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## HCG Diet Dosing Guidelines

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**Determining dosage:** Preparation according to Dr. Simeons' original protocol calls for 125IU – 175IU daily doses. If you have any questions regarding the following guidelines [email us](#) or [schedule a session](#) with one of our certified Coaches.

### HCG Diet Dosage and Hunger

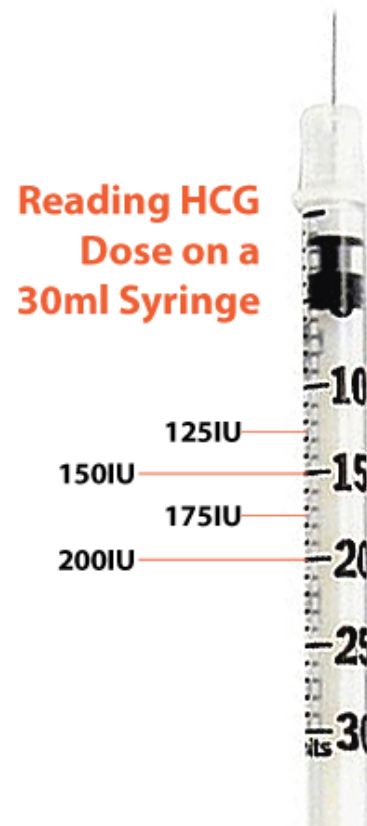
It is recommended that all dieters begin their injections at 175IU for the first 3-days. Do not consider adjusting your dose until day four as the body needs this time to absorb the HCG into the tissues and begin to release fat for fuel which will curb hunger.

It is **completely normal** to experience some hunger on the first two days of Phase 2 especially as you get close to meal times. Drink a lot of water and do your best to stay distracted during this time so you avoid obsessing over the food restriction, which could psychologically make the hunger seem worse.

Oftentimes, dehydration presents as false hunger so, keep very-well hydrated. Sucking on a few rocks of Himalayan salt or, putting a few dashes of ground Himalayan salt in your water works wonders to curb hunger and alleviate any symptoms related to electrolyte imbalance (feeling foggy, woozy, or otherwise 'spaced out').

These feelings are often attributed to calorie restriction and it's the first hurdle to overcome. It's during the first 4-5 days that some clients panic thinking that they "have to eat or they'll pass-out" or "I just can't do this diet because I need to eat every 2-hours," when in fact, it's just thirst, electrolyte imbalance, or detox symptoms. So, hang in there!

Starting Day-4, if you have no hunger pains on the HCG diet protocol, then that is a good indicator that your body is actively converting your stored fat reserves into fuel. It is possible that being on an incorrect dosage of HCG (either too high or too low of a dose of the hormone) will cause your body to hold on to stored fat instead of burning the fat for fuel. This incorrect dosage could cause you not to lose weight at all, or even to lose muscle. If that's the case, now is the time to start experimenting with your dose.





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Even though most HCG dieters are only eating only 500- calories during phase two of the HCG diet, with the right dose of HCG, there should be no hunger pains. Thousands of people have seen amazing results from using HCG injections for weight loss, and their results are miraculous. So, let's get to that perfect zone of burning fat while not feeling like you're starving.

Before we start talking about dosing, let's understand hunger. There are other reasons that hunger might become an issue unrelated to dose, but by and large, this is the number one reason people may struggle on the HCG Diet.

People who find themselves constantly hungry oftentimes give up because they don't realize that this could be a result of an HCG dosage that is not the correct for their bodies. Small modifications to your dosage amount can drastically change the level of hunger you experience during the HCG diet.

We have many testimonials from successful HCG dieters who have told us their "dosage stories." These are people who were experiencing starving hunger pains, then after adjusting their dose, their hunger pains went away completely.

**Fact:** Our experience with thousands of HCG Dieters has shown that men achieve this homeostasis on higher doses than woman. Men seem to stabilize on a dose of 175IU, while most woman tend to find homeostasis at around 130IU. So, if you're doing the diet as a couple, don't compare doses with the opposite sex.

### The Basics of HCG and Hunger:

Before you even think about adjusting your dose of HCG, let us identify what hunger is and what it isn't. Hunger is not the "growling" noises your stomach makes. Nor, is it an empty feeling in your belly. These feelings are perfectly normal and perfectly healthy and you should experience these sensations as you get close to meal times.

