the adrenal cortex. There is no evidence to suggest that in obesity there is any excess of adrenocortical activity; in fact, all the evidence points to the contrary. There seems to be rather a lack of adrenocortical function and a decrease in the secretion of ACTH from the anterior pituitary lobe.^[3]

Recently, many students of obesity have reverted to the nihilistic attitude that obesity is caused simply by overeating and that it can only be cured by under eating.

The Diencephalon or Hypothalamus

For those of us who refused to be discouraged there remained one slight hope. Buried deep down in the massive human brain there is a part which we have in common with all vertebrate animals the so-called diencephalon. It is a very primitive part of the brain and has in man been almost smothered by the huge masses of nervous tissue with which we think reason and voluntarily move our body. The diencephalon is the part from which the central nervous system controls all the automatic animal functions of the body, such as breathing, the heart beat, digestion, sleep, sex, the urinary system, the autonomous or vegetative nervous system and via the pituitary the whole interplay of the endocrine glands.

It was therefore not unreasonable to suppose that the complex operation of storing and issuing fuel to the body might also be controlled by the diencephalon. It has long been known that the content of sugar - another form of fuel - in the blood depends on a certain nervous center in the diencephalon. When this center is destroyed in laboratory animals, they develop a condition rather similar to human stable diabetes. It has also long been known that the destruction of another diencephalic center

produces a voracious appetite and a rapid gain in weight in animals which never get fat spontaneously.

The Fat-bank

Assuming that in man such a center controlling the movement of fat does exist, its function would have to be much like that of a bank. When the body assimilates from the intestinal tract more fuel than it needs at the moment, this surplus is deposited in what may be compared with a current account. Out of this account it can always be withdrawn as required. All normal fat reserves are in such a current account, and it is probable that a diencephalic center manages the deposits and withdrawals.

When now, for reasons which will be discussed later, the deposits grow rapidly while small withdrawals become more frequent, a point may be reached which goes beyond the diencephalon's banking capacity. Just as a banker might suggest to a wealthy client that instead of accumulating a large and unmanageable current account he should invest his surplus capital, the body appears to establish a fixed deposit into which all surplus funds go but from which they can no longer be withdrawn by the procedure used in a current account. In this way the diencephalic "fat-bank" frees itself from all work which goes beyond its normal banking capacity. The onset of obesity dates from the moment the diencephalon adopts this labor-saving ruse. Once a fixed deposit has been established the normal fat reserves are held at a minimum, while every available surplus is locked away in the fixed deposit and is therefore taken out of normal circulation.

THREE BASIC CAUSES OF OBESITY:

(1) *The Inherited Factor*

Assuming that there is a limit to the diencephalon's fat banking capacity, it follows that there are three basic ways in which obesity can become manifest. The first is that the fat-banking capacity is abnormally low from birth. Such a congenitally low diencephalic capacity would then represent the inherited factor in obesity. When this abnormal trait is markedly present, obesity will develop at an early age in spite of normal feeding; this could explain why among brothers and sisters eating the same food at the same table some become obese and others do not.

(2) *Other Diencephalic Disorders*

The second way in which obesity can become established is the lowering of a previously normal fat-banking capacity owing to some other diencephalic disorder. It seems to be a general rule that when one of the

many diencephalic centers is particularly overtaxed; it tries to increase its capacity at the expense of other centers.

In the menopause and after castration the hormones previously produced in the sex-glands no longer circulate in the body. In the presence of normally functioning sex-glands their hormones act as a brake on the secretion of the sex-gland stimulating hormones of the anterior pituitary. When this brake is removed the anterior pituitary enormously increases its output of these sex-gland stimulating hormones, though they are now no longer effective. In the absence of any response from the non-functioning or missing sex glands, there is nothing to stop the anterior pituitary from producing more and more of these hormones. This situation causes an excessive strain on the diencephalic center which controls the function of the anterior pituitary. In order to cope with this additional burden the center appears to draw more and more energy away from other centers, such as those concerned with emotional stability, the blood circulation (hot flushes) and other autonomous nervous regulations, particularly also from the not so vitally important fat-bank.

The so-called stable type of diabetes heavily involves the diencephalic blood sugar regulating center. The diencephalon tries to meet this abnormal load by switching energy destined for the fat bank over to the sugar-regulating center, with the result that the fat-banking capacity is reduced to the point at which it is forced to establish a fixed deposit and thus initiate the disorder we call obesity. In this case one would have to consider the diabetes the primary cause of the obesity, but it is also possible that the process is reversed in the sense that a deficient or overworked fat-center draws energy from the sugar-center, in which case the obesity would be the cause of that type of diabetes in which the pancreas is not primarily involved. Finally, it is conceivable that in Cushing's syndrome those symptoms which resemble obesity are entirely due to the withdrawal of energy from the diencephalic fat-bank in order to make it available to the highly disturbed center which governs the anterior pituitary adrenocortical system.

Whether obesity is caused by a marked inherited deficiency of the fat-center or by some entirely different diencephalic regulatory disorder, its insurgence obviously has nothing to do with overeating and in either case obesity is certain to develop regardless of dietary restrictions. In these cases any enforced food deficit is made up from essential fat reserves and normal structural fat, much to the disadvantage of the client's general health.

3) *The Exhaustion of the Fat-bank*

But there is still a third way in which obesity can become established, and that is when a presumably normal fat-center is suddenly -- the emphasis is on suddenly -- called upon to deal with an enormous

influx of food far in excess of momentary requirements. At first glance it does seem that here we have a straight-forward case of overeating being responsible for obesity, but on further analysis it soon becomes clear that the relation of cause and effect is not so simple. In the first place we are merely assuming that the capacity of the fat center is normal while it is possible and even probable that only persons who have some inherited trait in this direction can become obese merely by overeating.

Secondly, in many of these cases the amount of food eaten remains the same and it is only the consumption of fuel which is suddenly decreased, as when an athlete is confined to bed for many weeks with a broken bone or when a man leading a highly active life is suddenly tied to his desk in an office and to television at home. Similarly, when a person, grown up in a cold climate, is transferred to a tropical country and continues to eat as before, he may develop obesity because in the heat far less fuel is required to maintain the normal body temperature.

When a person suffers a long period of privation, be it due to chronic illness, poverty, famine or the exigencies of war, his diencephalic regulations adjust themselves to some extent to the low food intake. When then suddenly these conditions change and he is free to eat all the food he wants, this is liable to overwhelm his fat-regulating center. During the last war ^[4] about 6000 grossly underfed Polish refugees who had spent harrowing years in Russia were transferred to a camp in India where they were well housed, given normal British army rations and some cash to buy a few extras. Within about three months, 85% were suffering from obesity.

In a person eating coarse and unrefined food, the digestion is slow and only a little nourishment at a time is assimilated from the intestinal tract. When such a person is suddenly able to obtain highly refined foods such as sugar, white flour, butter and oil these are so rapidly digested and assimilated that the rush of incoming fuel which occurs at every meal may eventually overpower the diencephalic regulatory mechanisms and thus lead to obesity. This is commonly seen in the poor man who suddenly becomes rich enough to buy the more expensive refined foods, though his total caloric intake remains the same or is even less than before.

Psychological Aspects

Much has been written about the psychological aspects of obesity. Among its many functions the diencephalon is also the seat of our primitive animal instincts, and just as in an emergency it can switch energy from one center to another, so it seems to be able to transfer pressure from one instinct to another. Thus, a lonely and unhappy person deprived of all emotional comfort and of all instinct gratification except the stiling of hunger and thirst can use these as outlets for pent up instinct pressure and so develop obesity. Yet once that has happened, no amount of psychotherapy or analysis, happiness, company or the gratification of other instincts will correct the condition.

Compulsive Eating

Most obese clients do not suffer from compulsive eating; they suffer genuine hunger - real, gnawing, torturing hunger - which has nothing whatever to do with compulsive eating.

Compulsive eating does occur in some obese clients. It comes on in attacks and is never associated with real hunger, a fact which is readily admitted by the clients. They only feel a feral desire to stuff.

A careful enquiry into what may have brought on an attack almost invariably reveals that it is preceded by a strong unresolved sex-stimulation, the higher centers of the brain having blocked primitive diencephalic instinct gratification. The pressure is then let off through another primitive channel, which is oral gratification.

Clients suffering from real compulsive eating are comparatively rare. In my practice they constitute about 1-2%.

Reluctance to Lose Weight

Some clients are deeply attached to their fat and cannot bear the thought of losing it. If they are intelligent, popular and successful in spite of their weight, this is a source of pride. Some overweight girls look upon their weight as a safeguard against erotic involvements, of which they are afraid. They fear that, after weight loss, people will like them on account of their figure rather than be attracted by their intelligence or character only.

Some have a feeling that reducing means giving up an almost cherished and intimate part of them. An affectionate attachment to abnormal fat is usually seen in clients who became obese in childhood, but this is not necessarily so.

There are a large number of ways in which obesity can be initiated, though the disorder itself is always due to the same mechanism, an inadequacy of the diencephalic fat-center and the laying down of abnormally fixed fat deposits in abnormal places. This means that once obesity has become established, it can no more be cured by eliminating those factors which brought it on than a fire can be extinguished by removing the cause of the conflagration

Not by Weight alone...

Weight alone is not a satisfactory criterion by which to judge whether a person is suffering from the disorder we call obesity or not.

Every nutritional counselor is familiar with the sylphlike lady who enters the consulting room and declares emphatically that she is getting horribly fat and wishes to reduce. Many an honest and sympathetic nutritional counselor at once concludes that they are dealing with a "nut." In my experience the lady is nearly always right and the counselor wrong. When such a client is carefully examined one finds many signs of potential obesity, which is just about to become manifest as overweight. The client distinctly feels that something is wrong with her, that a subtle change is taking place in her body, and this alarms her.

There are a number of signs and symptoms which are characteristic of obesity.

Signs and symptoms of obesity

The bodily signs may be divided into such as have developed before puberty, indicating a strong inherited factor, and those which develop at the onset of manifest disorder. Early signs are a disproportionately large size of the two upper front teeth, the first incisor, or a dimple on both sides of the sacral bone just above the buttocks. When the arms are outstretched with the palms upward, the forearms appear sharply angled outward from the upper arms. The same applies to the lower extremities. The client cannot bring his feet together without the knees overlapping; he is, in fact, knock-kneed.

The beginning accumulation of abnormal fat shows as a little pad just below the nape of the neck, colloquially known as the Duchess' Hump. There is a triangular fatty bulge in front of the armpit when the arm is held against the body. When the skin is stretched by fat rapidly accumulating under it, it may split in the lower layers. When large and fresh, such tears are purple, but later they are transformed into white scar-tissue. Such striation, as it is called, commonly occurs on the abdomen of women during pregnancy, but in obesity it is frequently found on the breasts, the hips and occasionally on the shoulders. In many cases striation is so fine that the small white lines are only just visible. They are always a sure sign of obesity, and though this may be slight at the time of examination such clients can usually remember a period in their childhood when they were excessively chubby.

Another typical sign is a pad of fat on the insides of the knees, a spot where normal fat reserves are never stored. There may be a fold of skin over the pubic area and another fold may stretch round both sides of the chest, where a loose roll of fat can be picked up between two fingers. In the male an excessive accumulation of fat in the breasts is always indicative, while in the female the breast is usually, but not necessarily, large. Obviously excessive fat on the abdomen, the hips, thighs, upper arms, chin and shoulders are characteristic, and it is important to remember that any number of these signs may be present in persons

whose weight is statistically normal; particularly if they are dieting on their own with iron determination.

Common clinical symptoms which are indicative only in their association and in the frame of the whole clinical picture are: frequent headaches, rheumatic pains without detectable bony abnormality; a feeling of laziness and lethargy, often both physical and mental and frequently associated with insomnia, the clients saying that all they want is to rest; the frightening feeling of being famished and sometimes weak with hunger two to three hours after a hearty meal and an irresistible yearning for sweets and starchy food which often overcomes the client quite suddenly and is sometimes substituted by a desire for alcohol; constipation and a spastic or irritable colon are unusually common among the obese, and so are menstrual disorders.

