

## Fat

Fat is one of the three main macronutrients among carbohydrates and proteins. It is an important nutrient and serves both structural and metabolic functions. Fat is an energy source for the body and a store of energy that the body does not need immediately. Each gram of fat, when burned or metabolised, releases nearly nine calories. Accumulation of these fat reserves leads to obesity.

Obesity increases the likelihood of various diseases, particularly heart diseases, type-2 diabetes, obstructive sleep apnea, certain types of cancer, high blood pressure, mood disorders and osteoarthritis.



Obesity- a new age epidemic

### Types of fat

In the human body, there are three kinds of fat:

#### **Structural fat**

It is fat that fills the gaps between organs and performs important functions, such as cushioning the kidneys with soft elastic tissues, protecting the coronary arteries and keeping the skin smooth and taut. It also provides a springy cushion of hard fat under the bones of the feet, specially heels, without which we will not be able to walk.

#### **Reserve fat**

It is a reserve of fuel that the body can freely draw, when the nutrition from the intestinal tract is insufficient to meet the demand. Such reserves are localised all over the body. Fat packs the highest caloric value (9 calories/gms) into the smallest space possible, so that these reserves of fuel for muscular activity and maintenance of body temperature can be most economically stored. Both these types of fat, structural and reserve, are normal, and even if the body stocks them to its full capacity, it is not obesity.

## **Abnormal fat**

When the fat deposits grow rapidly and withdrawals become smaller, the body establishes a fixed deposit where all surplus calories go, but withdrawal from this deposit is extremely difficult by normal means. This is called abnormal fat that leads to the onset of obesity.

## **Causes of Obesity**

Obesity is most commonly caused by a combination of excessive food intake, lack of physical activity and genetic susceptibility, although a few cases are caused primarily due to endocrine disorders, medications or psychiatric problems.

### **Diencephalic disorders**

Sometimes, the fat processing mechanism is disrupted due to diencephalic disorder. When one of the many diencephalic centres, e.g., thyroid, pancreas and the nervous system are overtaxed, these centres try to increase their capacity at the expense of other centers.

### **Psychological aspects**

The diencephalon is the seat of our primitive animal instincts and in an emergency, it is able to transfer pressure from one instinct to another. A lonely and unhappy person is deprived of all emotional comfort and instinct pressure. No amount of psychotherapy or analysis, happiness, company or the gratification of other instincts will correct the condition.

### **Compulsive eating**

Some obese patients suffer from this, particularly women in their late teens or early twenties. Such people feel a compulsive desire to eat and gobble almost anything edible at lightning speed and ferocity.

### **Reluctance to lose weight**

Some obese people are reluctant to lose fat. If they are intelligent, popular and successful, in spite of their weight, it is a source of pride. A few fat women consider their condition a safeguard against romantic involvements.

## Signs and symptoms

Some basic symptoms of obesity can be observed without the help of BMI (Body Mass Index) charts:

- When the skin is stretched due to the rapidly accumulating fat under it, it may split in the lower layers of the stomach and transform into scar tissue. Such striation commonly occurs on the abdomen of pregnant women, but in case of obesity, it is frequently found on breasts, hips and occasionally, on shoulders.
- In females, there may be a fold of skin over the pubic area and another may stretch around both sides of the chest, where a loose roll of fat can be grabbed between two fingers.
- While in males, the accumulation of abnormal fat in the chest area is always an indication, in females, this abnormal fat mixes with the normal breast fat.
- Abnormal fat hangs limp, and obese women have to constantly adjust their brassieres to properly fit their breasts. This is drastically reduced after a Fat Cleanse.
- Frequent headaches, rheumatic pains without detectable bone abnormality, laziness and lethargy (often both physical and mental) are also the symptoms. Abnormal fat is often associated with insomnia as well.
- Patients frequently feel the need to rest, feel famished and weak, hungry within just two to three hours of a heavy meal and have an irresistible yearning for sweets and starchy food. Sometimes, it may even be substituted by smoking and drinking.
- Constipation and a spastic or irritable colon.
- Menstrual cycles are often abnormal, such as delayed or early cycles, excessive or less bleeding during the cycles, clots and pre-menstrual symptoms.

