

Analysis of...

‘Human Chorionic Gonadotrophin & Weight Loss’

A double-blind, placebo-controlled trial

Authors: B. Bosch, I. Venter, R.I. Stewart, S.R. Bertram

Analysis by: Greg Johnson,

Owner of ANY LAB TEST NOW® Collin County Locations, and provider of InShapeMD® services.

Websites: <http://hCGDietDallas.us> <http://AnyLabTestNorthDallas.com> <http://InShapeMD.com>

Summary

The well cited double-blind, placebo controlled clinical trial “HUMAN CHORIONIC GONADOTROPHIN AND WEIGHTLOSS” was accepted on March 14th, 1989, and printed in the South African Medical Journal in volume 77, February 17th, 1990. Authors Bosch, Venter, Stewart and Bertram sought out to test the validity of Dr. Simeons hCG diet protocol. This analysis was created to determine the validity of their clinical trial and bring to light inconsistencies and deviations made from Dr. Simeons hCG diet protocol.

There are numerous treatments for obesity currently available. Treatment with low-dose injections of human chorionic gonadotrophin (hCG) combined with a severe diet gained popularity in 1954 and is once again making headlines. Between 1954 and 1989 there have been numerous clinical studies on the effectiveness of hCG, and only two obtained evidence that hCG is an effective tool to treat obesity.

Success of using hCG in this clinical trial was dependant on several factors including patient compliance, decrease in appetite, weight loss, a differential weight loss in waist and hips. Although the precise purpose of this study was to test the results of Simeons and Gusman’s clinical studies, a few critical deviations from their hCG protocol were taken with little to no explanation or reason for doing so.

Subjects and Methods

The study was performed on forty obese white women with a body index over 30 kg/m². Careful attention was given to selecting subjects, preparing hCG according to instructions and delivery methods. However, a critical step in Dr. Simeons’ hCG protocol was violated when hCG injections were to be given once per day, six days a week for six weeks. In Dr. Simeons

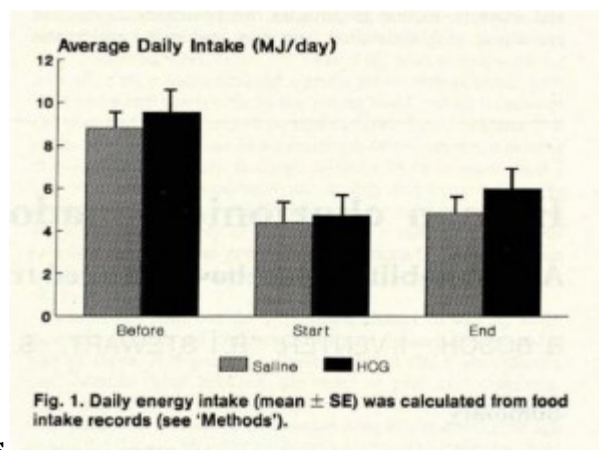
instructional book “Pounds and Inches” he details the importance of giving one injection per day, seven days a week for the duration of the first phase. No reason or explanation of this fatal flaw was given.

The second and third fatal flaw recorded was instructing the subjects to maintain a 5,000 kJ diet. Strict adherence to this caloric intake was required; however, no reference to the macronutrient value of the 5,000 kJ diet was noted. This second fatal flaw violated a crucial instruction in Dr. Simeons’ hCG protocol and has been shown to be an essential key to success of the hCG protocol.

The third fatal flaw concerned the number of calories allowed by the subjects. Little reason or explanation was given as to why subjects were required to consume more than 200% the recommended caloric intake on the hCG diet protocol. The reason included fear of cardiac and metabolic problems with patients on a five week diet consisting of only 2100 kJ. In the “Critique of the study” researchers admitted this flaw was also decided on since “It has recently been shown that very-low-energy diets lower the resting metabolic rate, thus making weight loss more difficult.”

The fourth fatal flaw noticed was the absence of the three day loading phase. Researchers of this study instead choose to eliminate the loading phase and begin restricting calories at the point of injections.

The fifth and final fatal flaw noted in this analysis is that subjects completing the phase of injections were no longer monitored or treated.