Returning once more to our sylphlike lady, we can say that a combination of some of these symptoms with a few of the typical bodily signs is sufficient evidence to take her case seriously. A human figure, male or female, can only be judged in the nude, we will however not ask you to strip and will provide assistance in measuring if you desire; any opinion by us based on the dressed appearance can be quite fantastically wide off the mark so you will be asked to be objective concerning your self.

The Lady Whose Fat Was All in One Place

One of our clients weighed in at 116lbs, obviously not obese in terms of pounds. Her issue was the placement of those pounds. Most of her complaint was her hips. We started the HCG + diet protocol and at the mid point she weighed in at 1lb lighter but had lost 7 inches in her hips. By the end of the 30 day protocol she had lost an additional pound and an additional 5 inches in her hips.

Fat but not Obese

While a person who is statistically underweight may still be suffering from the disorder which causes obesity, it is also possible for a person to be statistically overweight without suffering from obesity. For such persons weight is no problem, as they can gain or lose at will and experience no difficulty in reducing their caloric intake. They are masters of their weight, which the obese are not. Moreover, their excess fat shows no preference for certain typical regions of the body, as does the fat in all cases of obesity. Thus, the decision whether a borderline case is really suffering from obesity or not cannot be made merely by consulting weight tables.

THE TREATMENT OF OBESITY

If obesity is always due to one very specific diencephalic deficiency, it follows that the only way to cure it is to correct this deficiency. At first this seemed an utterly hopeless undertaking. The greatest obstacle was that one could hardly hope to correct an inherited trait localized deep inside the brain, and while we did possess a number of drugs whose point of action was believed to be in the diencephalon, none of them had the slightest effect on the fat-center. There was not even a pointer showing a direction in which pharmacological research could move to find a drug that had such a specific action. The closest approach was the appetite-reducing drugs - the amphetamines----- but these cured nothing.

A Curious Observation

Dr. Simeon writes, "Mulling over this depressing situation, I remembered a rather curious observation made many years ago in India. At that time we knew very little about the function of the diencephalon, and my interest centered round the pituitary gland. Froehlich had described cases of extreme obesity and sexual underdevelopment in youths suffering from a new growth of the anterior pituitary lobe, producing what then became known as Froehlich's disease. However, it was very soon discovered that the identical syndrome, though running a less fulminating course, was quite common in clients whose pituitary gland was perfectly normal. These are the so-called "fat boys" with long, slender hands, breasts any flat-chested maiden would be proud to possess, large hips, buttocks and thighs with striation, knock-knees and underdeveloped genitals, often with undescended testicles.

It also became known that in these cases the sex organs could be developed by giving the clients doses of a substance extracted from the urine of pregnant women, it having been shown that when this substance was injected into sexually immature rats it made them precociously mature. The amount of substance which produced this effect in one rat was called one International Unit, and the purified extract was accordingly called "Human Chorionic Gonadotrophin" whereby chorionic signifies that it is produced in the placenta and Gonadotrophin that its action is sex gland directed.

The usual way of treating "fat boys" with underdeveloped genitals is to inject several hundred International Units twice a week. Human Chorionic Gonadotrophin which we shall henceforth simply call HCG is expensive and as "fat boys" are fairly common among Indians I tried to establish the smallest effective dose. In the course of this study three interesting things emerged. The first was that when fresh pregnancy-urine from the female ward was given in quantities of about 300 cc. by retention

enema, as good results could be obtained as by injecting the pure substance. The second was that small daily doses appeared to be just as effective as much larger ones given twice a week. Thirdly, and that is the observation that concerns us here, when such clients were given small daily doses they seemed to lose their ravenous appetite though they neither gained nor lost weight. Strangely enough however, their shape did change. Though they were not restricted in diet, there was a distinct decrease in the circumference of their hips.”

Fat on the Move

Dr. Simeon recognized that a change in shape could only be explained by a movement of fat away from abnormal deposits on the hips, and if that were so there was just a chance that while such fat was in transition it might be available to the body as fuel, fat on the move would be able to replace food. It should then be possible to keep a “fat boy” on a severely restricted diet without a feeling of hunger, in spite of a rapid loss of weight. When tried it was found that as long as such clients were given small daily doses of HCG they could comfortably go about their usual occupations on a diet of only 500 Calories daily and lose an average of about one pound per day. It was also perfectly 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, nor did the daily administration of HCG appear to have any side-effects other than beneficial.

From this point it was a small step to try the same method in all other forms of obesity. It took a few hundred cases to establish beyond reasonable doubt that the mechanism operates in exactly the same way and seemingly without exception in every case of obesity. Dr. Simeon found that, though most clients were treated in the outpatient department, gross dietary errors rarely occurred. On the contrary, most clients complained that the two meals of 250 Calories each were more than they could manage, as they continually had a feeling of just having had a large meal.

Pregnancy and Obesity

Once this trial was opened, further observations seemed to fall into line. It is, for instance, well known that during pregnancy an obese woman can very easily lose weight. She can drastically reduce her diet without feeling hunger or discomfort and lose weight without in any way harming the child in her womb. It is also surprising to what extent a woman can suffer from pregnancy-vomiting without coming to any real harm.

Pregnancy is an obese woman's one great chance to reduce her excess weight. That she so rarely makes use of this opportunity is due to the erroneous notion, usually fostered by her elder relations, that she now has "two mouths to feed" and must "keep up her strength for the coming event. If a woman would follow a diet sufficiently low in Calories it would bring about a drastic reduction.

A woman may gain weight during pregnancy, but she never becomes obese in the strict sense of the word. Under the influence of the HCG which circulates in enormous quantities in her body during pregnancy, her diencephalic banking capacity seems to be unlimited, and abnormal fixed deposits are never formed. At the end of pregnancy ^[5] she is suddenly deprived of HCG, and her diencephalic fat-center reverts to its normal capacity. It is only then that the abnormally accumulated fat is locked away again in a fixed deposit. From that moment on she is suffering from obesity and is subject to all its consequences.

Pregnancy seems to be the only normal human condition in which the diencephalic fat-banking capacity is unlimited. It is only during pregnancy that fixed fat deposits can be transferred back into the normal current account and freely drawn upon to make up for any nutritional deficit. During pregnancy, every ounce of reserve fat is placed at the disposal of the growing fetus. Were this not so, an obese woman, whose normal reserves are already depleted, would have the greatest difficulties in bringing her pregnancy to full term. There is considerable evidence to suggest that it is the HCG produced in large quantities in the placenta which brings about this diencephalic change.

Though we may be able to increase the diencephalic fat banking capacity by injecting HCG, this does not in itself affect the weight, just as transferring monetary funds from a fixed deposit into a current account does not make a man any poorer; to become poorer it is also necessary that he freely spends the money which thus becomes available. In pregnancy the needs of the growing embryo take care of this to some extent, but in the treatment of obesity there is no embryo, and so a very severe dietary restriction must take its place for the duration of treatment.

Only when the fat which is in transit under the effect of HCG is actually consumed can more fat be withdrawn from the fixed deposits. In pregnancy it would be most undesirable if the fetus were offered ample food only when there is a high influx from the intestinal tract. Ideal nutritional conditions for the fetus can only be achieved when the mother's blood is continually saturated with food, regardless of whether she eats or not, as otherwise a period of starvation might hamper the steady growth of the embryo. It seems that HCG brings about this continual saturation of the blood, which is the reason why obese clients under treatment with HCG never feel hungry in spite of their drastically reduced food intake.

The Nature of Human Chorionic Gonadotrophin

HCG is never found in the human body except during pregnancy and in those rare cases in which a residue of placental tissue continues to grow in the womb in what is known as a chorionic epithelioma. It is never found in the male. The human type of chorionic Gonadotrophin is found only during the pregnancy of women and the great apes. It is produced in enormous quantities, so that during certain phases of her pregnancy a woman may excrete as much as one million International Units per day in her urine - enough to render a million infantile rats precociously mature. Other mammals make use of a different hormone, which can be extracted from their blood serum but not from their urine. Their placenta differs in this and other respects from that of man and the great apes. This animal chorionic gonadotrophin is much less rapidly broken down in the human body than HCG, and it is also less suitable for the treatment of obesity.

As often happens in medicine, much confusion has been caused by giving HCG its name before its true mode of action was understood. It has been explained that gonadotrophin literally means a sex-gland directed substance or hormone, and this is quite misleading. It dates from the early days when it was first found that HCG is able to render infantile sex glands mature, whereby it was entirely overlooked that it has no stimulating effect whatsoever on normally developed and normally functioning sex-glands. No amount of HCG is ever able to increase a normal sex function; it can only improve an abnormal one and in the young hasten the onset of puberty. However, this is no direct effect. HCG acts exclusively at a diencephalic level and there brings about a considerable increase in the functional capacity of all those centers which are working at maximum capacity.

The Real Gonadotrophin

Two hormones known in the female as follicle stimulating hormone (FSH) and corpus luteum stimulating hormone (LSH) are secreted by the anterior lobe of the pituitary gland. These hormones are real gonadotrophins because they directly govern the function of the ovaries. The anterior pituitary is in turn governed by the diencephalon, and so when there is an ovarian deficiency the diencephalic center concerned is hard put to correct matters by increasing the secretion from the anterior pituitary of FSH or LSH, as the case may be. When sexual deficiency is clinically present, this is a sign that the diencephalic center concerned is unable, in spite of maximal exertion, to cope with the demand for anterior pituitary stimulation.^[6] When then the administration of HCG increases the functional capacity of the diencephalon, all demands can be fully satisfied and the sex deficiency is corrected.

That this is the true mechanism underlying the presumed gonadotrophic action of HCG is confirmed by the fact that when the pituitary gland of infantile rats is removed before they are given HCG, the latter has no effect on their sex-glands. HCG cannot therefore have a direct sex gland stimulating action like that of the anterior pituitary gonadotrophins, as FSH and LSH are justly called. The latter are entirely different substances from that which can be extracted from pregnancy urine and which, unfortunately, is called chorionic gonadotrophin. It would be no clumsier, and certainly far more appropriate, if HCG were henceforth called chorionic diencephalotrophin.

HCG no Sex Hormone

It cannot be sufficiently emphasized that HCG is not sex-hormone, that its action is identical in men, women, children and in those cases in which the sex-glands no longer function owing to old age or their surgical removal. The only sexual change it can bring about after puberty is an improvement of a pre-existing deficiency, but never stimulation beyond the normal. In an indirect way via the anterior pituitary, HCG regulates menstruation and facilitates conception, but it never virilizes a woman or feminizes a man. It neither makes men grow breasts nor does it interfere with their virility, though where this was deficient it may improve it. It never makes women grow a beard or develop a gruff voice. I have stressed this point only for the sake of my lay readers, because, it is our daily experience that when clients hear the word hormone they immediately jump to the conclusion that this must have something to do with the sex-sphere. They are not accustomed as we are, to think thyroid, insulin, cortisone, adrenalin etc, as hormones.

Importance and Potency of HCG

Owing to the fact that HCG has no direct action on any endocrine gland, its enormous importance in pregnancy has been overlooked and its potency underestimated. Though a pregnant woman can produce as much as one million units per day, we find that the intake of a homeopathic liquid or pellet containing the energy of Human Chorionic Gonadotrophin is ample to reduce weight at the rate of roughly one pound per day, even in a person weighing 400 pounds, when associated with an approximately 500 - Calorie diet. It is no exaggeration to say that the flooding of the female body with HCG is by far the most spectacular hormonal event in pregnancy. It has an enormous protective importance for mother and child, and I even go so far as to say that no woman, and certainly not an obese one, could carry her pregnancy to term without it.

HCG has been known for over half a century. It is the substance which Aschheim and Zondek so brilliantly used to diagnose early pregnancy out of the urine.

Complicating Disorders

Some complicating disorders are often associated with obesity, and these we must briefly discuss. The most important associated disorders and the ones in which obesity seems to play a precipitating or at least an aggravating role are the following: the stable type of diabetes, gout, rheumatism and arthritis, high blood pressure and hardening of the arteries, coronary disease and cerebral hemorrhage.