## Fat Cleanse

**This cleanse is only for those who have completed at least two Liver Cleanses properly.**

Pills, liposuction, bariatric surgery, fad diets and exercise techniques ‘guaranteed to melt away fat to reveal a slender and healthier you’ are a dime a dozen. When an obese patient tries to reduce fat by starvation, he will first lose his reserve fat deposits. When these are exhausted, he begins to burn structural fat and only as a last resort, the body yields its abnormal reserves. By then, the patients feel famished and tired, their face becomes drawn and haggard, but their bellies, hips, thighs, shoulders and upper arms show little improvement. The problem is that majority of these so called cures are impractical and nearly impossible to sustain, and require too much time, money and effort.



Fat loss programmes - failed efforts

I have also suffered from obesity of medium proportion. Like others, I made many attempts to lose weight and succeeded to some extent, albeit temporarily. I used to keep my weight in control with regular exercise and a proper cleanse routine, which included Kidney Cleanse, Acidity Cleanse, Parasite Cleanse and Liver Cleanse, but without any food restrictions. I regained the lost weight as soon as I left the regimen and resumed normal eating habits – since taste reigns.

In 2008, I came to know of the HCG (generally, referred as hCG, Human Chorionic Gonadotropin) Diet Protocol developed by an Italian doctor, A.T.W. Simeons. He founded the Salvator Mundi International Hospital in 1960, which is operational even today. Dr. Simeons was awarded the Red Cross Order of Merit in the 1930's for his discovery of injectable atebirin for treating malaria. I appreciated his research and tried out his regimen with some minor modifications in diet adapted to the Indian context.

## HCG Diet Protocol

In the 1940's and 50's, Dr. Simeons studied the effects of HCG on weight loss. He published the results in his book, 'Pounds and Inches: A New Approach to Obesity'. Dr. Simeons found that HCG is most effective in achieving lasting weight loss when a specific diet protocol is followed. Food with a limitation of 500 calories per day, along with the plan's guidelines, make up the HCG Diet Protocol.

HCG dissolves abnormal fat only when the food intake is limited to approximately 500 calories per day, rather than the daily requirement of 2000 calories. The body makes up for this deficit in the energy requirement by using abnormal fat.

The Fat Cleanse treatment, although I often call it 'Cure through Fat Cleanse', is not an attempt to reduce weight, but is aimed at curing the disorder and is equally effective in both sexes, of all ages, suffering from all forms of obesity. However, the calorie intake after cleansing should never exceed 2000 calories; otherwise the patient will gain weight again.

### Some facts about HCG

- HCG is not a sex hormone and its action is identical in men, women, children and even in people whose sex glands no longer function owing to old age or surgical removal.
- HCG regulates menstruation and facilitates conception, but it neither makes men grow breasts, nor makes women grow beards or develop gruff voices.
- When fresh urine containing HCG of a pregnant female was given to obese people, in quantities of nearly 300cc by retention enema, the results were as good as those by injecting HCG itself.
- Small daily doses appeared to be just as effective as larger ones given twice or thrice a week. When patients were given small daily doses, they seemed to lose their ravenous appetite, though they neither gained nor lost weight. However, their body shape did change. Even though they were not restricted in diet, there was a distinct decrease in the circumferences of their bellies and hips.

## Introduction to HCG (Human Chorionic Gonadotropin)

HCG is a hormone or chemical substance found in females only during pregnancy. It is not found in males. HCG also supports the normal development of an egg in a woman's ovary, and stimulates its release during ovulation. HCG is also used to treat infertility, in both women and men. The following is a list of serum HCG levels in pregnant, non-pregnant and post-menopausal women. LMP (Last Menstrual Period) is dated from the first day of the last period. The levels grow exponentially after conception and implantation.