**True hunger** is a gnawing ache in your stomach that is distracting and almost painful. You may want to put anything in your mouth just to make the sensation go away. True hunger makes you want to eat **anything**.

**True hunger is a sign that you need to adjust your dose.** Your dose may be too high or too low but, surprising to most, the majority of times it's because your dose is **too high** and not too low. **A higher dose can make you hungrier than a lower dose.**



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The general rule of thumb is that if you are experiencing true hunger earlier in the day your dose should be lowered; and if you are experiencing true hunger later in the day your dose may need to be higher.

**Note:** In order for these subtle modifications in dosing to be accurate, you **MUST** take your injection at the same time every day.

### Reasons to Pay Attention to Modify Your Dose of HCG:

If you are consistently hungry on the HCG diet, your experience will be challenging at best and most likely utterly intolerable, and you will give up before achieving your results.

### How You Should Feel When on a Proper Dose of HCG.

Aside from the first few days on the HCG Diet, and for the majority of the time you are on the HCG diet protocol, you should not be hungry or experiencing significant hunger pains.

#### **So, in general, how hungry you should feel while on the right dose of the HCG hormone?**

On most days you should not be hungry upon waking and only begin to become hungry around meal times, and even more hungry if you wait too long to eat one of your meals. Once you do eat your meal, you should be satisfied and no longer hungry for several more hours afterward.

Most people will not need to eat anything until at least lunchtime **and that is highly advisable**. Our bodies were NOT designed to eat continuously during our waking hours. This “grazing” concept and the belief that “breakfast is the most important meal of the day” is patently untrue. It’s a fallacy invented by breakfast cereal companies to sell their products. And many prominent obesity doctors unanimously agree that this brain-washing is one of the main contributors in today’s obesity pandemic.

For those people with blood sugar issues, you may find that you will need to eat a little something in the mornings to get you by. But before reaching for food, try the Himalayan salt trick, drink tea or coffee with your allowed creamer, and **drink a big glass of water**.

The **WORSE** thing that someone with blood sugar issues should do is eat sugar first thing in the morning—even when *not* on the HCG Diet—sugar or even the *flavor* of sweetness will stoke hunger and create energy crashes that make you believe you need more food! See the Catch-22 here?



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As long as you're not an insulin-dependent diabetic (in which case you should NOT be doing the HCG Diet unless under the direct supervision of a Physician), do your best to avoid eating fruit first thing in the morning.

### How to Find your Correct Dose:

The majority of people on HCG shots will find a dose somewhere between 125IU-175IU for HCG injections to be their correct dosage. On some occasions, a man may need as high as a 200iu injection of HCG. Typically, the **lowest** dose a person would usually take on the HCG diet is 125IU but, on rare occasions menopausal women may need a dosage as low as 75iu in order not to feel any severe hunger pains.

Also, the leaner you already are, the lower the dose of HCG you will need. If you only have 15-20 pounds lose, you will most likely feel best on 125iu HCG shots. If you are closer to 50+ pounds overweight, it's very possible that a higher dosage of 175iu HCG shots and above may be best for you until you can lose more weight.

Surprisingly, **tiny differences** in your HCG injection dose can make a huge difference in your feelings of hunger. When making dosage adjustments, small incremental changes of about 10IUs at a time is the recommendation.

Again, in general, Men seem to do best with slightly higher doses of HCG than women on the HCG diet protocol. Men seem to feel the least hunger around 175IU-200IU HCG injections.

One way to figure this out is to gauge when you are feeling hungry and how intense the hunger pains are. If you are feeling hungry especially towards the end of the day, that may be an indication that your dose of the HCG hormone is too low, and you may need to increase it. If you are feeling extremely hungry earlier in the day or first thing in the morning, that may be an indication your injection dose of HCG is too high, and you may need to lower your dosage.

### Here's an example:

The morning of your first day of Phase 2 (the very low-calorie diet phase), you woke up hungry even though you've done a terrific job of loading. You have not started with your diet, yet there you are feeling hungry.

### What to do:

You should NOT consider changing your dose yet until you had at least 4 injections. On your 5th day, you lower your dose by 10IU. So, if you started taking 175IU, make it 165IU. If you find you are still



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hungry mid-day, the next day decrease by 10IU again to 155IU. The quick adjustment should fix you right up.

As you start to lose weight you may need to adjust your again so, just follow the above guidelines. [Email us](#) if you need further help, or consider signing up for an [HCG Diet Coaching session](#) with one of our experts.



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