Apart from the fact that they are often - though not necessarily - associated with obesity, these disorders have two things in common. In all of them, modern research is becoming more and more inclined to believe that diencephalic regulations play a dominant role in their causation. The other common factor is that they either improve or do not occur during pregnancy. In the latter respect they are joined by many other disorders not necessarily associated with obesity. Such disorders are, for instance, colitis, duodenal or gastric ulcers, certain allergies, psoriasis, loss of hair, brittle fingernails, migraine, etc.

If HCG + diet does, in the obese, bring about those diencephalic changes which are characteristic of pregnancy, one would expect to see an improvement in all these conditions comparable to that seen in real pregnancy. The administration of HCG does in fact do this in a remarkable way.

Diabetes

In an obese client suffering from a fairly advanced case of stable diabetes of many years duration a close eye should be kept blood sugar levels after the first few days of treatment due to the fact that there is often a decrease in blood sugar. The blood sugar continues to drop from day to day and often reaches normal values in 2-3 weeks. As in pregnancy, this phenomenon is not observed in the brittle type of diabetes, and as some cases that are predominantly stable may have a small brittle factor in their clinical makeup, all obese diabetics have to be kept under a very careful and expert watch.

A brittle case of diabetes is primarily due to the inability of the pancreas to produce sufficient insulin, while in the stable type, diencephalic regulations seem to be of greater importance. That is possibly the reason why the stable form responds so well to the HCG method of treating obesity, whereas the brittle type does not. Obese clients are generally suffering from the stable type, but a stable type may gradually change into a brittle one, which is usually associated with a loss

of weight. Thus, when an obese diabetic finds that he is losing weight without diet or treatment, he should at once have his diabetes expertly attended to. There is some evidence to suggest that the change from stable to brittle is more liable to occur in clients who are taking insulin for their stable diabetes.

Rheumatism

All rheumatic pains, even those associated with demonstrable bony lesions, improve subjectively within a few days of treatment, and often require neither cortisone nor salicylates. Again this is a well known phenomenon in pregnancy, and while under treatment with HCG + diet the effect is no less dramatic. As it does after pregnancy, the pain of deformed joints returns after treatment, but smaller doses of pain-relieving drugs seem able to control it satisfactorily after weight reduction.

Cholesterol

The exact extent to which the blood cholesterol is involved in hardening of the arteries, high blood pressure and coronary disease is not as yet known, but it is now widely admitted that the blood cholesterol level is governed by diencephalic mechanisms. The behavior of circulating cholesterol is therefore of particular interest during the treatment of obesity with HCG. Cholesterol circulates in two forms, which we call free and esterified. Normally these fractions are present in a proportion of about 25% free to 75% esterified cholesterol, and it is the latter fraction which damages the walls of the arteries. In pregnancy this proportion is reversed and it may be taken for granted that arteriosclerosis never gets worse during pregnancy for this very reason.

To my knowledge, the only other condition in which the proportion of free to esterified cholesterol is reversed is during the treatment of obesity with HCG + diet, when exactly the same phenomenon takes place. This seems an important indication of how closely a client under HCG treatment resembles a pregnant woman in diencephalic behavior.

When the total amount of circulating cholesterol is normal before treatment, this absolute amount is neither significantly increased nor decreased. But when an obese client with an abnormally high cholesterol and already showing signs of arteriosclerosis is treated with HCG, his blood pressure drops and his coronary circulation seems to improve, and yet his total blood cholesterol may soar to heights never before reached.

At first this greatly alarmed us. But then we saw that the clients came to no harm even if treatment was continued and we found in follow-up examinations undertaken some months after treatment that the cholesterol was much better than it had been before treatment. As the increase is mostly in the form of the not dangerous free cholesterol, we gradually came to welcome the phenomenon. Today we believe that the rise is entirely due to the liberation of recent cholesterol deposits that have

not yet undergone calcification in the arterial wall and therefore highly beneficial.

Gout

An identical behavior is found in the blood uric acid level of clients suffering from gout. Predictably such clients get an acute and often severe attack after the first few days of HCG treatment but then remain entirely free of pain, in spite of the fact that their blood uric acid often shows a marked increase which may persist for several months after treatment. Those clients who have regained their normal weight remain free of symptoms regardless of what they eat, while those that require a second course of treatment get another attack of gout as soon as the second course is initiated. We do not yet know what diencephalic mechanisms are involved in gout; possibly emotional factors play a role, and it is worth remembering that the disease does not occur in women of childbearing age. We have a number of naturopathic remedies for clients who give a history of gout and have a high blood uric acid level.

Blood Pressure

Clients, who have brought themselves to the brink of malnutrition by exaggerated dieting, laxatives etc, often have an abnormally low blood pressure. In these cases the blood pressure rises to normal values at the beginning of treatment and then very gradually drops, as it always does in clients with a normal blood pressure. Normal values are always regained a few days after the treatment is over. Of this lowering of the blood pressure during treatment the clients are not aware. When the blood pressure is abnormally high, and provided there are no detectable renal lesions, the pressure drops, as it usually does in pregnancy. The drop is often very rapid, so rapid in fact that it sometimes is advisable to slow down the process with pressure sustaining medication until the circulation has had a few days time to adjust itself to the new situation. On the other hand, among the thousands of cases treated, we have never seen any untoward incident which could be attributed to the rather sudden drop in high blood pressure.

When a woman suffering from high blood pressure becomes pregnant her blood pressure very soon drops, but after her the end of pregnancy it may gradually rise back to its former level. Similarly, a high blood pressure present before HCG treatment tends to rise again after the treatment is over, though this is not always the case. But the former high levels are rarely reached, and we have gathered the impression that such relapses respond better to orthodox drugs or herbal remedies than before treatment.

Peptic Ulcers

In our cases of obesity with gastric or duodenal ulcers we have noticed a surprising subjective improvement in spite of a diet which would generally be considered most inappropriate for an ulcer client. Here, too, there is a similarity with pregnancy, in which peptic ulcers hardly ever occur. However we have seen two cases with a previous history of several hemorrhages in which a bleeding occurred within 2 weeks of the end of treatment.

Psoriasis, Fingernails, Hair, Varicose Ulcers

As in pregnancy, psoriasis greatly improves during treatment but may relapse when the treatment is over. Most clients spontaneously report a marked improvement in the condition of brittle fingernails. Dr Simeons writes, "The loss of hair not infrequently associated with obesity is temporarily arrested, though in very rare cases an increased loss of hair has been reported. I remember a case in which a client developed a patchy baldness - so called alopecia areata - after a severe emotional shock, just before she was about to start an HCG treatment. Our dermatologist diagnosed the case as a particularly severe one, predicting that all the hair would be lost. He counseled against the reducing treatment, but in view of my previous experience and as the client was very anxious not to postpone reducing, I discussed the matter with the dermatologist and it was agreed that, having fully acquainted the client with the situation, the treatment should be started. During the treatment, which lasted four weeks, the further development of the bald patches was almost, if not quite, arrested; however, within a week of having finished the course of HCG, all the remaining hair fell out as predicted by the dermatologist. The interesting point is that the treatment was able to postpone this result but not to prevent it. The client has now grown a new shock of hair of which she is justly proud."

In obese clients with large varicose ulcers we were surprised to find that these ulcers heal rapidly under treatment with HCG. We believe it is possible to treat non obese clients suffering from varicose ulcers with daily doses of HCG on normal diet with good results based on the experience of other using HCG.

The "Pregnant" Male

When a male client hears that he is about to be put into a condition which in some respects resembles pregnancy, he is usually shocked and horrified. The nutritional counselor must therefore carefully explain that this does not mean that he will be feminized and that HCG in no way interferes with his sex. He must be made to understand that in the interest

of the propagation of the species nature provides for a perfect functioning of the regulatory headquarters in the diencephalon during pregnancy and that we are merely using this natural safeguard as a means of correcting the diencephalic disorder which is responsible for his overweight.

TECHNIQUE

Warnings

The benefit the client can derive from reading this part of the book is a fuller realization of how very important it is for him to follow to the letter his nutritational adviser's instructions.

In treating obesity with the HCG + diet method we are working with what is perhaps the most complex organ in the human body. The diencephalon's functional equilibrium is delicately poised, so that whatever happens in one part has repercussions in others. In obesity this balance is out of balance and can only be restored if the technique I am about to describe is followed implicitly. Even seemingly insignificant deviations, particularly those that at first sight seem to be an improvement, are very liable to produce most disappointing results and even annul the effect completely.

For instance, if the diet is arbitrarily increased from 500 to 600 or 700 Calories, without muscle testing for accuracy, the loss of weight is quite unsatisfactory. If the daily dose of HCG is raised to more than 1ml daily its action often appears to be reversed, possibly because larger doses evoke diencephalic counter-regulations. On the other hand, the diencephalon is an extremely robust organ in spite of its unbelievable intricacy. From an evolutionary point of view it is one of the oldest organs in our body and its evolutionary history dates back more than 500 million years. This has rendered it extraordinarily adaptable to all natural exigencies, and that is one of the main reasons why the human species was able to evolve. What its evolution did not prepare it for were the conditions to which human culture and civilization now expose it.

History taking

When a client first presents himself for treatment, we take a general history. We try to establish the highest weight the client has ever had in his life (obviously excluding pregnancy), when this was, and what measures have already been taken in an effort to reduce.

It has been our experience that those clients who have been taking thyroid preparations for long periods have a slightly lower average loss of

weight under treatment with HCG than those who have never taken thyroid. This is even so in those clients who have been taking thyroid because they had an abnormally low basal metabolic rate. In many of these cases the low BMR is not due to any intrinsic deficiency of the thyroid gland, but rather to a lack of diencephalic stimulation of the thyroid gland via the anterior pituitary lobe. We never allow thyroid to be taken during treatment, and yet a BMR which was very low before treatment is usually found to be normal after a week or two of HCG + diet. Needless to say, this does not apply to those cases in which a thyroid deficiency has been produced by the surgical removal of a part of an overactive gland. It is also most important to ascertain whether the client has taken diuretics (water eliminating pills) as this also decreases the weight loss under the HCG regimen.

Returning to our procedure, we then take the client through a brief explanation of applied kinesiology, and check the primary acupuncture energy points to make sure that all systemic energy is strong. We also check to see if there is a need to do any supplementation to feed and cleanse the kidneys, the liver, the lymphatics, the colon, or the body systems as a whole. We also check to see if there is a problem with parasites or Candida. If any of these areas need attention then we delay the beginning of the HCG protocol until these areas are returned to their energetic norms.

The client then is weighed and measured. The amount of weight loss will generally be between .75 to 1lb per day. It is a particularly interesting feature of the HCG treatment that in reasonably cooperative clients this figure is remarkably constant, regardless of sex, age and degree of overweight.

The Duration of Treatment

Our clients can expect to do the HCG protocol plus diet for 15, 30 or 45 days depending on the amount of weight loss desired and the feedback received through muscle testing. There is extra two days that are needed because all clients must continue the 500-Calorie diet for two days after the last dosage. This is a very essential part of the treatment, because if they start eating normally as long as there is even a trace of HCG in their body they put on weight alarmingly at the end of the treatment. After two days when all the HCG has been eliminated this does not happen, because 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.

We never give a treatment lasting less than 15 days, even in clients needing to lose only 5 pounds. It seems that even in the mildest cases of obesity the diencephalon requires about two weeks rest from the maximal exertion to which it has been previously subjected in order to regain fully

its normal fat-banking capacity. Clinically this expresses itself, in the fact that, when in these mild cases, treatment is stopped as soon as the weight is normal, which may be achieved in a week, it is much more easily regained than after a full course of 15 daily doses (twice a day).

As soon as such clients have lost all their abnormal superfluous fat, they at once begin to feel ravenously hungry in spite of continued doses. This is because HCG only puts abnormal fat into circulation and cannot, in the doses used, liberate normal fat deposits; indeed, it seems to prevent their consumption. As soon as their statistically normal weight is reached, these clients are put on 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 two days after the final dose is taken. Only then are the clients free to eat anything they please *except sugar and starches for the next three weeks.*

Persons, who are tired of obesity, having seen its ravages in other members of their family, explain that they must weigh less than normal. With this request we flatly refuse to comply, first, because we undertake to cure a disorder, not to create a new one, and second, because it is in the nature of the HCG method that it is self limiting. It becomes completely ineffective as soon as all abnormal fat is consumed. Clients with a slight tendency to obesity, having tried all manner of reducing methods, invariably come to the conclusion that their figure is satisfactory only when they are underweight, simply because none of these methods remove their superfluous fat deposits. When they see that under HCG their figure improves out of all proportion to the amount of weight lost, they are nearly always content to remain within their normal weight-range.