<b>Weeks since LMP</b>	<b>IU/ml</b>
3	5 – 50
4	5 – 426
5	18 – 7,340
6	1,080 – 56,500
7 – 8	7,650 – 229,000
9 – 12	25,700 – 288,000
13 – 16	13,300 – 254,000
17 – 24	4,060 – 165,400
25 – 40	3,640 – 117,000
Non-pregnant women	<5.0
Post-menopausal women	<9.5

During certain phases of pregnancy, a woman may produce as much as 3,00,000 IU of HCG per day, and the excess passes out in her urine. This hormone breaks down the abnormal fat in her body and releases energy for the development of the foetus. On a similar principle, injecting this hormone in obese people helps in burning the abnormal fat, thus losing weight.

An HCG injection of only 125 IU per day is enough to reduce abnormal fat at a rate of roughly 160/170 gms per day. One kg of fat produces 9000 calories. On consuming 500 calories instead of 2000, the body gets its remaining 1500 calories from burning abnormal fat.

Therefore, if the patient loses 1500 calories, i.e.,  
(2000 cal. – 500 cal.)

The abnormal fat loss will be,

$$\frac{1500 \text{ cal.}}{9000 \text{ cal.}} \times 1000 = 166 \text{ gm.}$$

If the patients consumes 600 calories instead of 500, then, his abnormal fat weight loss will be reduced by,

$$\frac{(600-500) \text{ cal.}}{9000 \text{ cal.}} \times 1000 = 11 \text{ gms, and so on.}$$

When abnormal fat is burnt, the body also releases retained water, required to support this fat. Hence, the cumulative weight loss is more than the above calculated amount. Under this treatment, the actual calorie requirement of the body is fulfilled and obese patients never feel hungry, in spite of the drastically reduced food intake. On the contrary, most patients feel that two meals of 250 calories or three meals of 100+200+200 calories are enough, and continually have a feeling of just having had a large meal.

## **Procedure**

### **Before the Cleanse**

Measure your weight before starting the process. The normal weight for your height, age, skeletal and muscular build can be determined from the table on page 125. Based on this, you can calculate the degree of obesity. You can use any of the formulas given below to calculate your body mass index.

The formulas to calculate BMI based on two of the most commonly used unit systems:

$$\text{BMI (Metric Units)} = \frac{\text{weight (kg)}}{\text{height}^2 \text{ (m}^2\text{)}}$$

$$\text{BMI (U.S. Units)} = \frac{703 \times \text{weight (lb)}}{\text{height}^2 \text{ (in}^2\text{)}}$$

A person with a BMI of 18.5 to 24.9 is considered healthy. A person with a BMI of 25 to 29.9 is considered overweight.

A BMI of more than 30 is considered obese. A BMI of 40 or more indicates that a person is morbidly obese, which increases the risk of death by 50% to 85%.

Weight (kgs)	Height (feet, inches)				
	5'0"	5'3"	5'6"	5'9"	6'0"
64	27	25	23	21	19
68	29	27	24	22	20
73	31	28	26	24	22
77	33	30	28	25	23
82	35	32	29	27	25
86	37	34	31	28	26
91	39	36	32	30	27
95	41	37	34	31	29
100	43	39	36	33	30
105	45	41	37	34	31
109	47	43	39	36	33
114	49	44	40	37	34

**Body Mass Index**

### **Duration**

People who need to lose weight require 26 days (23+3) of treatment, with 23 injections. The number of days and weight loss calculated is remarkably constant in normal patients, regardless of sex, age and degree of obesity.

Patients are not comfortable with a 500 calories diet unless their normal fat reserves are reasonably well stocked. They should eat high calorie food in their maximum capacity for four days before the cleanse and during the first three days of starting the cleanse. It takes nearly three injections before the abnormally deposited fat begins to circulate and becomes available for caloric use.

