

Human Chorionic Gonadotropin Essay

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Every day humans are bombarded with the need to lose weight. Television advertisements, billboards, magazines, and even coworkers offer up new ways to shed pounds. It seems as though the days of a balanced diet are a thing of the past and a quick fix via weight loss pills, powders, or supplements is what the general public craves. Maintaining a happy, healthy lifestyle cannot be achieved in a matter of days, or even weeks. A healthy body requires a lifestyle change and the inclusion of fruits, vegetables, proteins, dairy and healthy fats along with moderate exercise. Many dieters have found that the initial struggle to lose weight is enough to completely discourage a change of eating habits in any way. The HCG, or [Human Chorionic Gonadotropin](#) is a pregnancy hormone used by doctors as a weight loss aid that is injected, or taken as a supplement along with a 500 calorie diet. While under supervision of an administering doctor, HCG has the ability to suppress appetite and eliminate headaches and fatigue, allowing users to comply with the low calorie diet that is prescribed. Although HCG used to be available by prescription only, health food stores, vitamin shops and online shopping markets have become a consumers way around consultation with a qualified professional, putting the user at risk of many health related dangers while using this pseudo supplement that has been labeled unsafe and illegal by the FDA. While not all doctors agree on the use of HCG as a weight loss aid, when used as directed with the close supervision of a physician, legal

prescription grade HCG can be safely used as the gateway to a healthy lifestyle.

Although some supplements have the potential to be helpful, when considering how to lose weight...

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...s of fad diets, pills, and supplements are in business because they are good at selling people on the idea of weight loss, not because of their actual knowledge of the weight loss process itself. Without spending time researching the actual ingredients and safety of any diet and the careful supervision of a physician, consumers may be putting themselves at risk of serious health problems.

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