

Human chorionic gonadotropin (hCG) drops 6c homeopathic

Background

Human chorionic gonadotropin (hCG) or the pregnancy hormone, is primarily used to treat endocrine disorders and fertility issues as a prescription medication. HCG is not approved without a prescription and is not currently approved for weight loss. This nutraceutical formulary available in drops is a homeopathic hCG blend designed to mimic the natural pharmacopeia. Off-label therapeutic use with this product is at the sole discretion of the treating physician and should be carefully advised, researched, and accompanied with a proper protocol.

Early in a pregnancy, human chorionic gonadotropin (hCG) is produced by differentiated syncytiotrophoblasts (multinucleated epithelial cells that cover the placenta) and is associated as an important embryonic marker.^{11, 12} In early pregnancy stages, hCG supports release of essential pregnancy hormones progesterone, estradiol, and estrone by adaptation of the post-ovulatory ovary into the gravid corpus luteum; through binding to its receptor transforms the uterine endothelium into a life nurturing environment by angiogenesis and new pathways for nutrient transport.^{13, 14} In other words, hCG is necessary for the maintenance of pregnancy and to support the growth of human life.⁶

Human chorionic gonadotropin (hCG) is produced after a fertilized egg implants into the uterus wall and assists the body synthesize other hormones like progesterone and estrogen that assist the body sustain pregnancy and grow human life. As an adjunct to a weight loss program that may include distinct phases, diet, exercise, and prescription weight loss medications, there are several suggestions on hCG inclusion, oftentimes coupled with caloric restriction as the hallmark. Current thought has evolved that the very low-calorie diet often paired with hCG supplementation needs to be revisited, as this practice may cause metabolic damage and regaining any weight lost once the regimen is discontinued.¹⁹ The notion is that as a dietary supplement adjunct, hCG drops aid to reset balance or homeostasis in the body, e.g., amplifying fat burn rate, normalizing hormone levels, energy, and promote decreased appetite.¹⁹

Two key theories undergird why researchers have left their minds open to the possibility of hCG as a weight loss adjunct. The first is an observation by Dr. A.T.W. Simeons that obese young men experienced removal of abnormal fat deposits on a restricted diet and hCG and secondly pregnant women in socioeconomically challenged countries could carry healthy pregnancies on minimal caloric intake.²⁰ In other words, hCG participates in allowing the body to release abnormal fat storage into the bloodstream for fuel.²⁰ In nonpregnant females and males, it is posited that hCG, when paired with caloric restriction, promotes the body to release unnecessary fat deposits for energy and utilize fat for fuel in favor of incoming calories.²⁰ Any and all hCG recommendations should be carefully consulted with a licensed healthcare provider.

Research

There is strong rationale and theoretical support for hCG derivatives to positively affect healthy weight management. HCG is a naturally occurring hormone found in pregnant women that ensures the egg receives adequate sustenance for proper development in a woman's ovary. It also plays a role in initiating ovulation and has been shown to increase sperm count in men. The FDA has approved physicians providing hCG shots for treatment of fertility issues, but much of the professional and public scrutiny has arisen over homeopathic hCG products and their suggested connection to weight management. A summary of the current literature on hCG activity by Nwabuobi et al. (2017) is presented below in Figure 1.¹⁰