The diet is arranged in such a way that the weight remains perfectly stationary and the diet is continued for three days after the 23<sup>rd</sup> injection. Only then are the patients free to eat anything within the 1200 calories limit, except sugar and starch, for the next three weeks (Phase II of the cleanse).

## Immunity to HCG

These injections may be injected daily and the course is often advised to be concluded in 26 days. After 23 injections, majority of patients begin to show signs of HCG immunity and after 40 injections, all patients usually become immune to HCG.

## Starting the Cleanse

Diet	
Breakfast	Tea or coffee with less sugar and a little milk.
	Any amount of fresh lime water with salt or a little or no sugar.
	Butter milk in limited quantity.
Lunch	100 gms of chicken breast or fish. All visible fat must be carefully removed before cooking and the meat must be weighed raw (weight of bones to be reduced approximately). It must be boiled or grilled without additional fat. Vegetarians may substitute it with 100 gms of <i>paneer</i> (पनीर).
	Choice of vegetables from the following: Spinach (पालक), tomato (टमाटर), onion (प्याज), radish (मूली), cucumber (खीरा), cabbage (पत्ता गोभी), pear gourd (परवल), bottle gourd (लौकी), ridge gourd (तोर्ई), turnip (शलगम) or any other similar vegetable, excluding potato and sweet potato.
	One chapati of pearl or spiked millet (बाजरा), finger millet (नाचनी), green lentil (मूँग) sprouts or wheat (as a last resort).
	An apple, a handful of strawberries, half of an orange or sweet lime.
Dinner	The same four choices as lunch.

**Note:** Fruits may be eaten in between meals, if not eaten with lunch or dinner. Salt, pepper, vinegar, mustard powder, garlic, sweet basil, parsley, thyme or marjoram may be used for seasoning. However, oil or butter dressing is not advisable. Be careful with very sweet fruits, e.g., mango and litchi.

Tea or coffee can be consumed in the morning, if you cannot do without it. It does not significantly affect the results. Fresh lime water with no or minimum sugar can be consumed in unlimited quantities. Lemon juice is allowed on a daily basis. It may be taken in any quantity and at all times. In fact, the patient should drink nearly two litres of these fluids every day. Many patients are afraid to drink so much fearing that it may force the body to retain more water. This is a wrong notion. The body is more inclined to store water when the intake falls below its normal requirements.

### **For vegetarians**

Strict vegetarians have a special problem because milk and curd are the only animal proteins they can eat. They should drink 500 ml of milk every day or an equivalent amount of curd. Home made Cheese/*Paneer* are better. Milk should be boiled and refrigerated to remove the cream. This toned milk can either be consumed or turned to *paneer*. As far as fruits, vegetables and starch are concerned, the intake should be the same as that of non-vegetarians. They are not allowed their usual intake of vegetable proteins from leguminous plants, such as beans, wheat or nuts and can not have rice.

### **Making up calories**

The diet, followed in conjunction with HCG, must not exceed 500 calories per day and the calorie constitution is of utmost importance. For instance, if a patient drops the apple and eats an extra chapati instead, he will not lose the desired weight. There are a number of food, particularly fruits and vegetables, which have the same or even lower caloric values than those listed as permissible and yet they interfere with regular loss of weight under the HCG diet plan, presumably owing to the nature of their composition.

For best possible results, the daily ration should contain 200 gms of fat-free protein and only a very small amount of starch. As the daily dose of HCG is the same in all cases, the same diet proves satisfactory for a small elderly lady or a hard working muscular giant. Under the effect of HCG, an obese body is always able to obtain all the needed calories from abnormal fat deposits, regardless of whether it requires 1500 or 4000 calories per day.

