

# 'HCG IS NOT A MIRACLE REMEDY FOR OBESITY MANAGEMENT'

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## What is HCG Hormone?

HCG is Human Chorionic Gonadotrophin. This hormone is secreted by the placenta of pregnant females.

## There is general myth that hormone doses can cause, cancer and chronic disorders?

HCG is not associated as causal with any form of cancers.

## Which age is preferable for HCG and how it functions?

After attaining puberty (18 years of age).

## HCG suggests rigorous diet, don't you think, with such diet pattern anyone can reduce reasonable weight? Then what is the role of HCG?

Calorie restriction is key to any sort of obesity management and HCG protocol is no exception to this. HCG itself is not an obesity medicine. It is hypothesized that HCG drives your body to utilize fatty acids as the primary source of energy in a situation of calorie deficit. Also, with rigorous diet, the thyroid gland goes in suppression due to decreased thyroid Stimulating Hormone leading to a situation similar to Non Thyroidal Illness syndrome or Subclinical hypothyroidism. HCG can stimulate this suppressed thyroid gland

physiologically and improve the metabolic rate.

## Can you explain what difference does HCG bring to weight reduction? Is there any side effects?

In HCG protocol you don't see the adverse effects of crash dieting like depression, cravings, feeling low energy, low libido etc. As HCG drives your body to utilise fatty acids (Fat) from your own reserves, the body does not feel deprived of energy. The goal of obesity management is not merely weight loss. The goal is Fat loss. HCG by its inherent property makes your body to utilise its own fat and hence paves way for fat reduction. The reason for the strict fat free diet is that if the fat is provided from outside then body will utilise that fat and not the

stored ones.

There can be some menstrual irregularities in women taking HCG protocol. This anyways happens with patients taking any other treatment for obesity too. Some acne eruptions can happen, though rare. Very rapid weight loss may lead to fatty liver. Chances of pregnancy are there as HCG is a pregnancy hormone. Libido goes up.

## How do you train a person to undergo HCG treatment?

The training happens in the clinic. All the information (including Do's and Dont's) is given and explained in detail. Daily diet plan is given and regular follow up is done.

## Why, they say one should avoid exercise and workout during this treatment?

You can exercise while on the protocol. The only thing is that you will develop muscle mass (lean body

mass) which will show as weight on the scale. Few people are apprehensive of this and hence ask not to exercise. Exercise is a good habit and should never be discouraged. I advise all my patients to continue exercise at least in form of 40 minutes walking daily. HCG has been promoted by lot of pharmacies and weight loss centers worldwide. They have also made it as a style statement that "Follow HCG diet and no need for exercise". I personally don't advocate staying away from exercise.

HCG is not a miracle remedy for Obesity management. It needs to be employed with other modalities of Obesity management under the supervision of a doctor.

## What happens if someone eats something which is not permissible?

He or she may not lose weight.

## Is there any probability of skin sagging or vitamin deficiency?

Skin sagging can happen with any obesity management modality. Vitamins should be supplemented with HCG protocol, wherever needed.

## What would be your endorsement line as doctor?

Obesity is multifactorial. It needs multimodal approach to control fatness. HCG protocol is worth trying.