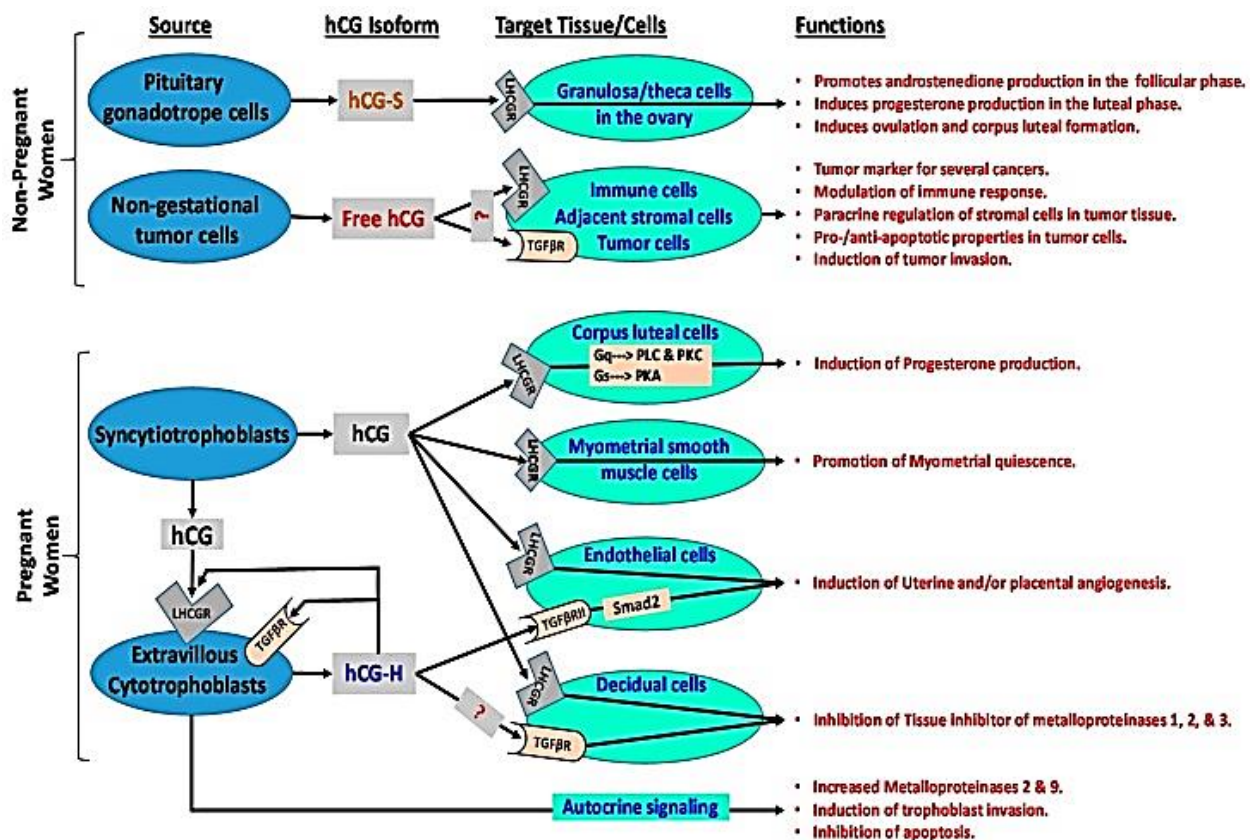


Figure 1. A summary of the current literature on hCG activity.¹⁰

Abbreviations: Cellular sources, targets, associated signaling cascades, and functions of various hCG isoforms in non-pregnant and pregnant women. LHCGR: luteinizing hormone/choriogonadotropin receptor; TGFβR: transforming growth factor beta receptor; ?: hCG may bind to relevant receptor in target cells; Smad2: similar to drosophila gene 'mothers against decapentaplegic' 2; Gq: heterotrimeric G protein subunit that activates phospholipase C (PLC)-associated protein kinase C (PKC); Gs: heterotrimeric G protein subunit that activates cAMP-

dependent protein kinase A (PKA) signaling by activating adenylyl cyclase; hCH-S: sulfated hCG; hCG-H: hyperglycosylated hCG. [Description provided by the original authors].¹⁰

Attribution: Nwabuobi, C., Arlier, S., Schatz, F., Guzeloglu-Kayisli, O., Lockwood, C. J., & Kayisli, U. A. (2017). hCG: Biological Functions and Clinical Applications. *International Journal of Molecular Sciences*, 18(10), 2037. <https://doi.org/10.3390/ijms18102037>.¹⁰