## **First few days of treatment**

On the day of the third injection, it is almost expected to hear two remarks. One, "Doctor, I'm sure it's only psychological, but I already feel quite different." So common is this remark, even from very skeptical patients, that we hesitate to accept the psychological interpretation. The other typical remark is, "Although I have been allowed to eat everything I want, food just doesn't seem to interest me anymore and I am willing to continue your diet even after the cleanse."

Many patients notice that they are passing more urine and the swelling in their ankles has reduced, since they started the diet. On the day of the sixth injection, most patients declare that they feel fine and have usually lost one kg or more. Some say they feel a bit empty, but explain that it does not amount to hunger. Some complain of a mild headache, which is quite common and goes away in few hours.

## **Expected difficulties of Fat Cleanse**

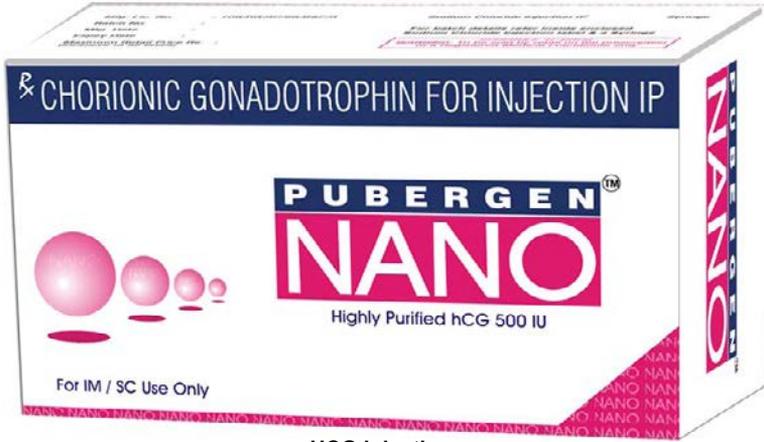
- Family members and doctors are your well-wishers and will not allow you to take the risk. I am advocating this Fat Cleanse after trying it on myself, my family members and many close friends. A pregnant woman's placenta makes 100,000 to 300,000 IU of HCG, the excess of which she passes out through urine. I am talking about a dose of 125 IU per day. So, shed all fears from your mind. Plan a Fat Cleanse. So far, there are no reported risks.
- The next problem is the administration of HCG injection. Any nurse in your neighbourhood will do it for a maximum of Rs.50/- per injection. Use a 26 gauge 1½" needle for hips, so that it goes into the protein part for absorption by blood, and not into the fat to be wasted. Gradually, patients may learn to inject themselves or take help of their family members. Self-injection or with help of family members is very convenient and cost effective (see the process of self-injection on page 131).

## **Getting the HCG medicine**

HCG medicines are normally available over the counter and cost roughly Rs.200/- for a 500 IU ampoule. It makes four sets of injections of 125 IU each.

Thus, we need six HCG Nano injections of 500 IU costing approximately Rs.1200/-. Often ampoules of 500 IU are not available, whereas ampoules of 2000 IU and 5000 IU are easily obtainable. However, it is difficult to make 16 equal parts of 2000 IU or 40 equal parts of 5000 IU injections.

Also, keeping it for more than 4 days in syringes, spoils the medicine.



HCG injection

Distribute the medicine from 500 IU ampoule evenly in four syringes. These are the four doses. Keep it in the fridge and use one daily for four days.

If the quantity of doses is a few units more or less than 125 IU, it doesn't matter. The body adjusts itself. Unequal doses will give the same effect because burning of abnormal fat starts only after 72 hours of the first dose.

### **Losing weight during pregnancy**

A pregnant lady does not need HCG injection to lose weight. Only diet protocol is enough. She can drastically reduce her diet without feeling hungry or uncomfortable, and lose weight without harming the foetus in any way. During pregnancy, the diencephalic fat banking capacity is unlimited and the fixed fat deposits are transferred back into normal circulation and freely drawn upon to make up for any nutritional deficit. Every gram of reserve fat is placed at the disposal of the growing foetus. HCG is produced in large quantities in the placenta, which brings about this diencephalic change.