When a client has more than 15 pounds to lose the treatment takes longer but the maximum time will be 45 days if muscle testing permits. We do not, as a rule, allow clients to lose more than 34 lbs. at a time. The treatment is stopped when either 34 lbs. have been lost or 45 days has been reached. The only exception we make is in the case of grotesquely obese clients who may be allowed to lose an additional 5-6 lbs. if this occurs before the 45 days are up.

Immunity to HCG

The reason for limiting a course to 45 days is that by then some clients may begin to show signs of HCG immunity. Though this phenomenon is well known, we cannot as yet define the underlying mechanism. Maybe after a certain length of time the body learns to break down and eliminate HCG very rapidly or possibly prolonged treatment leads to some sort of counter-regulation which annuls the diencephalic effect.

After 30 to 45 daily doses (twice a day) it takes about six weeks before this so called immunity is lost and HCG again becomes fully effective. Usually after about 45 days of treatment clients may feel the onset of immunity as hunger which was previously absent. In those comparatively rare cases in which signs of immunity develop before the full course of 90 doses has been completed-say at the 70th dose, it must be stopped at once, because if it is continued the clients begin to look weary and drawn, feel weak and hungry and any further loss of weight achieved is then always at the expense of normal fat. This is not only undesirable, but normal fat is also instantly regained as soon as the client is returned to a free diet.

Menstruation

During menstruation no doses are given, but the diet is continued and causes no hardship; yet as soon as the menstruation is over, the clients become extremely hungry unless the doses are resumed at once. It is very impressive to see the suffering of a woman who has continued her diet for a day or two beyond the end of the period without taking her dosage and then to hear the next day that all hunger ceased within a few hours after the dosage and to see her once again content, florid and cheerful. While on the question of menstruation it must be added that in teenaged girls the period may in some rare cases be delayed and exceptionally stop altogether. If then later this is artificially induced some weight may be regained.

Further Courses

Clients requiring the loss of more than 34 lbs. must have a second or even more courses. A second course can be started after an interval of not less than six weeks, though the pause can be more than six weeks. When a third, fourth or even fifth course is necessary, the interval between courses should be made progressively longer. Between a second and third course eight weeks should elapse, between a third and fourth course twelve weeks, between a fourth and fifth course twenty weeks and between a fifth and sixth course six months. In this way it is possible to bring about a weight reduction of 100 lbs. and more if required without the least hardship to the client.

In general, men do slightly better than women and often reach a somewhat higher average daily loss. Very advanced cases do a little better than early ones, but it is a remarkable fact that this difference is only just statistically significant.

Conditions that must be accepted before treatment

On the basis of these data the probable duration of treatment can be calculated with considerable accuracy and this is explained to the client. It is made clear to him that during the course of treatment he must return at the mid point of the protocol and again at the end (or every two weeks) for a full check using muscle testing. If the movement of fat has sparked the need for a cleanse supplementation will be recommended.

We want to be clear that between courses the client gets no treatment and is free to eat anything he pleases except starches and sugar during the first 3 weeks. The diet should be followed very closely which will be fairly easy because you will feel little hunger and may indeed have difficulty in getting down the 500 Calories.

Though a client can only consider himself really cured when he has been reduced to his statistically normal weight, we do not insist that he commit himself to that extent. Even a partial loss of overweight is highly beneficial, and it is our experience that once a client has completed a first course he is so enthusiastic about the ease with which the surprising results are achieved that he almost invariably comes back for more.

Examining the client

Only when agreement is reached on the points so far discussed do we proceed with the examination of the client.

The examination involves a general, non invasive check of the strength of energy present in a number of the points in the body where the horizontal and vertical acupuncture meridians of the body cross. From this we can tell if there is blocked, stuck or missing energy requiring nutritional supplementation prior to beginning the HCG protocol.

There will also be a Niacin reactor test that involves monitoring the client's reaction to Niacin, if this causes a flush amino acids are recommended.

If there is the presence of weaknesses that require supplementation there will be a determination made by your nutritional counselor at that point as to whether or not the HCG protocol should be delayed until the weakness is strengthened.

Gain before Loss

Clients whose general condition is low, owing to excessive previous dieting, must eat to capacity for about one week before starting treatment, regardless of how much weight they may gain in the process. One cannot

keep a client comfortably on 500 Calories unless his normal fat reserves are reasonably well stocked. **It is for this reason also that every case, even those that are actually gaining must eat to capacity of the most fattening food they can get down until they have had the third dosage.** It is a fundamental mistake to put a client on 500 Calories as soon as the doses are started, as it seems to take about three doses before abnormally deposited fat begins to circulate and thus become available.

We distinguish between the first two days dosage, which we call "non-effective" as far as the loss of weight is concerned, and the subsequent doses given while the client is dieting, which we call "effective". The average loss of weight is calculated on the number of effective doses and from the weight reached on the day of the third dosage which may be well above what it was two days earlier when the first dosage was given.

Most clients who have been struggling with diets for years and know how rapidly they gain if they let themselves go are very hard to convince of the absolute necessity of gorging for at least two days, and yet this must be insisted upon categorically if the further course of treatment is to run smoothly. Those clients who have to be put on forced feeding for a week before starting the doses usually gain weight rapidly - four to six pounds in 24 hours is not unusual - but after a day or two this rapid gain generally levels off. In any case, the whole gain is usually lost in the first 48 hours of dieting. It is necessary to proceed in this manner because the gain re-stocks the depleted normal reserves, whereas the subsequent loss is from the abnormal deposits only.

Clients in a satisfactory general condition and those who have not just previously restricted their diet start forced feeding on the day of the first dosage. Some patients say that they can no longer overeat because their stomach has shrunk after years of restrictions. While we know that no stomach ever shrinks, we compromise by insisting that they eat frequently of highly concentrated foods such as milk chocolate, pastries with whipped cream sugar, fried meats (particularly pork), eggs and bacon, mayonnaise, bread with thick butter and jam, etc. The time and trouble spent on pressing this point upon incredulous or reluctant clients is always amply rewarded afterwards by the complete absence of those difficulties which clients who have disregarded these instructions are liable to experience.

During the two days of forced feeding from the first to the fourth dosage - many clients are surprised that contrary to their previous experience they do not gain weight and some even lose. The explanation is that in these cases there is a compensatory flow of urine, which drains excessive water from the body. To some extent this seems to be a direct

action of HCG, but it may also be due to a higher protein intake, as we know that a protein-deficient diet makes the body retain water.

Starting treatment

In menstruating women, the best time to start treatment is immediately after a period. Treatment may also be started later, but it is advisable to have at least ten days in hand before the onset of the next period. Similarly, the end of a course of HCG should never be made to coincide with menstruation. If things should happen to work out that way, it is better to give the last dosage three days before the expected date of the menses so that a normal diet can be resumed at onset. Alternatively, at least three doses should be given after the period, followed by the usual three days of dieting. This rule need not be observed in such clients who have reached their normal weight before the end of treatment and are already on a higher caloric diet.

The Diet

The 500 Calorie diet is explained below. For those who have looked at this information online, the following is going to be modified and separated according to information collected over recent years concerning the dietary needs of individuals based on blood type. We believe that following these guidelines in combination with the Caloric reduction will be the most effective way to bring about weight loss.

Blood Type "A"

Foods that encourage weight loss:

Vegetables
Pineapple

Breakfast: Green tea (or herbal teas as follows: Ginseng, Alfalfa, Hawthorn, Chamomile, Ginger or Burdock) or coffee in any quantity without sugar. Only one tablespoonful of milk allowed in 24 hours. Stevia, or Slimsweet may be used.

Lunch: 1. 100 grams of chicken breast, turkey, cod, white or ocean perch, Albacore tuna (not packed in oil),

snapper. All visible fat must be carefully removed before cooking, and the meat must be weighed raw. It must be boiled or grilled without additional fat. The chicken breast must be removed from the bird.

Additional sources of protein would include peanuts (in small quantities). One cup of beans (Aduke, Azuki, black, green, pinto, or red soy, black eyed peas)

2. Up to three cups of vegetables to be chosen from the following: (**Bold** items are best for A's) **spinach, chard, beet-greens, broccoli, artichoke, green salad**, celery, fennel, **onions**, red radishes, cucumbers, asparagus.
3. One breadstick (grissino) or one Melba toast.
4. An apple, or a handful of strawberries, 4 ounces fresh pineapple, blackberries, blueberries boysenberries, cherries, cranberries or one-half grapefruit.

Dinner : The same choices as lunch

Blood Type "AB"

Foods that encourage weight loss:

Seafood
Green vegetables
Kelp
Pineapple

Breakfast: Green Tea (other Herbal teas as follows: Alfalfa, Burdock, Chamomile, Echinacea, Ginger, Ginseng, Hawthorn, Rose hips, Strawberry leaf) or coffee in any quantity without sugar. Only one tablespoonful of milk allowed in 24

hours. Stevia, Xylitol or Slimsweet may be used.

Lunch:

1. 100 grams of lamb, turkey, White fish, White or yellow perch, Ocean white or yellow perch, or rainbow trout. All visible fat must be carefully removed before cooking, and the meat must be weighed raw. It must be boiled or grilled without additional fat.

Additional sources of protein would include peanuts or walnuts (in small quantities). One cup of beans (Navy, pinto, red, green or red soy.)

2. Up to three cups vegetables to be chosen from the following: spinach, chard, chicory, **beet-greens**, green salad, tomatoes, **celery**, **collard greens**, **mustard greens**, **cucumbers**, fennel, onions, **broccoli**, asparagus, and cabbage.
3. One breadstick (grissino) or one Melba toast.
4. An apple, 4 ounces of cherries, strawberries, cranberries, pineapple, grapes, or one-half grapefruit.

Dinner :

The same choices as lunch (above.)

Blood type "O"

Foods that encourage weight loss:

Kelp
Seafood
Red meat
Kale, spinach, broccoli

Breakfast:

Green Tea, water, or Seltzer water in any quantity without sugar.

Herbal teas (Cayenne, peppermint, rose hips, ginger, sarsaparilla, mulberry.) Only one tablespoonful of milk allowed in 24 hours. Stevia, Slimsweet or Xylitol may be used.

- Lunch:**
1. 200 grams of veal, beef, chicken breast, buffalo, venison, turkey, fresh white fish, lobster, crab, shrimp, Albacore tuna, white yellow or ocean perch. Dried, pickled fish or oil packed fish are not allowed. The chicken breast must be removed from the bird. All visible fat must be carefully removed before cooking, and the meat must be weighed raw. It must be boiled or grilled without additional fat.

Additional sources (especially in the case of constipation) Azuki, Aduke, pinto beans, and black eyed peas.

2. Up to 3 cups vegetables to be chosen from the following: artichoke, broccoli, collard greens okra, spinach, chard, chicory, beet-greens, green salad, tomatoes, celery, fennel, onions, red radishes, cucumbers, asparagus, cabbage.
3. One breadstick (grissino) or one Melba toast.
4. An apple, orange, or a handful of strawberries or one-half grapefruit.

Dinner : The same__choices as lunch (above.)

The juice of one lemon daily is allowed for all purposes. Salt, pepper, vinegar, Balsamic vinegar, Bragg's amino acids spray, mustard powder, garlic, sweet basil, parsley, thyme, marjoram, etc., may be used for seasoning, but no oil, butter or dressing.

Tea (Green or Herbal where indicated), coffee (depending on blood type recommendations) plain water, mineral water, or seltzer water are

the only drinks allowed, but they may be taken in any quantity and at all times.

In fact, the client should drink about 2 liters of these fluids per day. Many clients are afraid to drink so much because they fear that this may make them retain more water. This is a wrong notion as the body is more inclined to store water when the intake falls below its normal requirements.

