

## What is the WeightNot<sup>SM</sup> Medically Supervised Diet?

The WeightNot<sup>SM</sup> Diet is a medically supervised diet program that combines human chorionic gonadotropin micro-injections (HCG) with a low-calorie diet to stimulate rapid weight loss. Average weight loss is 1 pound or more per day, for a total of 30-40 pounds lost during the 40-day diet.

## What is HCG and how does it assist in weight loss?

HCG stands for human chorionic gonadotropin, a hormone that occurs naturally in every human. HCG is often known as the “pregnancy” hormone, as it is secreted in very large quantities during pregnancy to help support the growth of a fetus. However, in all individuals at all other times, it also has the effect of signaling the body to preferentially burn off abnormal stores of fat to use as energy in the presence of very little outside nutrient intake.

Because of this excessive fat burning effect, the body is able to function well on the calories released from burning one’s own fat. This allows for a very low calorie diet which provides just enough outside protein and fiber to prevent muscle wasting and help maintain normal functioning of the digestive tract. Additionally, the circulation of calories throughout the body from this fat-burning effect helps to diminish or even completely remove any sensation of excess hunger while maintaining such a small food intake.

## How much weight will I lose with the WeightNot<sup>SM</sup> Diet?

Most WeightNot<sup>SM</sup> dieters report a loss of 1 to 2 lbs a day, however some may lose .5 pound a day and others 3+ lbs a day based on their unique physiology and the amount of weight they have to lose.

## Is it healthy to lose weight so rapidly?

Studies have shown that weight lost as a result of following the micro-injection and very low-calorie diet protocol comes directly from adipose fat tissue rather than lean muscle. In doing so, this weight comes directly from fat and does not strip the body of much needed muscle, vitamins or minerals essential to maintain good health, while at the same time, releasing excessive amounts of fat-stored nutrients into the blood stream to be absorbed by the body.

## What does the WeightNot<sup>SM</sup> Diet entail?

Because WeightNot<sup>SM</sup> is a medically supervised weight-loss program, the first step will be to have blood drawn for labs to evaluate hormone levels, thyroid and liver function and more.

A Reveal<sup>SM</sup> Clinician will evaluate those lab studies along with your medical history to make sure you have no issues that would preclude treatment. During your visit, you will be weighed and have pre-dietary photos taken. Your clinician will discuss the dietary plan, as well as your goals, expectations, and potential hurdles to success. You will then be given the HCG and shown how to perform the micro-injections.

The WeightNot<sup>SM</sup> Diet will last for 40 days, and will be followed by a 3-week maintenance and transition plan. If additional weight loss is required, the WeightNot<sup>SM</sup> Diet may be undertaken again in about 6 to 8 weeks.

## Will I be hungry?

It is common for mild hunger during the first few days, however WeightNot<sup>SM</sup> dieters largely report that this subsides by the end of the first week, and by the second week, even very small servings of food are completely satisfying. This is partly due to your hypothalamus (the gland responsible for moderating the thyroid, adrenals, fat storage, and metabolic rate) adjusting your metabolic rate, but largely due to the amount of calories circulating in your system from the fat being released.

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## Are HCG micro-injections painful?

The HCG micro-injections for weight loss are administered using a very short, fine needle, identical to the type used for insulin micro-injections. Because the micro-injections are made in the fleshy area between the abdomen and flanks, discomfort is quite minimal, with the micro-injections typically causing little or no sensation.

## Is HCG safe for men?

Yes. HCG is present in both male and female human tissue.

## Am I a good candidate for the WeightNot<sup>SM</sup> Diet?

You may not begin the WeightNot<sup>SM</sup> Diet if you have one of the following conditions:

- Insulin-dependant diabetes
- Significant cardiovascular disease (determined by physician on case by case basis)
- Active cancer
- Unrealistic expectations or non-compliance
- Large uterine fibroids
- History of gallstones without operative removal
- History of gout
- A major ovarian cyst
- Previous cancer or a tumor of the breast, ovary, uterus, prostate, hypothalamus, or pituitary gland
- Undiagnosed Uterine Bleeding
- Epilepsy
- Kidney disease
- Asthma requiring multiple medications to control
- Pregnant or nursing

## What are the side effects of the WeightNot<sup>SM</sup> Diet?

Because HCG is a natural substance produced in the human body, there are rarely side effects reported. Most common are mild headaches, feeling restless or irritable, mild swelling or water weight gain, depression, breast tenderness and swelling, and or injection-site inflammation or discomfort.

## Will I regain the weight?

After completing the WeightNot<sup>SM</sup> Medically Supervised Diet, dieters report that their appetite and eating habits have changed.

They typically find that a minimal amount of exercise is now sufficient for maintaining a very healthy body (i.e. lighter yoga or 15 minutes of cardio a day). Because the hypothalamus is reset, the metabolism is changed, allowing for moderate food intake while eliminating the need to overeat.

## Can I use my Health Spending Account to pay for WeightNot<sup>SM</sup>?

Use of a Health Spending Account is subject to a medical diagnosis such as obesity, hypertension or cardiovascular disease. To qualify, the diagnosis must be provided by a primary care physician.

According to the IRS, the allowable expenses under a Health Savings Account are generally the same as those allowed under qualified medical and dental expenses for your federal income tax filing. Knowing which expenses are qualified will aid your financial tax planning. As with any medical expense tax claim, you must have doctor-prescribed documentation and receipts available in case the IRS requests them.

If you incurred any costs related to a weight loss program involving "a treatment for a specific disease diagnosed by a physician (such as obesity, hypertension or heart disease)", the IRS states this is a qualified medical expense for your Health Savings Account and federal income tax purposes. This includes any amounts you paid as membership fees for joining a weight reduction group. It also includes any fees you paid for attending periodic meetings of the group.

## Is HCG approved by the FDA?

The use of HCG for weight loss is an "off label" prescription at the discretion of a physician. While HCG is widely prescribed as an adjunct to low calorie diet programs, for this "off label" use, the FDA requires notice that HCG has not been demonstrated to be effective adjunctive therapy in the treatment of obesity. There is no substantial evidence that it increases weight loss beyond that resulting from caloric restriction, that it causes a more attractive or "normal" distribution of fat, or that it decreases the hunger and discomfort associated with calorie-restricted diets.