

HCG Program – FAQ's

How is this program different from other weight loss programs?

- The HCG program kick-starts healthy lifestyle changes and should not be used as a 'quick fix' for you to experience the greatest success.
- This intensive program rebalances your metabolism and hormones as well.

Do you need to come into the clinic for appointments?

- This program is completed entirely online using a virtual setting.
- You will have open access to health care providers with Pagdin Health should you experience any adverse side effects or have questions about your progress through the program.

Where do I get my prescriptions filled?

- We ask that you bring your prescription requisitions to any pharmacy near you.

Are the HCG and B12 prescriptions an added expense in addition to the program fee?

- Yes. The prescriptions and access to health coaching are provided as part of the HCG program fee, however the cost of filling the prescriptions will be an additional expense when you have them filled at a pharmacy.
- This expense may be partially covered with extended benefits as naturopathic medicine.

How many times can you complete the program / Is it safe to repeat?

- The HCG program is safe to continue for periods of up to 6-weeks at a time, and can be repeated, if necessary, after a minimum of two months between program starts.

What are the risks / common side effects?

- Any intensive diets can cause disruption to the regularity of menstrual cycles, and **two** methods of contraception are recommended for use during the program (ex. Birth control pill and condoms).
- Other common side effects include the possibility of hair loss, dry skin, constipation, headaches, muscle cramps, or gastric reflux.

How might this program effect other medications I take, including birth control?

- You should continue using your prescription medication, including hormone therapy during this program.
- If you use thyroid medication, you will be asked to reduce your prescription to half (ex: take thyroid medication every other day instead of everyday). Continue to self-monitor symptoms such as anxiety or feelings of over-stimulation.
- It is recommended that those taking birth control should continue to do so along with another contraception method, such as condoms.

How might this program effect my period?

- It is important to know that this weight loss program may affect a regular menstruation cycle and there is the possibility of disruption.
- You should plan to begin the HCG diet right after your period, to avoid hormone imbalance during your program. If you are completing the 6-week program, plan to begin at the end of your period so that only one menstrual cycle will be affected.

Who might not qualify for the program?

- You will not qualify for this HCG program if you have a starting BMI (body mass index number) of 18kg/m² or less. If you are unsure if your BMI is too low, we suggest this link here: <https://www.calculator.net/bmi-calculator.html?ctype=standard&cage=27&csex=f&cheightfeet=5&cheightinch=3.52&cpound=160.53&cheightmeter=180&ckg=65&printit=0&x=68&y=16>
- If you have significant weight to lose, you can discuss other injectable options to use along with the diet program with one of our practitioners to achieve greater weight loss.
- This program is not recommended if you are currently pregnant or breastfeeding.

What are the next steps after completing the program?

- Maintaining your results will be the long-term goal. To do this effectively, adhere to the Maintenance Phase instructions of the HCG program. Dr. Pagdin also recommends the book "Beyond Keto" by Dr. Don Colbert to inform healthy eating habits and lifestyle changes.
- We also encourage participation in our hormone therapy program (BHRT) to maintain long term results, hormone stability, and healthy living after the diet is completed.

Who do I contact if I have questions about the program?

- You will have open access to health care providers, including Dr. Pagdin, Dr. Garrison, and Dr. Flamand, should you experience any adverse side effects or have questions about your progress in the program.
- All non-urgent correspondence is through phone or email with our friendly reception team.