The fruit or the breadstick may be eaten between meals instead of with lunch or dinner, but not more than four items listed for lunch and dinner may be eaten at one meal.

No medicines or cosmetics other than mineral based makeup, lipstick, eyebrow pencil and powder may be used without special permission. We recommend Dr. Bronner's soaps and Crystal Stone deodorant. Coconut oil may be used if a moisturizer is needed.

The 100 grams of meat is best for all blood types other than type "O" that often need to double up on their protein intake. Those not uncommon clients, who feel that even so little food is too much for them, can omit anything they wish.

There is no objection to breaking up the two meals. For instance having a breadstick and an apple for breakfast or an orange before going to bed, provided they are deducted from the regular meals. It is worth pointing out that any attempt to observe this diet without HCG will lead to trouble in two to three days.

Some people do not realize that a tangerine is not an orange and that chicken breast does not mean the breast of any other fowl, nor does it mean a wing or drumstick.

Making up the Calories

The diet used in conjunction with HCG, in most cases, must not exceed 500 Calories per day, and the way these Calories are made up is of utmost importance. For instance, if a client drops the apple and eats an extra breadstick instead, he will not be getting more Calories but he will not lose weight. There are a number of foods, particularly fruits and vegetables, which have the same or even lower caloric values than those listed as permissible, and yet we find that they interfere with the regular loss of weight under HCG, presumably owing to the nature of their composition. Pimiento peppers, artichokes and pears are examples of this.

While this diet works satisfactorily in Italy, certain modifications have to be made in other countries. For instance, American beef has almost double the caloric value of South Italian beef, which is not marbled with fat. This marbling is impossible to remove. In America, therefore, low-

grade veal should be used for one meal and fish (excluding all those species such as herring, mackerel, tuna, salmon, eel, etc., which have a high fat content, and all dried, smoked or pickled fish), chicken breast, lobster, crawfish, prawns, shrimps, crabmeat or kidneys for the other meal. Where the Italian breadsticks, the so-called grissini, are not available, one Melba toast may be used instead, though they are psychologically less satisfying. A Melba toast has about the same weight as the very porous grissini which is much more to look at and to chew.

In many countries specially prepared unsweetened and low Calorie foods are freely available, and some of these can be tentatively used. When local conditions or the feeding habits of the population make changes necessary it must be borne in mind that the total daily intake must not exceed 500 Calories if the best possible results are to be obtained, that the daily ration should contain 200 grams of fat-free protein and a very small amount of starch.

Just as the daily dose of HCG is the same in all cases, so the same diet proves to be satisfactory for a small elderly lady of leisure or a hard working muscular giant. Under the effect of HCG the obese body is always able to obtain all the Calories it needs from the abnormal fat deposits, regardless of whether it uses up 1500 or 4000 per day. It must be made very clear to the client that he is living to a far greater extent on the fat which he is losing than on what he eats.

Many clients ask why eggs are not allowed. The contents of two good sized eggs are roughly equivalent to 100 grams of meat, but unfortunately the yolk contains a large amount of fat, which is undesirable. Very occasionally we allow egg - boiled, poached or raw - to clients who develop an aversion to meat, but in this case they must add the white of three eggs to the one they eat whole. In countries where cottage cheese made from skimmed milk is available 100 grams may occasionally be used instead of the meat, but no other cheeses are allowed.

Vegetarians

Strict vegetarians such as orthodox Hindus present a special problem, because milk and curds are the only animal protein they will eat. To supply them with sufficient protein of animal origin they must drink 500 cc. of skimmed milk per day, though part of this ration can be taken as curds. As far as fruit, vegetables and starch are concerned, their diet is the same as that of non-vegetarians; they cannot be allowed their usual intake of vegetable proteins from leguminous plants such as beans or from wheat or nuts, nor can they have their customary rice. In spite of these severe restrictions, their average loss is about half that of non-vegetarians, presumably owing to the sugar content of the milk.

Faulty Dieting

Few clients will take one's word for it that the slightest deviation from the diet has under HCG disastrous results as far as the weight is concerned. This extreme sensitivity has the advantage that the smallest error is immediately detectable at the daily weighing but most clients have to make the experience before they will believe it.

Persons in high official positions such as embassy personnel, politicians, senior executives, etc., who are obliged to attend social functions to which they cannot bring their meager meal must be told beforehand that an official dinner will cost them the loss of about three days treatment, however careful they are and in spite of a friendly and would-be cooperative host. We generally advise them to avoid all-round embarrassment, the almost inevitable turn of conversation to their weight problem and the outpouring of lay counsel from their table partners by not letting it be known that they are under treatment. They should take dainty servings of everything, hide what they can under the cutlery and book the gain which may take three days to get rid of as one of the sacrifices which their profession entails. Allowing three days for their correction, such incidents do not jeopardize the treatment, provided they do not occur all too frequently in which case treatment should be postponed to a socially more peaceful season.

Vitamins and Anemia

Sooner or later most clients express a fear that they may be running out of vitamins or that the restricted diet may make them anemic. On this score the nutritional counselor can do muscle response testing to see if some supplementation is needed and confidently relieve their apprehension. Clients should also understand that as actual fat is burned up; all the vitamins, the proteins, the blood, and the minerals which this tissue contains in abundance are fed back into the body. Actually, a low blood count not due to any serious disorder of the blood forming tissues improves during treatment, and we have never encountered a significant protein deficiency or signs of a lack of vitamins in clients who are dieting regularly.

The First Days of Treatment

On the day of the third dosage it is almost routine to hear two remarks. One is: "You know, Counselor, I'm sure it's only psychological, but I already feel quite different". So common is this remark, even from very skeptical clients that we hesitate to accept the psychological interpretation. The other typical remark is: "Now that I have been allowed to eat anything I want, I can't get it down. Since yesterday I feel like a stuffed pig. Food just doesn't seem to interest me any more, and I am longing to get on with your diet". Many clients notice that they are passing more urine and that the swelling in their ankles is less even before they start dieting.

On the day of the fourth dosage most clients declare that they are feeling fine. They have usually lost two pounds or more, some say they feel a bit empty but hasten to explain that this does not amount to hunger. Some complain of a mild headache of which they have been forewarned and for which they have been given permission to take aspirin.

During the second and third day of dieting - that is, the fifth and sixth dosage-these minor complaints improve while the weight continues to drop at about double the usually overall average of almost one pound per day, so that a moderately severe case may by the fourth day of dieting have lost as much as 8- 10 lbs.

It is usually at this point that a difference appears between those clients who have literally eaten to capacity during the first two days of treatment and those who have not. The former feel remarkably well; they have no hunger, nor do they feel tempted when others eat normally at the same table. They feel lighter, more clear-headed and notice a desire to move quite contrary to their previous lethargy. Those who have disregarded the advice to eat to capacity continue to have minor discomforts and do not have the same euphoric sense of well-being until about a week later. It seems that their normal fat reserves require that much more time before they are fully stocked.

Fluctuations in weight loss

After the fourth or fifth day of dieting the daily loss of weight begins to decrease to one pound or somewhat less per day, and there is a smaller urinary output. Men often continue to lose regularly at that rate, but women are more irregular in spite of faultless dieting. There may be no drop at all for two or three days and then a sudden loss which reestablishes the normal average. These fluctuations are entirely due to variations in the retention and elimination of water, which are more marked in women than in men.

The weight registered by the scale is determined by two processes not necessarily synchronized. Under the influence of HCG, fat is being extracted from the cells, in which it is stored in the fatty tissue. When these cells are empty and therefore serve no purpose, the body breaks down the cellular structure and absorbs it, but breaking up of useless cells, connective tissue, blood vessels, etc., may lag behind the process of fat-extraction. When this happens the body appears to replace some of the extracted fat with water which is retained for this purpose. As water is heavier than fat the scales may show no loss of weight, although sufficient fat has actually been consumed to make up for the deficit in the 500-Calorie diet. When then such tissue is finally broken down, the water is liberated and there is a sudden flood of urine and a marked loss of weight. This simple interpretation of what is really an extremely complex mechanism is the one we give those clients who want to know why it is

that on certain days they do not lose, though they have committed no dietary error.

Clients, who have previously regularly used diuretics as a method of reducing, lose fat during the first two or three weeks of treatment which shows in their measurements, but the scale may show little or no loss because they are replacing the normal water content of their body which has been dehydrated. Diuretics should never be used for reducing.

Interruptions of Weight Loss

We distinguish four types of interruption in the regular daily loss. The first is the one that has already been mentioned in which the weight stays stationary for a day or two, and this occurs, particularly towards the end of a course, in almost every case.



The Plateau

The second type of interruption we call a "plateau". A plateau lasts 4-6 days and frequently occurs during the second half of a full course, particularly in clients that have been doing well and whose overall average of nearly a pound per effective dosage has been maintained. Those who are losing more than the average all have a plateau sooner or later. A plateau always corrects, itself, but many clients who have become accustomed to a regular daily loss get unnecessarily worried and begin to fret. No amount of explanation convinces them that a plateau does not mean that they are no longer responding normally to treatment.

In such cases we consider it permissible, for purely psychological reasons, to break up the plateau. This can be done with a so-called "apple day". An apple-day begins at lunch and continues until just before lunch of the following day. The clients are given six large apples and are told to eat one whenever they feel the desire though six apples is the maximum allowed. During an apple-day no other food or liquids except plain water are allowed and of water they may only drink just enough to quench an uncomfortable thirst if eating an apple still leaves them thirsty. Most clients feel no need for water and are quite happy with their six apples. Needless to say, an apple-day may never be given on the day on which there is no dosage. The apple-day produces a gratifying loss of weight on the following day, chiefly due to the elimination of water. This water is not regained when the clients resume their normal 500-Calorie diet at lunch, and on the following days they continue to lose weight satisfactorily.

It is useless to give an apple-day unless the weight has been stationary for at least four days without any dietary error having been committed.

Reaching a Former Level

The third type of interruption in the regular loss of weight may last much longer - ten days to two weeks. Fortunately, it is rare and only occurs in very advanced cases, and then hardly ever during the first course of treatment. It is seen only in those clients who during some period of their lives have maintained a certain fixed degree of obesity for ten years or more and have then at some time rapidly increased beyond that weight. When then in the course of treatment the former level is reached, it may take two weeks of no loss, in spite of HCG and diet before further reduction is normally resumed.

Menstrual Interruption

The fourth type of interruption is the one which often occurs a few days before and during the menstrual period and in some women at the time of ovulation. It must also be mentioned that when a woman becomes pregnant during treatment - and this is by no means uncommon - she at once ceases to lose weight. An unexplained arrest of reduction has on several occasions raised our suspicion before the first period was missed. If in such cases, menstruation is delayed, we stop injecting and do a precipitation test five days later. No pregnancy test should be carried out earlier than five days after the last dosage, as otherwise the HCG may give a false positive result.

Oral contraceptives may be used during treatment.

Dietary Errors

Any interruption of the normal loss of weight which does not fit perfectly into one of those categories is always due to some possibly very minor dietary error. Similarly, any gain of more than 100 grams is invariably the result of some transgression or mistake, unless it happens on or about the day of ovulation or during the three days preceding the onset of menstruation, in which case it is ignored. In all other cases the reason for the gain must be established at once.

The client who frankly admits that he has stepped out of his regimen when told that something has gone wrong is no problem. He is always surprised at being found out, because unless he has seen this himself he will not believe that a salted almond, a couple of potato chips, a glass of tomato juice or an extra orange will bring about a definite increase in his weight on the following day.

Very often he wants to know why extra food weighing one ounce should increase his weight by six ounces. We explain this in the following way: Under the influence of HCG the blood is saturated with food and the

blood volume has adapted itself so that it can only just accommodate the 500 Calories which come in from the intestinal tract in the course of the day. Any additional income, however little this may be, cannot be accommodated and the blood is therefore forced to increase its volume sufficiently to hold the extra food, which it can only do in a much diluted form. Thus it is not the weight of what is eaten that plays the determining role but rather the amount of water which the body must retain to accommodate this food.

This can be illustrated by mentioning the case of salt. In order to hold one teaspoonful of salt the body requires one liter of water, as it cannot accommodate salt in any higher concentration. Thus, if a person eats one teaspoonful of salt his weight will go up by more than two pounds as soon as this salt is absorbed from his intestine.

