

HCG: Extreme weight loss, or extremely sorry?

Contributed by Brenda Bark, a certified personal trainer and owner of Focus On Fitness in Chandler.

At the expense of your health, the hot fad, super-popular, HCG Diet benefits my business. Why?

Approximately 25 percent of my existing clients have come to me after regaining all of their weight loss subsequent to yo-yo diets.

FITNESS

Of those, roughly 40 percent failed miserably on the HCG.

What is the HCG Diet? The latest craze in extreme weight loss consists of daily injections of human chorionic gonadotropin and a dangerously strict intake of 500 calories a day.

Apart from common side effects, which include headaches, depression, blood clots, mood swings, confusion and

dizziness, the brain cannot function properly on such a low-calorie diet.

Additionally, the body struggles to fuel its functions by scavenging and burning muscle tissue.

Dieters are restricted from oils and all carbohydrates, including sugars and starches, often leading to cravings and binge behavior. Without lifestyle modification consisting of how one eats and exercises, it's no wonder this diet has such a failure rate.

HCG is a hormone produced in the body during pregnancy. Produced naturally, it is extracted from the urine of pregnant women for the treatment of infertility in women and certain male reproductive-system conditions. HCG is not FDA-approved for weight control.

Reach the writer at 480-699-3162 or Brenda@MyFocusOnFitness.com