

HCG

by **dr. lisa hunt** | photo by **dawn kelly photography**

There is a lot of information about the “HCG Diet” on the Internet, in various books and other sources. However, much of what you hear or read may not be consistent with Dr. Emma’s HCG Diet Program. Dr. Emma spent years conducting research and clinical trials. As a result, she has formulated a very specific program for the use of HCG.

Dr. Emma’s HCG Diet Program uses specific medical dosing of Human Chorionic Gonadotropin (HCG) during a low-calorie diet. The HCG is a hormone made by the body during pregnancy. It is a natural, protein hormone that acts as a precursor in the bodies of both men and women to produce hormones such as testosterone, estrogen, progesterone and thyroid hormones. The act of stimulating these hormones in very low levels appears to help the body sustain lean body mass while dieting. Normally, a very low-calorie diet will produce weight loss; however, there will be a loss of muscle and lean tissues. The HCG appears to help counteract that loss.

Weight loss expected on an HCG Program is dependent upon the degree of obesity at the start of the program. This is because the weight loss

is diet dependent. One needs to consume far less than her body requires in a day in order to see rapid weight loss. The closer someone gets to her ideal body weight, the slower the weight loss is due to the fact that her body is leaner and doesn’t require as many calories as when she was obese. Due to the nature of the HCG program, it’s customary to see a weight loss of a minimum of half a pound per day, up to greater than one pound per day. Individual results vary and are affected by baseline metabolism, medical conditions and compliance.

The benefits of HCG include: better, more restful sleep; lower counts for cholesterol and blood pressure; improved energy levels; reduced symptoms of fibromyalgia and arthritis; decreased symptoms of depression; increased self-confidence; softer skin; resolution of brittle nails; average weight loss of up to one half to one pound per day; and decreased hunger. ■

Valley Wellness is now offering Dr. Emma’s HCG Diet Program. For more information on the HCG programs available through Valley Wellness, please visit DrLisaHunt.com.

Dr. Lisa Hunt



Lisa J. Hunt, D.O., is the Medical Director of Valley Wellness Center in Modesto whose mission “is to build on every level of your health to achieve the best quality of life.” She is board certified in Family Medicine and Holistic and Integrative Medicine. She specializes in anti-aging treatment, natural thyroid replacement, menopause/andropause therapy (including bio-identical hormone replacement), strengthening the immune system, neurotransmitter analysis/replacement and nutritional support guidance.

Valley Wellness is now offering
DR. EMMA'S HCG DIET!
 AS FEATURED ON DR. OZ

The benefits of HCG include:
 Better, more restful sleep • Lower counts for cholesterol and blood pressure
 Improved energy levels • Reduced symptoms of fibromyalgia and arthritis
 Decreased symptoms of depression • Boosts in self confidence
 Softer skin and resolution of brittle nails • Decreased hunger
 Average weight loss of up to 1/2 • 1 pound per day

DR. LISA HUNT
 AT VALLEY WELLNESS CENTER
 Lisa J. Hunt D.O.
 (209) 577-2799 • www.DrLisaHunt.com
 1300 MABLE AVE., SUITE C • MODESTO

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