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When it comes to evaluation of studies on the effect of hCG in the treatment of obesity through the Simeon protocol, a robust and recent meta-analysis puts forth a trend in poor methodological quality (e.g., 24 published studies).¹⁵ Methodological accuracy is evaluated on factors such as data presentation and analysis, interventions, measurement of effect, and study population.¹⁵ Measurement outcomes consist of fat-redistribution, feeling of well-being, hunger, and weight-loss.¹⁵ Many hCG supporters point to the Asher-Harper study (1973) which found that the combination of 500 calorie diet and hCG demonstrated a statistically significant benefit over the diet and placebo combination as shown by greater weight loss and decrease in hunger.^{16, 17} When pairing previous hCG clinical trials providing mixed results for weight loss, findings of poor methodological quality in many studies, it is possible that hCG may or may not accelerate weight-loss, additional considerations include caloric restriction, diet, and exercise.^{15, 18}

This supplement drop homeopathic formulary is produced utilizing a proprietary dilution method. The production laboratory takes natural hCG and through a series of microdilutions (e.g., designed to reduce concentration of hCG), which then goes through a successive activation process, intended to actuate the main ingredient. The new electromagnetic profile resulting from this process is thought to present greater bioavailability for patients. Data is scarce as to bioavailable levels of orally administered hCG due to contact with digestive enzymes, but physicians have reported that use of homeopathic hCG drops in combination with existing therapies has shown to facilitate delivery of medication into desired pathways and provide a synergistic effect.

In men and non-pregnant women, Human chorionic gonadotropin (hCG) is produced by the pituitary and detectable at low serum levels.³ Regarding current clinical applications of hCG, in addition to serving as an indicator of early pregnancy, the hormone has shown predictive power as a marker of a viable pregnancy as inadequate pregnancies produce lower levels.^{4, 5} Furthermore, there are additional recognized clinical applications of hCG beyond diagnosing normal and abnormal pregnancies such as, a biomarker for preeclampsia, a serum marker for Down's

Syndrome screening, a decisive indicator in the diagnosis of gestational trophoblastic disease, and the hormone's application in assisted reproductive technology.⁶ For female reproduction specifically, the mid-cycle luteinizing hormone (LH) increase is fundamental to achieve normal oocyte (a female germ cell) maturation and ovulation and hCG may play a role to support this development.⁷ It has been observed that hCG employed in assisted reproduction therapy bridges the gap of LH response to support mature oocyte collection, embryo quality, implantation, and pregnancy rate.^{8,9}

Conclusion

Regardless of treatment decisions, some seminal publications are considered required reading among physicians. The book, universally known as "Pounds and Inches," contains the original hCG diet protocol developed in the 1960s by Dr. A.T.W. Simeons.¹ The book details his time in India where he first observed the effects of hCG on obesity and stated its importance.¹ The article manuscript detailing the action of hCG in the obese from 1954 was the groundbreaking research of its time containing the revolutionary hCG protocol and diet.² Limitations resulting from poor methodological quality of current research on the effect of human chorionic gonadotropin (hCG) in the treatment of obesity by means of the Simeons therapy present an unclear picture for the hormone as adjunctive therapy in the treatment of obesity.¹⁵ Despite lacking robust empirical evidence as effective adjunctive weight management treatment, there is a surge of anecdotal support for its inclusion in anti-aging and weight management therapies.

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Summary

Human chorionic gonadotropin (hCG) is primarily used to treat endocrine disorders and fertility issues as a prescription medication and the hormone is not approved without a prescription or for weight management. This nutraceutical formulary available in drops is a homeopathic hCG blend designed to mimic the organic pharmacopeia. There is a strong rationale to suggest recombinant hCG could positively affect healthy weight management. Limitations resulting from poor methodological quality of current research on the effect of human chorionic gonadotropin (hCG) in the treatment of obesity by means of the Simeons therapy present an unclear picture for the hormone as adjunctive therapy in the treatment of obesity. Observations by Dr. A.T.W. Simeons were that obese young men experienced removal of abnormal fat deposits on a restricted diet and hCG and secondly pregnant women in socioeconomically challenged countries could carry healthy pregnancies on minimal caloric intake. In other words, hCG release engages in allowing the body to let go of abnormal fat storage into the bloodstream for fuel. In nonpregnant females and males, it is posited that hCG, when paired with caloric restriction, promotes the body to release unnecessary fat deposits for energy and utilize fat for fuel in favor of incoming calories. All hCG recommendations should be carefully supervised by a licensed healthcare provider.

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