To this explanation many clients reply: Well, if I put on that much every time I eat a little extra, how can I hold my weight after the treatment? It must therefore be made clear that this only happens as long as they are under HCG. When treatment is over, the blood is no longer saturated and can easily accommodate extra food without having to increase its volume. Here again the professional reader will be aware that this interpretation is a simplification of an extremely intricate physiological process which actually accounts for the phenomenon.

Salt and Reducing

While we are on the subject of salt, I can take this opportunity to explain that we make no restriction in the use of salt and insist that the clients drink large quantities of water throughout the treatment. We are out to reduce abnormal fat and are not in the least interested in such illusory weight losses as can be achieved by depriving the body of salt and by desiccating it. Though we allow the free use of salt, the daily amount taken should be roughly the same, as a sudden increase will of course be followed by a corresponding increase in weight as shown by the scale. An increase in the intake of salt is one of the most common causes for an increase in weight from one day to the next. Such an increase can be ignored, provided it is accounted for. It in no way influences the regular loss of fat.

Water

Clients are usually hard to convince that the amount of water they retain has nothing to do with the amount of water they drink. When the body is forced to retain water, it will do this at all costs. If the fluid intake is insufficient to provide all the water required, the body withholds water from the kidneys and the urine becomes scanty and highly concentrated,

imposing a certain strain on the kidneys. If that is insufficient, excessive water will be with-drawn from the intestinal tract, with the result that the feces become hard and dry. On the other hand if a client drinks more than his body requires, the surplus is promptly and easily eliminated. Trying to prevent the body from retaining water by drinking less is therefore not only futile but even harmful.

Constipation

An excess of water keeps the feces soft, and that is very important in the obese, who commonly suffer from constipation and a spastic colon. While a client is under treatment we never permit the use of any kind of laxative taken by mouth. We explain that owing to the restricted diet it is perfectly satisfactory and normal to have an evacuation of the bowel only once every three to four days and that, provided plenty of fluids are taken, this never leads to any disturbance. Only in those clients who begin to fret after four days do we allow the use of a suppository. Clients who observe this rule find that after treatment they have a perfectly normal bowel action and this delights many of them almost as much as their loss of weight.

Cosmetics

When no dietary error is elicited we turn to cosmetics. Most women find it hard to believe that 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. This almost incredible sensitivity to even such very minor increases in nutritional intake is a peculiar feature of the HCG method. For instance, we find that persons who habitually handle organic fats, such as workers in beauty parlors, masseurs, butchers, etc. never show what we consider a satisfactory loss of weight unless they can avoid fat coming into contact with their skin.

The point is so important that I will illustrate it with two cases. A lady who was cooperating perfectly suddenly increased half a pound. Careful questioning brought nothing to light. She had certainly made no dietary error nor had she used any kind of face cream, and she was already in the menopause. As we felt that we could trust her implicitly, we left the question suspended. Yet

Just as she was about to leave the consulting room she suddenly stopped, turned and snapped her fingers. "I've got it," she said. This is what had happened : She had bought herself a new set of make-up pots and bottles and, using her fingers, had transferred her large assortment of cosmetics to the new containers in anticipation of the day she would be able to use them again after her treatment.

The other case concerns a man who impressed us as being very conscientious. He was about 20 lbs. overweight but did not lose satisfactorily from the onset of treatment. Again and again we tried to find the reason but with no success, until one day he said:” I never told you this, but I have a glass eye. In fact, I have a whole set of them. I frequently change them, and every time I do that I put a special ointment in my eye socket. Do you think that could have anything to do with it?” As we thought just that, we asked him to stop using this ointment, and from that day on his weight-loss was regular.

We are particularly averse to those modern cosmetics which contain hormones, as any interference with endocrine regulations during treatment must be absolutely avoided. Many women whose skin has in the course of years become adjusted to the use of fat containing cosmetics find that their skin gets dry as soon as they stop using them. In such cases we permit the use of plain mineral oil, which has no nutritional value. On the other hand, mineral oil should not be used in preparing the food, first because of its undesirable laxative quality, and second because it absorbs some fat-soluble vitamins, which are then lost in the stool. We do permit the use of lipstick, powder and such lotions as are entirely free of fatty substances. We also allow brilliantine to be used on the hair but it must not be rubbed into the scalp. Obviously sun-tan oil is prohibited.

Many women are horrified when told that for the duration of treatment they cannot use face creams nor have facial massages.

They fear that this and the loss of weight will ruin their complexion. They can be fully reassured. Under treatment normal fat is restored to the skin, which rapidly becomes fresh and turgid, making the expression much more youthful. This is a characteristic of the HCG method which is a constant source of wonder to clients who have experienced or seen in others the facial ravages produced by the usual methods of reducing. An obese woman of 70 obviously cannot expect to have her face reduced to normal without a wrinkle, but it is remarkable how youthful her face remains in spite of her age.

The Voice

Incidentally, another interesting feature of the HCG method is that it does not ruin a singing voice. The typically obese prima donna usually finds that when she tries to reduce, the timbre of her voice is liable to change, and understandably this terrifies her. Under HCG this does not happen; indeed, in many cases the voice improves and the breathing invariably does. We have had many cases of professional singers very carefully controlled by expert voice teachers, and the maestros have been so enthusiastic that they now frequently send us clients.

Other Reasons for a Gain

Apart from diet and cosmetics there can be a few other reasons for a small rise in weight. Some clients unwittingly take chewing gum, throat pastilles, vitamin pills, cough syrups etc., without realizing that the sugar or fats they contain may interfere with a regular loss of weight. Sex hormones or cortisone in its various modern forms must be avoided, though oral contraceptives are permitted. In fact the only self-medication we allow is aspirin for a headache, though headaches almost invariably disappear after a week of treatment, particularly if of the migraine type.

Occasionally we allow a sleeping tablet or a tranquilizer, but clients should be told that while under treatment they need and may get less sleep. For instance, here in Italy where it is customary to sleep during the siesta which lasts from one to four in the afternoon most clients find that though they lie down they are unable to sleep.

We encourage swimming and sun bathing during treatment, but it should be remembered that severe sunburn always produces a temporary rise in weight, evidently due to water retention. The same may be seen when a client gets a common cold during treatment. Finally, the weight can temporarily increase - paradoxical though this may sound - after an exceptional physical exertion of long duration leading to a feeling of exhaustion. A game of tennis, a vigorous swim, a run, a ride on horseback or a round of golf do not have this effect; but a long trek, a day of skiing, rowing or cycling or dancing into the small hours usually result in a gain of weight on the following day, unless the client is in perfect training. In clients coming from abroad, where they always use their cars, we often see this effect after a strenuous day of shopping on foot, sightseeing and visits to galleries and museums. Though the extra muscular effort involved does consume some additional Calories, this appears to be offset by the retention of water which the tired circulation cannot at once eliminate.

Unforeseen Interruptions of Treatment

If an interruption of treatment lasting more than four days is necessary, the client must increase his diet to at least 800 Calories by adding meat, eggs, cheese, and milk to his diet after the third day, as otherwise he will find himself so hungry and weak that he is unable to go about his usual occupation. If the interval lasts less than two weeks the client can directly resume doses and the 500-Calorie diet, but if the interruption lasts longer he must again eat normally until he has had his third dosage.

When a client knows beforehand that he will have to travel and be absent for more than four days, it is always better to stop doses three days before he is due to leave so that he can have the three days of strict

diETING which are necessary after the last dosage at home. This saves him from the almost impossible task of having to arrange the 500 Calorie diet while en route, and he can thus enjoy a much greater dietary freedom from the day of his departure. Interruptions occurring before 20 effective doses have been given are most undesirable, because with less than that number of doses some weight is liable to be regained. After the 20th dosage an unavoidable interruption is merely a loss of time.

Muscular Fatigue

Towards the end of a full course, when a good deal of fat has been rapidly lost, some clients complain that lifting a weight or climbing stairs requires a greater muscular effort than before. They feel neither breathlessness nor exhaustion but simply that their muscles have to work harder. This phenomenon, which disappears soon after the end of the treatment, is caused by the removal of abnormal fat deposited between, in, and around the muscles. The removal of this fat makes the muscles too long, and so in order to achieve a certain skeletal movement - say the bending of an arm - the muscles have to perform greater contraction than before. Within a short while the muscle adjusts itself perfectly to the new situation, but under HCG the loss of fat is so rapid that this adjustment cannot keep up with it. Clients often have to be reassured that this does not mean that they are "getting weak". This phenomenon does not occur in clients who regularly take vigorous exercise and continue to do so during treatment.

Massage

I never allow any kind of massage during treatment. It is entirely unnecessary and merely disturbs a very delicate process which is going on in the tissues. Few indeed are the masseurs and masseuses who can resist the temptation to knead and hammer abnormal fat deposits. In the course of rapid reduction it is sometimes possible to pick up a fold of skin which has not yet had time to adjust itself, as it always does under HCG, to the changed figure. This fold contains its normal subcutaneous fat and may be almost an inch thick. It is one of the main objects of the HCG treatment to keep that fat there. Clients and their masseurs do not always understand this and give this fat a working-over. I have seen such clients who were as black and blue as if they had received a sound thrashing.

In my opinion, massage, thumping, rolling, kneading, and shivering undertaken for the purpose of reducing abnormal fat can do nothing but harm. We once had the honor of treating the proprietress of a high class institution that specialized in such antics. She had the audacity to confess that she was taking our treatment to convince her clients of the efficacy of her methods, which she had found useless in her own case.

How anyone in his right mind is able to believe that fatty tissue can be shifted mechanically or be made to vanish by squeezing is beyond my comprehension. The only effect obtained is severe bruising. The torn tissue then forms scars, and these slowly contract making the fatty tissue even harder and more unyielding.

A lady once consulted us for her most ungainly legs. Large masses of fat bulged over the ankles of her tiny feet, and there were about 40 lbs. too much on her hips and thighs. We assured her that this overweight could be lost and that her ankles would markedly improve in the process. Her treatment progressed most satisfactorily but to our surprise there was no improvement in her ankles. We then discovered that she had for years been taking every kind of mechanical, electric and heat treatment for her legs and that she had made up her mind to resort to plastic surgery if we failed.

Re-examining the fat above her ankles, we found that it was unusually hard. We attributed this to the countless minor injuries inflicted by kneading. These injuries had healed but had left a tough network of connective scar-tissue in which the fat was imprisoned. Ready to try anything, she was put to bed for the remaining three weeks of her first course with her lower legs tightly strapped in unyielding bandages. Every day the pressure was increased. The combination of HCG, diet and strapping brought about a marked improvement in the shape of her ankles. At the end of her first course she returned to her home abroad. Three months later she came back for her second course. She had maintained both her weight and the improvement of her ankles. The same procedure was repeated, and after five weeks she left the hospital with a normal weight and legs that, if not exactly shapely, were at least unobtrusive. Where no such injuries of the tissues have been inflicted by inappropriate methods of treatment, these drastic measures are never necessary.

Blood Sugar

Towards the end of a course or when a client has nearly reached his normal weight it occasionally happens that the blood sugar drops below normal, and we have even seen this in clients who had an abnormally high blood sugar before treatment. Such an attack of hypoglycemia is almost identical with the one seen in diabetics who have taken too much insulin. The attack comes on suddenly; there is the same feeling of light-headedness, weakness in the knees, trembling, and unmotivated sweating; but under HCG, hypoglycemia does not produce any feeling of hunger. All these symptoms are almost instantly relieved by taking two heaped teaspoons of sugar.

In the course of treatment the possibility of such an attack is explained to those clients who are in a phase in which a drop in blood sugar may occur. They are instructed to keep sugar or glucose sweets handy, particularly when driving a car. They are also told to watch the effect of taking sugar very carefully and report the following day. This is important, because anxious clients to whom such an attack has been explained are apt to take sugar unnecessarily, in which case it inevitably produces a gain in weight and does not dramatically relieve the symptoms

for which it was taken, proving that these were not due to hypoglycemia. Some clients mistake the effects of emotional stress for hypoglycemia. When the symptoms are quickly relieved by sugar this is proof that they were indeed due to an abnormal lowering of the blood sugar, and in that case there is no increase in the weight on the following day. We always suggest that sugar be taken if the client is in doubt.