## Contra-indications

There are no contra-indications to the HCG method. Oral contraceptives may be used during the treatment. It can be continued in the presence of pus forming, large infected wounds and major fractures, or, during surgery, general anaesthesia or even fever or malaria.

You should consult me before doing a Fat Cleanse, if you have ever had an allergic reaction to HCG or if you have:

- asthma
- cancer or a tumour in the breast, ovary, uterus and prostate
- epilepsy
- heart disease
- hypothalamus or pituitary gland disease
- kidney disease
- migraine
- ovarian cyst
- premature puberty
- thyroid or adrenal gland disorder
- undiagnosed uterine bleeding

## How to use/inject HCG?

HCG is given as an injection under the skin or into a muscle. It may produce little or no tissue reaction. It is completely painless. Use distilled water provided with the injection, as any other distilled water may cause a reaction and induce pain for a few hours.

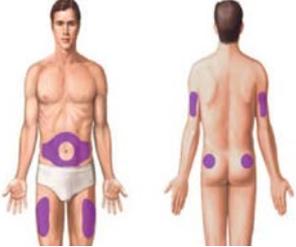
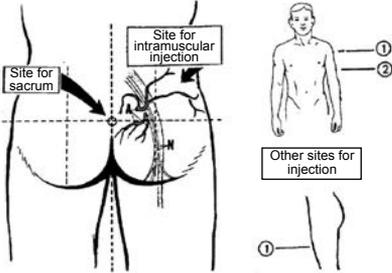
A daily injection should be given at intervals of 24 hours (or as close to it as possible).

- Make sure you have all the items needed- syringe with HCG, alcohol swab, etc..
- Wash your hands with warm, soapy water and dry them with a clean towel.
- Select a site for the injection, wipe it with an alcohol swab and wait for it to dry.



26 gauge 1½" syringes

## Preferred sites for injection

<p>Buttocks are the preferred site for administering the intramuscular injection. The gluteal muscles of this area are thick and are utilised frequently in daily activities, resulting in complete absorption of the injection.</p>	
<p>To identify the injection site, draw an imaginary horizontal line across the buttocks, from one hip bone to another. Then, divide each buttock in half with an imaginary vertical line. The four imaginary sections of the buttock are referred to as quadrants. The proper location for an injection is the upper outer quadrant of either buttock.</p>	
<p>A good suggestion is to inject yourself in different areas, such as either of the quadriceps or right arm, left arm, stomach, right and left gluteus (buttock). You can inject in the same general area, but try to keep a gap of at least one inch. Some patients inject HCG in their stomach, because of less nerve endings in that area and an easy to reach location.</p>	
<p>If you decide to self-inject HCG, make sure you clean the injection area thoroughly with an alcohol swab. Then, pinch the skin in the area and insert the needle directly into the muscle. Remember to relax your muscle as much as possible before injecting.</p>	

### **After selecting the injection site..**

- Remove the needle cap.
- Pinch a 2" fold of skin between your thumb and index finger.
- Hold the syringe the way you would hold a pencil or dart and insert the needle at nearly 45° into the pinched skin, until the needle is completely inserted.
- Slowly push the plunger all the way down to inject HCG.
- Remove the needle from the skin and gently hold an alcohol swab on the injection site.
- If there is bleeding, press the site for a moment.

### **Concluding the course**

After the last, i.e., 23<sup>rd</sup> injection, continue consuming the 500 calorie diet for another 3 days, because the HCG effect continues for 72 hours after its administration. Then for the next three weeks, limit your food intake to 1200 calories. After that, have your choice of food within the 2000 calories limit and you will wonder why you are still not gaining weight.

### **Conclusion**

The HCG diet protocol method is not simple. But, simple treatments do not bring permanent results. When the abnormal cellulite fat leaves the body, you will feel unprecedented freshness, vigour and vitality. After the 26 - days treatment, patients feel 10 years younger. I am not listing cures, but almost every medical problem improves after the Fat Cleanse.

