

Evolution² Program FAQ

What is hA²cg and how does it work?

hA²cg is the next generation of homeopathic hCG. hCG is a glycoprotein made up of 244 amino acids in 2 chains but only 2 small subgroups of amino acids actively contribute to hCG's effectiveness in weight loss.

With hA²cg, these 2 subgroups have been isolated to create a highly effective weight loss formula.

At 1-2-3 Weight Loss Clinic, we have combined the hA²cg with a specific low-calorie eat plan. This program is called Evolution².

Wouldn't I lose the same amount of weight on a very low-calorie diet without the hA²cg?

In order to answer this question you need to understand how the body stores and uses fat. Researchers have identified three separate fat stores:

1. Normal fat: This type of fat can be likened to a checking account from which the body can easily draw energy or deposit it as needed. Normal fat doesn't take a lot of effort to lose.
2. Structural fat: Pads the various organs, protects the arteries and cushions the bony prominences. You don't ever want to lose this fat. It is vital to your health and well being. Yet, on the typical "starvation" diet, this is the fat you lose when the normal fat is depleted.
3. Abnormal fat: This is much like a bank safe deposit box, where fat is stored and basically locked away. This fat is very difficult to lose via exercise and calorie restriction, but with the help of hCG the body readily pulls fat from these "last resort" fat stores.

Bottom line: If you go on a 500-calorie diet without hA²cg, the body uses the normal fat and then starts to use the structural fat and muscle. Losing your structural fat and muscle tissue can adversely affect your health and well-being and your metabolism. In addition, "starvation" diets without hA²cg can cause you to be excessively hungry, which is typically not true for those using hA²cg drops and the Evolution² program. This is not just a VLCD (very-low-calorie-diet). See next question.

How does hA²cg help me lose weight?

hA²cg appears to act on the hypothalamus, signaling the body to release stored fat into the bloodstream where it is then available to be used by the cells for nourishment. This alone will not cause weight loss, though, unless you reduce your food intake.

The low-calorie diet combined with the homeopathic hA²cg causes the body to use the mobilized fat from the bloodstream. hA²cg causes the release of abnormal fat without affecting structural fat and muscle tissue. Which means you lose in those stubborn areas--hips, thighs, buttocks and upper arms!

Will my metabolism slow down if I am on a very low calorie diet?

It is true that normally when cutting back on calories and fat, our bodies can store fat and our metabolism can slow down. This happens because fat is really a life-saving source of stored energy. As theorized, when a very low calorie diet is used in conjunction with hA²cg, it is suggested to the body to use stored fat for energy, and eliminate excess fat reserves. It is a natural process, so there should be no ill effects on your metabolism. The plan is formulated to keep the body from going into starvation mode and holding onto fat as it resets your metabolism.

The hA²cg diet is very low calorie, will I get hungry?

It is common to feel mild hunger during the first few days. This will pass and by the second week you will find

your servings to be satisfying. Overall, most people report that they have plenty of energy and feel good while on the program.

Will hA²cg interfere with any medications I am currently taking?

At 1-2-3 Weight Loss Clinic, the homeopathic hA²cg weight loss formula should not interact with any medications. As with any weight loss program we do recommend consulting with your doctor to make sure this diet is right for you.

How much weight can I expect to lose on the program?

The average weight loss is ½ - 1 pound a day. Men tend to lose weight more quickly.

Does the weight loss slow down after the first two weeks?

Many times there is a large amount of weight loss in the first week, then a plateau or leveling off of weight loss. This does not mean that your weight loss has stopped. Typically, inches are being lost continuously while on the program, and after a period of time, clients will experience another large drop on the scale. Weight loss is thus achieved in this stair-step fashion.

Can I exercise?

Exercise during Phase 2 of the Evolution² program is optional. We do recommend light exercise only such as Pilates, walking and yoga.

Is it normal to get a headache during the first week?

Some people may experience light headaches during the first week. This is because your body is releasing fat and the toxins that are stored in the fat cells very rapidly and you will be going through a major detox.

I'm a vegetarian - can I do this diet?

Yes! Contact us to find out how to incorporate this into a vegetarian plan.

Will I gain the weight back after completing the Evolution² program?

After the Evolution² program, not only will you have lost physical weight, many clients also report a decrease in appetite and a better understanding of how to eat healthier to avoid regaining the weight.

With all of these changes and experiences, the Evolution² program is the perfect opportunity to adopt that healthy lifestyle to maintain your weight.

Will you gain the weight back after Evolution²? There is no reason you should, so long as you have replaced any former negative eating and inactive lifestyle habits with new, healthy perspectives on food and exercise.

We tell our clients to follow the 80-20 rule. 80% of the time you need to be eating healthy, non-processed foods. The other 20% of the time you can splurge.

I think I'm sensitive to certain foods. What can I do?

We can help! At 1-2-3 Weight Loss Clinic we conduct food sensitivity testing. Please contact us to find out more!

Is there anyone who should not start the Evolution² program?

As with any diet plan, the Evolution² program is a stressful process for the body. You should talk to the medical doctor prior to starting the protocol.

The program is not recommend for those with the following conditions:

- Clients undergoing cancer treatment
- Clients who are pregnant or nursing
- Clients with unstable gout
- Clients with unstable angina
- Clients who are on steroids
- Clients who have active Lyme Disease