Once such an attack has been relieved with sugar we have never seen it recur on the immediately subsequent days, and only very rarely does a client have two such attacks separated by several days during a course of treatment. In clients who have not eaten sufficiently during the first two days of treatment we sometimes give sugar when the minor symptoms usually felt during the first three days of treatment continue beyond that time, and in some cases this has seemed to speed up the euphoria ordinarily associated with the HCG method.

The Ratio of Pounds to Inches

An interesting feature of the HCG method is that, regardless of how fat a client is, the greatest circumference -- abdomen or hips as the case may be is reduced at a constant rate which is extraordinarily close to 1 cm. per kilogram of weight lost. At the beginning of treatment the change in measurements is somewhat greater than this, but at the end of a course it is almost invariably found that the girth is as many centimeters less as the number of kilograms by which the weight has been reduced. I have never seen this clear cut relationship in clients that try to reduce by dieting only.

Muscle Testing Versus Medical Examination

In counseling clients for nutritional balance we use muscle response testing to the acupuncture points in the body in order to assess the flow of energy through the body. If certain of these points are weak we recommend bringing them back into balance before beginning the HCG protocol.

We will not dispense HCG to those needing to do an herbal cleanse of the following:

**Liver
Kidney
Colon
Candida (yeast)
Full Body
Lymph**

until the flow of energy is corrected in those areas.

The Skeptical Client

Any counselor who starts using the HCG method for the first time will have considerable difficulty, particularly if he himself is not fully convinced, in making clients believe that they will not feel hungry on 500 Calories and that their face will not collapse. New clients always anticipate the phenomena they know so well from previous treatments and diets and are incredulous when told that these will not occur. We overcome all this by letting new clients spend a little time in the waiting room with older hands, who can always be relied upon to allay these fears with evangelistic zeal, often demonstrating the finer points on their own body.

A waiting-room filled with obese clients who congregate daily is a sort of group therapy. They compare notes and pop back into the waiting room after the consultation to announce the score of the last 24 hours to an enthralled audience. They cross-check on their diets and sometimes confess sins which they try to hide from us, usually with the result that the client in whom they have confided tattles the whole disgraceful story to us with a "But don't let her know I told you."

Concluding a Course

When the two days of dieting after the last dosage are over, the clients are told that they may now eat anything they please, except sugar and starch provided they faithfully observe one simple rule. This rule is that they must have their own portable bathroom-scale always at hand, particularly while traveling. They must without fail weigh themselves every morning as they get out of bed, having first emptied their bladder. If they are in the habit of having breakfast in bed, they must weigh before breakfast.

It takes about 3 weeks before the weight reached at the end of the treatment becomes stable, i.e. does not show violent fluctuations after an occasional excess. During this period clients must realize that the so-called carbohydrates, that are sugar, rice, bread, potatoes, pastries, etc, are by far the most dangerous. If no carbohydrates whatsoever are eaten, fats can be indulged in somewhat more liberally but **as soon as fats and starch are combined things are very liable to get out of hand.** This has to be observed very carefully during the first 3 weeks after the treatment is ended otherwise disappointments are almost sure to occur.

Skipping a Meal

As long as their weight stays within two pounds of the weight reached on the day of the last dosage, clients should take no notice of any increase but the moment the scale goes beyond two pounds, even if this is only a few ounces, they must on that same day entirely skip breakfast and lunch but take plenty to drink. In the evening they must eat a huge steak with only an apple or a raw tomato. Of course this rule applies only to the morning weight. Ex-obese clients should never check their weight

during the day, as there may be wide fluctuations and these are merely alarming and confusing.

It is of utmost importance that the meal is skipped on the same day as the scale registers an increase of more than two pounds and that missing the meals is not postponed until the following day. If a meal is skipped on the day in which a gain is registered in the morning this brings about an immediate drop of often over a pound. But if the skipping of the meal - and skipping means literally skipping, not just having a light meal - is postponed the phenomenon does not occur and several days of strict dieting may be necessary to correct the situation.

Most clients hardly ever need to skip a meal. If they have eaten a heavy lunch they feel no desire to eat their dinner, and in this case no increase takes place. If they keep their weight at the point reached at the end of the treatment, even a heavy dinner does not bring about an increase of two pounds on the next morning and does not therefore call for any special measures. Most clients are surprised how small their appetite has become and yet how much they can eat without gaining weight. They no longer suffer from an abnormal appetite and feel satisfied with much less food than before. In fact, they are usually disappointed that they cannot manage their first normal meal, which they have been planning for weeks.

Losing more Weight

An ex-client should never gain more than two pounds without immediately correcting this, but it is equally undesirable that more than two lbs. be lost after treatment, because a greater loss is always achieved at the expense of normal fat. Any normal fat that is lost is invariably regained as soon as more food is taken, and it often happens that this rebound overshoots the upper two lbs. limit.

Trouble after Treatment

Two difficulties may be encountered in the immediate post-treatment period. When a client has consumed all his abnormal fat or, when after a full course, the dosage has temporarily lost its efficacy owing to the body having gradually evolved a counter regulation, the client at once begins to feel much hungrier and even weak. In spite of repeated warnings, some over-enthusiastic clients do not report this. However, in about two days the fact that they are being undernourished becomes visible in their faces, and treatment is then stopped at once. In such cases - and only in such cases - we allow a very slight increase in the diet, such as an extra apple, 150 grams of meat or two or three extra breadsticks during the three days of dieting after the last dosage.

When abnormal fat is no longer being put into circulation either because it has been consumed or because immunity has set in, this is always felt by the client as sudden, intolerable and constant hunger. In

this sense, the HCG method is completely self-limiting. With HCG it is impossible to reduce a client, however enthusiastic, beyond his normal weight. As soon as no more abnormal fat is being issued, the body starts consuming normal fat, and this is always regained as soon as ordinary feeding is resumed. The client then finds that the 2-3 lbs. he has lost during the last days of treatment are immediately regained. A meal is skipped and maybe a pound is lost. The next day this pound is regained, in spite of a careful watch over the food intake. In a few days a tearful client is back in the consulting room, convinced that her case is a failure.

All that is happening is that the essential fat lost at the end of the treatment, owing to the client's reluctance to report a much greater hunger, is being replaced. The weight at which such a client must stabilize thus lies 2-3 lbs. higher than the weight reached at the end of the treatment. Once this higher basic level is established, further difficulties in controlling the weight at the new point of stabilization hardly arise.

Beware of Over-enthusiasm

The other trouble which is frequently encountered immediately after treatment is again due to over-enthusiasm. Some clients cannot believe that they can eat fairly normally without regaining weight. They disregard the advice to eat anything they please except sugar and starch and want to play safe. They try more or less to continue the 500-Calorie diet on which they felt so well during treatment and make only minor variations, such as replacing the meat with an egg, cheese, or a glass of milk. To their horror they find that in spite of this bravura, their weight goes up. So, following instructions, they skip one meager lunch and at night eat only a little salad and drink a pot of unsweetened tea, becoming increasingly hungry and weak. The next morning they find that they have increased yet another pound. They feel terrible, and even the dreaded swelling of their ankles is back. Normally we check our clients one week after they have been eating freely, but these cases return in a few days. Either their eyes are filled with tears or they angrily imply that when we told them to eat normally we were just fooling them.

Protein deficiency

Here too, the explanation is quite simple. During treatment the client has been only just above the verge of protein deficiency and has had the advantage of protein being fed back into his system from the breakdown of fatty tissue. Once the treatment is over there is no more HCG in the body and this process no longer takes place. Unless an adequate amount of protein is eaten as soon as the treatment is over, protein deficiency is bound to develop, and this inevitably causes the marked retention of water known as hunger- edema.

The treatment is very simple. The client is told to eat two eggs for breakfast and a huge steak for lunch and dinner followed by a large helping of cheese and to phone through the weight the next morning. When these instructions are followed a stunned voice is heard to report that two lbs. have vanished overnight, that the ankles are normal but that sleep was disturbed, owing to an extraordinary need to pass large quantities of water. The client having learned this lesson usually has no further trouble.

Relapses

As a general rule one can say that 60%-70% of our cases experience little or no difficulty in holding their weight permanently. Relapses may be due to negligence in the basic rule of daily weighing. Many clients think that this is unnecessary and that they can judge any increase from the fit of their clothes. Some do not carry their scale with them on a journey as it is cumbersome and takes a big bite out of their luggage-allowance when flying. This is a disastrous mistake, because after a course of HCG as much as 10 lbs. can be regained without any noticeable change in the fit of the clothes. The reason for this is that after treatment newly acquired fat is at first evenly distributed and does not show the former preference for certain parts of the body.

Pregnancy or the menopause may annul the effect of a previous treatment. Women who take treatment during the one year after the last menstruation - that is at the onset of the menopause - do just as well as others, but among them the relapse rate is higher until the menopause is fully established. The period of one year after the last menstruation applies only to women who are not being treated with ovarian hormones. If these are taken, the premenopausal period may be indefinitely prolonged.

Late teenage girls who suffer from attacks of compulsive eating have by far the worst record of all as far as relapses are concerned.

Clients who have once taken the treatment never seem to hesitate to come back for another short course as soon as they notice that their weight is once again getting out of hand. They come quite cheerfully and hopefully, assured that they can be helped again. Repeat courses are often even more satisfactory than the first treatment and have the advantage, as do second courses that the client already, knows that he will feel comfortable throughout.

Plan of a Normal Course

You will use 1ml (.50ml twice a day) of HCG daily (except during menstruation) until 30 days have been completed. The exception is the occasional 15 day course. This formula needs to be percussed by tapping the bottle sharply against the palm of the hand three or four times before taking. After percussing .50ml of the homeopathic should be placed under the tongue and held for 3 to 5 minutes before swallowing.

Until day three forced feeding.

Beginning on the 3rd day, the 500 Calorie diet to be continued until two days after the last dosage.

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.

CONCLUSION

The HCG + diet method can bring relief to every case of obesity, but the method is not simple. It is very time consuming and requires perfect cooperation between nutritional counselor and client. Each case must be handled individually, and the nutritional counselor must have time to answer questions, allay fears and remove misunderstandings. He must also check the client at the mid point and at the end of the course and be available for discussion of issues that arise between visits. When something goes wrong he must at once investigate until he finds the reason for any gain that may have occurred.

The problems of obesity are perhaps not as dramatic as the problems of cancer, or polio, but they often cause life long suffering. How many promising careers have been ruined by excessive fat; how many lives have been shortened. If some way -however cumbersome - can be found to cope effectively with this universal problem of modern civilized man, our world will be a happier place for countless fellow men and women.

GLOSSARY ^[9]

ACNE . . . Common skin disease in which pimples, often containing pus, appear on face, neck and shoulders.

ACTH . . . Abbreviation for adrenocorticotrophic hormone. One of the many hormones produced by the anterior lobe of the pituitary gland. ACTH controls the outer part, rind or cortex of the adrenal glands. When ACTH is injected it dramatically relieves arthritic pain, but it has many undesirable side effects, among which is a condition similar to severe obesity. ACTH is now usually replaced by cortisone.

ADRENALIN . . . Hormone produced by the inner part of the Adrenals. Among many other functions, adrenalin is concerned with blood pressure, emotional stress, fear and cold.

ADRENALS . . . Endocrine glands. Small bodies situated atop the kidneys and hence also known as suprarenal glands. The adrenals have an outer rind or cortex which produces vitally important hormones, among which are Cortisone similar substances. The adrenal cortex is controlled by ACTH. The inner part of the adrenals, the medulla, secretes adrenalin and is chiefly controlled by the autonomous nervous system.

ADRENOCORTEX... See adrenals.

AMPHETAMINES . . . Synthetic drugs which reduce the awareness of hunger and stimulate mental activity, rendering sleep impossible. When used for the latter two purposes they are dangerously habit-forming. They do not diminish the body's need for food, but merely suppress the perception of that need. The original drug was known as Bensedrine, from which modern variants such as Dexedrine, Dexamil, and Preludin, etc., have been derived. Amphetamines may help an obese client to prevent a further increase in weight but are unsatisfactory for reducing, as they do not cure the underlying disorder and as their prolonged use may lead to malnutrition and addiction.