### **Further courses**

The HCG method of losing weight is self-limiting. It becomes completely ineffective as soon as all abnormal fat is consumed. When a patient has more than 7 kgs to lose, the treatment takes longer, but the maximum dosage given in a single course is 40 injections. As a rule, patients should not lose more than 10 kgs at a time. The treatment is stopped when, either 10 kgs have been lost or 40 injections have been given. Patients' desiring to lose more weight can repeat the Fat Cleanse only after six month of the first cleanse. Once patients have lost all their abnormal superfluous fat, they feel hungry with continued injections.

## Summary

Plan of a normal course:

1. 125 IU of HCG injections daily.
2. Forced eating four days before and three days after start of the Fat Cleanse is necessary.
3. After the 3<sup>rd</sup> injection, the 500 - calorie diet to be started and continued for 72 hours (three days) after the last injection.
4. After three weeks of completing the treatment, all food is allowed except starch and sugar in any form.

## Frequently asked questions

### **1. What is the maximum weight loss possible in a single Fat Cleanse of 26 days?**

The maximum weight loss in a Fat Cleanse programme of 26 days could be upto 7-8 kgs. Here, I must emphasise that this weight loss consists of hard cellulite or abnormal fat.

### **2. Is Fat Cleanse a permanent cure for fat reduction?**

A permanent cure for fat reduction is possible only when you follow the rules of nature, such as living in a forest and eating only raw food, the way all animals live. If you start eating less, increase your fibre intake, walk or exercise more, chew better and drink more water, then you can achieve permanent weight loss. However, if you decide to continue with the present life style and eat more than 2000 calories per day, then the fat will begin to accumulate again.

### **3. Where can we get the HCG injection for Fat Cleanse?**

You can request your local medical shop for 500 IU of HCG injections. In case, if it is not available, you may try it online.

### **4. What are the side effects of this cleanse?**

Among 'side-effects', the most important ones are very high energy levels, well-being, reduced chances of heart attack, good skin and many more that you can experience only after a cleanse!

### **5. After how many doses does the weight reduction start?**

The effect of HCG hormone can be seen after three days. After 7-8 days, weight loss becomes very obvious.

### **6. I am currently doing a Fat Cleanse and have taken 17 doses, but have not lost more than 2 kgs despite strict adherence to the prescribed diet. Please advise.**

During the 17 days, the first three days are not to be counted for weight loss. In 14 days, a 2 kgs loss is relatively low, but you can hope to lose more as you complete the full treatment.

**7. After my second Fat Cleanse, I lost only 4 kgs, but the inch loss was substantial. Was my cleanse successful?**

You have lost abnormal fat and the inch loss is proof. Blood decides from where to draw the fat from the body and how to use it, based on specific needs of the body.

**8. Would one become under-weight with repeated Fat Cleanses?**

It is not possible. In a Fat Cleanse, only abnormal fat is used for circulation.

**9. I am 65 kgs. Can I undertake this cleanse?**

Hopefully not! Please read the BMI chart given on page 125. However, if you are on the higher side, you can do the cleanse.

**10. I have noticed that the 125 IU injection made from an ampoule of 2000 IU HCG injection causes pain while the same made from 500 IU does not. Why?**

All manufacturers make similar products. Yet, a few patients respond better to a specific manufacturer's product. Sometimes, you may not get 500 IU of hCG ampoules despite all efforts. In that case, as a last option, you may get an ampoule of 2000 IU and make eight doses of 250 IU each. Use the first dose immediately, second dose after two days and the third dose after four days. Throw away the remaining five doses, as it is not good for use after four days.

**11. During my second cleanse, I took more than 40 injections of HCG, but still did not feel hunger pangs. I also stopped losing weight. What is the right time to stop the cleanse?**

There is something wrong. After 40 injections, you must feel hunger pangs as the body becomes immune to HCG. You can contact me with full details for more information.