Results

Of the original group of forty subjects 16 in the placebo and 17 in the hCG group remained. Data provided and illustrated in their study (below) shows the hCG group consumed more calories in each phase of their study. No mention to this difference was noted in their report.

BMI, body fat, body mass, body circumference, and lipid profiles were similar in both groups. It was noted and then dismissed that the self-image and mood was elevated in the hCG group. Hunger was reduced in both groups equally.

Side-effects

No major side-effects were reported. Minor side-effects from the hCG group included headaches and temporary nocturia and dissipated by the end of the first week.

Discussion

Researchers concluded that the hCG was no better than a placebo (saline) in promoting weight loss. They also added that none of the many benefits of hCG were noticed during their research.

It is very important to note why the fatal flaws occurred. According to Dr. Simeons it takes three consecutive days of hCG injections to saturate the body with enough hCG to be potent; however, it only takes 24 hours after the last injection to metabolize hCG from the body. This is the reason Dr. Simeons required daily injections of hCG throughout phase I of the protocol. This clinical study intentionally skipped one day a week. The reason for this significant deviation was not stated.

A key element of the hCG diet protocol requires very low calorie consumption. The body must go into starvation mode for hCG to take effect. Simply lowering the calorie consumption to advisable diet levels will not achieve this effect. The excuse given in this study completely negates the conclusion that hCG is an ineffective method for weight loss.

In addition, the macronutrient values need to be precise. Protein, for example, requires more effort than carbohydrates by the human body to be converted into usable energy. The human body constantly needs to rebuild torn muscle tissue. Limiting the diet to blanket calorie consumption would ignore the body's desire for a specific amount of each macronutrient. Also, individuals eating mostly one type of macronutrient would more than likely achieve completely different results.

This clinical study did not provide support beyond phase I of the hCG protocol. Although most all of the weight lost during the hCG weight loss diet occurs while receiving hCG injections the element that sets the hCG diet apart from yo-yo diets is phase II. During phase I Dr. Simeons states that the hypothalamus is reset. Phase II is a progression from eating a very low calorie diet to normal calorie consumption. This phase is necessary as is permanently altering previous eating habits. Kevin Trudeau stated in his book, "The Weight Loss Cure They Don't Want You to Know About" that resetting the hypothalamus will allow most individuals to return to eating as much as they desire as long as they stay away from sugars and other highly processed food. It is important for me to note that Kevin Trudeau was sued over this book; however, that does not negate his statement when taken as whole.

Conclusions

Although this clinical study does indicate hCG is an ineffective method for weight loss when following their protocol, it does not suggest or indicate that hCG is ineffective on the hCG weight loss diet protocol designed by Dr. Simeons and marketed by Kevin Trudeau. Deviations from the hCG protocol leads me to question the intentions of the clinical study as a whole. In

several cases the excuse for altering the protocol invalidated the conclusion that hCG is an ineffective method of weight loss.

Copyright Notice and Agreement

This document and its contents are the sole property of JG JOHNSON HOLDINGS, LLC. All images, diagrams, logos, etc., are property of their respective owners. Reproduction or citation of this document is granted by JG JOHNSON HOLDINGS, LLC., as long as no images, wording or links were removed or altered.

References

1) Analysis of “HUMAN CHORIONIC GONADOTROPHIN AND WEIGHT LOSS”

A double-blind, placebo-controlled trial

Authors: B. Bosch, I. Venter, R.I. Stewart, S.R. Bertram

<http://archive.samj.org.za/1990%20VOL%20LXXVII%20Jan-Jun/Articles/02%20February/2.5%20HUMAN%20CHORIONIC%20GONADOTROPHIN%20AND%20WEIGHT%20LOSS%20-%20A%20DOUBLE-BLIND,%20PLACEBO-CONTROLLED%20TRIAL.%20B.%20.pdf>

2) The Weight Loss Cure “They” Don’t Want You to Know About
by Kevin Trudeau

3) How long does it take for an HCG trigger shot to get out of your system?

<http://sg.answers.yahoo.com/question/index?qid=20060916190619AAxX17W>

<http://www.babyhopes.com/articles/hcgshot.html>

<http://www.americanpregnancy.org/gettingpregnant/understandpregnancytests.html>