ARTERIOSCLEROSIS . . . Hardening of the arterial wall through the calcification of abnormal deposits of a fatlike substance known as cholesterol.

ASCHHEIM-ZONDEK . . . Authors of a test by which early pregnancy can be diagnosed by injecting a woman's urine into female mice. The HCG present in pregnancy urine produces certain changes in the vagina of these animals. Many similar tests, using other animals such as rabbits, frogs, etc. have been devised.

ASSIMILATE . . . Absorb digested food from the intestines.

AUTONOMOUS . . . Here used to describe the independent or vegetative nervous system which manages the automatic regulations of the body.

BASAL METABOLISM . . . The body's chemical turnover at complete rest and when fasting. The basal metabolic rate is expressed as the amount of oxygen used up in a given time. The basal metabolic rate (BMR) is controlled by the thyroid gland.

CALORIE . . . The physicist's calorie is the amount of heat required to raise the temperature of 1 cc. of water by 1 degree Centigrade. The dietician's Calorie (always written with a capital C) is 1000 times greater. Thus when we speak of a 500 Calorie diet this means that the body is being supplied with as much fuel as would be required to raise the temperature of 500 liters of water by 1 degree Centigrade or 50 liters by 10 degrees. This is quite insufficient to cover the heat and energy requirements of an adult body. In the HCG method the deficit is made up from the abnormal fat-deposits, of which **1 lb. furnishes the body with more than 2000 Calories**. As this is roughly the amount lost every day, a client under HCG is never short of fuel.

CEREBRAL . . . Of the brain. Cerebral vascular disease is a disorder concerning the blood vessels of the brain, such as cerebral thrombosis or hemorrhage, known as apoplexy or stroke.

CHOLESTEROL . . . A fatlike substance contained in almost every cell of the body. In the blood it exists in two forms, known as free and esterified. The latter form is under certain conditions deposited in the inner lining of the arteries (see arteriosclerosis). No clear and definite relationship between fat intake and cholesterol-level in the blood has yet been established.

CHORIONIC . . . Of the chorion, which is part of the placenta or after-birth. The term chorionic is justly applied to HCG, as this hormone is exclusively produced in the placenta, from where it enters the human mother's blood and is later excreted in her urine.

COMPULSIVE EATING. . . A form of oral gratification with which a repressed sex-instinct is sometimes vicariously relieved. Compulsive eating must not be confused with the real hunger from which most obese clients suffer.

CONGENITAL . . . Any condition which exists at or before birth.

CORONARY ARTERIES . . . Two blood vessels which encircle the heart and supply all the blood required by the heart-muscle.

CORPUS LUTEUM . . . A yellow body which forms in the ovary at the follicle from which an egg has been detached. This body acts as an endocrine gland and plays an important role in menstruation and pregnancy. Its secretion is one of the sex hormones, and it is stimulated by another hormone known as LSH, which stands for luteum stimulating hormones. LSH is produced in the anterior lobe of the pituitary gland. LSH is truly gonadotrophic and must never be confused with HCG, which is a totally different substance, having no direct action on the corpus luteum.

CORTEX . . . Outer covering or rind. The term is applied to the outer part of the adrenals but is also used to describe the gray matter which covers the white matter of the brain.

CORTISONE . . . A synthetic substance which acts like an adrenal hormone. It is today used in the treatment of a large number of illnesses, and several chemical variants have been produced, among which are prednisone and triamcinolone.

CUSHING . . . A great American brain surgeon who described a condition of extreme obesity associated with symptoms of adrenal disorder. Cushing's Syndrome may be caused by organic disease of the pituitary or the adrenal glands but, as was later discovered, it also occurs as a result of excessive ACTH medication.

DIENCEPHALON . . . A primitive and hence very old part of the brain which lies between and under the two large hemispheres. In man the diencephalon (or hypothalamus) is subordinate to the higher brain or cortex, and yet it ultimately controls all that happens inside the body. It regulates all the endocrine glands, the autonomous nervous system, the turnover of fat and sugar. It seems also to be the seat of the primitive animal instincts and is the relay station at which emotions are translated into bodily reactions.

DIURETIC . . . Any substance that increases the flow of urine.

DYSFUNCTION . . . Abnormal functioning of any organ, be this excessive, deficient or in any way altered.

EDEMA . . . An abnormal accumulation of water in the tissues.

ELECTROCARDIOGRAM . . . Tracing of electric phenomena taking place in the heart during each beat. The tracing provides information about the condition and working of the heart which is not otherwise obtainable.

ENDOCRINE . . . We distinguish endocrine and exocrine glands. The former produce hormones, chemical regulators, which they secrete directly into the blood circulation in the gland and from where they are carried all over the body. Examples of endocrine glands are the pituitary, the thyroid and the adrenals. Exocrine glands produce a visible secretion such as saliva, sweat, urine. There are also glands which are endocrine and exocrine. Examples are the testicles, the prostate and the pancreas, which produces the hormone insulin and digestive ferments which flow from the gland into the intestinal tract. Endocrine glands are closely inter dependent of each other, they are linked to the autonomous nervous system and the diencephalon presides over this whole incredibly complex regulatory system.

EMACIATED . . . Grossly undernourished.

EUPHORIA . . . A feeling of particular physical and mental well being.

FERAL . . . Wild, unrestrained.

FIBROID . . . Any benign new growth of connective tissue. When such a tumor originates from a muscle, it is known as a myoma. The most common seat of myomas is the uterus.

FOLLICLE . . . Any small bodily cyst or sac containing a liquid. Here the term applies to the ovarian cyst in which the egg is formed. The egg is expelled when a ripe follicle bursts and this is known as ovulation (see corpus luteum).

FSH . . . Abbreviation for follicle-stimulating hormone. FSH is another (see corpus luteum) anterior pituitary hormone which acts directly on the ovarian follicle and is therefore correctly called a gonadotrophin.

GLANDS . . . See endocrine.

GONADOTROPHIN . . . See corpus luteum, follicle and FSH. Gonadotrophic literally means sex gland-directed. FSH, LSH and the equivalent hormones in the male, all produced in the anterior lobe of the pituitary gland, are true gonadotrophins. Unfortunately and confusingly, the term gonadotrophin has also been applied to the placental hormone of pregnancy known as human chorionic gonadotrophin (HCG). This hormone acts on the diencephalon and can only indirectly influence the sex-glands via the anterior lobe of the pituitary.

HCG . . . Abbreviation for human chorionic gonadotrophin

HORMONES . . . See endocrine.

HYPERTENSION . . . High blood pressure.

HYPOGLYCEMIA . . . A condition in which the blood sugar is below normal. It can be relieved by eating sugar.

HYPOPHYSIS . . . Another name for the pituitary gland.

HYPOTHESIS . . . A tentative explanation or speculation on how observed facts and isolated scientific data can be brought into an intellectually satisfying relationship of cause and effect. Hypotheses are useful for directing further research, but they are not necessarily an exposition of what is believed to be the truth. Before a hypothesis can advance to the dignity of a theory or a law, it must be confirmed by all future research. As soon as research turns up data which no longer fit the hypothesis, it is immediately abandoned for a better one.

LSH . . . See corpus luteum.

METABOLISM . . . See basal metabolism.

MIGRAINE . . . Severe half-sided headache often associated with vomiting.

MUCOID . . . Slime-like.

MYOCARDIUM . . . The heart-muscle.

MYOMA . . . See fibroid.

MYXEDEMA . . . Accumulation of a mucoid substance in the tissues which occurs in cases of severe primary thyroid deficiency.

NEOLITHIC . . . In the history of human culture we distinguish the Early Stone Age or Paleolithic, the Middle Stone Age or Mesolithic and the New Stone Age or Neolithic period. The Neolithic period started about 8000 years ago when the first attempts at agriculture, pottery and animal domestication made at the end of the Mesolithic period suddenly began to develop rapidly along the road that led to modern civilization.

NORMAL SALINE . . . A low concentration of salt in water equal to the salinity of body fluids.

PHLEBITIS . . . An inflammation of the veins. When a blood-clot forms at the site of the inflammation, we speak of thrombophlebitis.

PITUITARY . . . A very complex endocrine gland which lies at the base of the skull, consisting chiefly of an anterior and a posterior lobe. The pituitary is controlled by the diencephalon, which regulates the anterior lobe by means of hormones which reach it through small blood vessels. The posterior lobe is controlled by nerves which run from the diencephalon into this part of the gland. The anterior lobe secretes many hormones, among which are those that regulate other glands such as the thyroid, the adrenals and the sex glands.

PLACENTA . . . The after-birth. In women, a large and highly complex organ through which the child in the womb receives its nourishment from the mother's body. It is the organ in which HCG is manufactured and then given off into the mother's blood.

PROTEIN . . . The living substance in plant and animal cells. Herbivorous animals can thrive on plant protein alone, but man must have some protein of animal origin (milk, eggs or flesh) to live healthily. When insufficient protein is eaten, the body retains water.

PSORIASIS . . . A skin disease which produces scaly patches. These tend to disappear during pregnancy and during the treatment of obesity by the HCG method.

RENAL . . . Of the kidney.

RESERPINE . . . An Indian drug extensively used in the treatment of high blood pressure and some forms of mental disorder.

RETENTION ENEMA . . . The slow infusion of a liquid into the rectum, from where it is absorbed and not evacuated.

SACRUM . . . A fusion of the lower vertebrae into the large bony mass to which the pelvis is attached.

SEDIMENTATION RATE . . . The speed at which a suspension of red blood cells settles out. A rapid settling out is called a high sedimentation rate and may be indicative of a large number of bodily disorders of pregnancy.

SEXUAL SELECTION . . . A sexual preference for individuals which show certain traits. If this preference or selection goes on generation after generation, more and more individuals showing the trait will appear among the general population. The natural environment has little or nothing to do with this process. Sexual selection therefore differs from natural selection, to which modern man is no longer subject because he changes his environment rather than let the environment change him.

STRIATION . . . Tearing of the lower layers of the skin owing to rapid stretching in obesity or during pregnancy. When first formed striae are dark reddish lines which later change into white scars.

SUPRARENAL GLANDS . . . See adrenals.

SYNDROME . . . A group of symptoms which in their association are characteristic of a particular disorder.

THROMBOPHLEBITIS . . . See phlebitis.

THROMBUS . . . A blood-clot in a blood-vessel.

TRIAMCINOLONE . . . A modern derivative of cortisone.

URIC ACID . . . A product of incomplete protein-breakdown or utilization in the body. When uric acid becomes deposited in the gristle of the joints we speak of gout.

VARICOSE ULCERS . . . Chronic ulceration above the ankles due to varicose veins which interfere with the normal blood circulation in the affected areas.

VEGETATIVE . . . See autonomous.

VERTEBRATE . . . Any animal that has a back-bone.

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Chorionic Gonadotrophin
In Obesity**

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^[1] A list of references to the more important articles is given at the end of this booklet.

^[2] “Current account” is the British name for what Americans call a checking account.

^[3] There is some clinical evidence to suggest that those symptoms of Cushing’s Syndrome which resemble true obesity are caused by the same mechanism which causes common obesity, while the other symptoms of the syndrome are directly due to adrenocortical dysfunction.

^[4] World War II.

^[5] Confinement = the concluding state of pregnancy

^[6] As we are speaking of purely regulatory disorders, we obviously exclude all such cases in which there are gross organic lesions of the pituitary or of the sex-glands themselves.

^[8] NOTE: This practice is obsolete. Modern sanitary methods dictate throwing away used needles and syringes and using new ones for each dosage.

^[9] Wherever unfamiliar terms are used, they will be found in their respective alphabetical place. The lay reader can therefore make his own cross-reference.

Our charges for the HCG protocol are as follows:

Initial consultation with one of our nutritional counselors _____ \$45.00

Follow-up consultations _____ \$20.00

Recommended Herbs _____ As Marked

HCG Homeopathic Formula (15 day supply) _____ \$45.00

An initial consultation will be between 45 minutes and an hour.

Follow-up consultations will involve half an hour.