**12. My belly is bloated, but my arms are thin. How does one determine the length of the needle to be used when injecting in the arms, hip, etc.?**

The medicine must reach the protein part of the muscle. The portion near the skin is made of fat. Protein is located beneath the fat layer and hence, a 1½" needle could be a better option.

**13. Please explain the intake of the dosage through the mouth and its effects?**

The intake remains the same with varying results. Some people have reported good results, even if the medicine was taken orally, but intramuscular injections give best results.

**14. Can one use the same syringe, but with a different needle each time?**

Yes.

**15. Can the dose be taken at night, just before going to bed?**

Yes, but preferably, the same time should be maintained.

**16. Why do you recommend to do all other cleanses before doing a fat cleanse?**

Imagine a room locked for 40 years. You want to clean it. Correct method is to first clean it with a hard coconut broom, then use soft *phool* broom, do wet moping, followed by washing to get the best results. If you are straight away going to wash it, then a lot of energy will be wasted on cleaning that garbage which could have been removed by lesser efforts.

Fat cleanse is a big effort. Use it only for removing excess abnormal fat. I suggest doing a Fat Cleanse only after completing Kidney, Acidity, Parasite and Liver cleanses, for best results.

**17. Is medical supervision a must during the Fat Cleanse, especially while taking injections, counting calories and preparing the medicine?**

It is 'Cure Yourself – *Apna Ilaaj Apne Haath*'. You do not need any medical supervision. If you still need help, you can contact me.

**18. Is HCG a unique medicine for this cleanse or do you recommend substitutes as well?**

Fat Cleanse is called HCG Diet Protocol treatment. The fat loss is only due to HCG. You can substitute HCG injections with HCG ACTIVATOR Tablets. However, it may not be equally effective.

Visit the website <http://www.biovea.com>.



**19. Your other cleanses require natural products, while this cleanse is done with an allopathic formulae. Any specific reason?**

Only this medicine gives the desired effect. In fact, if it could be used in a natural form, then it would have been better. But, currently it is not possible to get urine from a pregnant lady on a regular basis.

**20. Does this cleanse affect fertility in the long term, especially if it is repeated very regularly and at short intervals of time ?**

A Fat Cleanse can be repeated only at an interval of minimum six months. For fertility related treatments, the 5000 IU injections are given in a course of seven injections or so. We are prescribing 1/40<sup>th</sup> of this dose. Thus, in no way will it affect fertility.

**21. What happens if one gives up the cleanse midway due to any reason? Would one gain weight rather than losing it?**

No problem, except that you won't get the desired results.

**22. Are the results of a Fat Cleanse the same in men and women?**

Results are similar. Weight and inch loss differs from person to person. Some people lose in one part of the body, while others may lose in another part.

**23. Is there a way by which this cleanse could remove tyres from my waist, since I am quite thin otherwise?**

Those ugly tyres will be removed from the waist just after a Liver Cleanse and you may not need a Fat Cleanse.

**24. If, by chance, I inject myself at a location slightly away from those recommended, would I hit a nerve and seriously hamper my body functions?**

The locations suggested for the injection do not have any major nerves in the nearby area.

**25. Is it medically safe for a person with high cholesterol to do a Liver Cleanse before doing a Fat Cleanse?**

Raw extra virgin olive oil does not harm the body. On the contrary, a Liver Cleanse will help in reducing LDL cholesterol.

**26. Is it safe to consume sugar free tablets during Fat Cleanse?**

No, you don't need to consume sugar free tablets.

**27. Can beet root be consumed during Fat Cleanse, as it contains carbohydrates and sugar?**

Yes, it can be consumed, but in a very limited quantity.

**28. Are three egg-whites and one egg-whole better for protein content during Fat Cleanse or 100 gms *paneer* made from toned milk?**

Three egg-whites and one egg-whole are better than 100 gms of *paneer*.