

hCG Intake Form

Personal Information

Date _____
Name _____
Mobile _____
Email _____
Street address _____
Zip Code _____
Occupation _____
Height _____
Weight _____
D.O.B. _____
How many pounds do you want to lose? _____
What is your goal weight? _____
How did you hear of us? _____ Diet

History

How many diets have you been on in the past 5 years? _____
How many liquid diets have you done in the past 5 years? _____
How many days a week do you eat organic foods or hormone-free meats? _____
How many days a week do you consume dairy products? _____
How many days a week do you eat sweets? _____
How many days a week do you exercise? _____
How many days a week do you strength train? _____
How many days a week do you walk or jog? _____
How many fresh fruits do you eat daily? _____
How many fresh vegetables do you eat daily? _____
How many whole grains do you eat daily? _____
Rate your stress level High ___ Moderate ___ Low ___ Stress-free ___
Motivation occurs in five (5) forms:
___ Recognition
___ Challenge
___ Growth/Learning ___ Reward
___ Fear

- 1 First rank the motivator that influences you more than any other by labeling it #1
- 2 Then rank the one that influences you least by labeling it #5
- 3 Finally, rank the remaining three by labeling them #2 through 4

Informed Consent Form

Protocol: hCG informed consent

Purpose

The purpose of this informed consent form is to provide fair notice to clients seeking to participate in the hCG protocol here at the Brookside Wellness Center, Inc., to fully disclose any risks associated with participation in the hCG protocol, and to obtain written “informed consent” from the client to undergo the protocol by staff associated with the Brookside Wellness Center.

Clinical Applications

HCG was originally used in the treatment of obesity disorders by British physician and Ph.D., A.T.W. Simeons of the renown Salvator Mundi International hospital in Rome during a 16 year period beginning in 1954. Dr. Simeons concluding that hCG when used for weight reduction in conjunction with a low calorie diet, not only resulted in significant weight loss from targeted areas where fat deposits were likely to collect, but also improved the lipolytic functions of the body when co-utilized with dietary protein sources. He hypothesized that hCG, which is produced in large amounts in pregnant women beginning at the eighth (8th) week forward in quantities 5,000 mIU/ml to 288,000 mIU/ml, had a significant role in not only producing a healthy placenta for the fetus to survive, but also had a role in metabolizing subcutaneous fat stores as an additional food source for the fetus. Dr. Simeons theorized that by giving small amounts of hCG would mobilize fat into the bloodstream where proteins and enzymes could exercise their lipolytic (to convert fats into energy) function. His clinic had a 97% success ratio.

A number of medical authorities have since supported Dr. Simeons theories. In “Medicine and Science in Sports and Exercise” (19:5 sec. 179-190, 1986, Dr. Layman, M.D. affirmed that the intake of high dietary protein: (1) aided in the metabolism of “free floating” fat; (2) enhanced increased muscle mass; (3) preserved protein composition in the organs; (4) stabilized blood glucose levels, and (5) enhanced the production of human growth hormone from the pituitary gland. Journal of American Nutrition 2004 Dec: 23 (6: Suppl): 631S-636S.

In spite of these findings by specialized experts in the field of Preventive Health Care, the FDA requires the following disclaimer:

“This weight reduction treatment includes the use of HCG, a drug which has not been approved by the Food and Drug Administration as safe and effective in the treatment of obesity or weight control. There is no substantial evidence that HCG increases weight loss beyond that resulting from caloric restriction, that is causes a more attractive or “normal” distribution of of fat or that it decreases the hunger and discomfort associated with calorie restricted diets.”

Risks and Discomforts

Below is a list of risks and discomforts that may be experienced by a small part of the population, in particular, those that are already predisposed to allergies; the latter condition caused by a hyper-stimulation of the hormone heparin within the body. You must inform the provider if any of the following conditions occur.

Allergic Responses

If you experience allergic reactions to other substrates, you may have sensitivity to hCG. It is required that you stop using hCG and report your allergic response to your physician if any of the following conditions occur: The following are signs of an allergic reaction.

- . hives
- . difficulty breathing
- . swelling of your face, lips, tongue, or throat

Before receiving hCG, inform Dr. Imani if you are allergic to any drug or if you have any of the following contraindications:

- ___ thyroid or adrenal gland disorder
- ___ an ovarian cyst
- ___ cancer or tumor of the breast, ovary, uterus, prostate, hypothalamus, or pituit gland
- ___ undiagnosed uterine bleeding
- ___ heart disease
- ___ kidney disease
- ___ epilepsy
- ___ migraines or asthma

It is necessary for your provider to know of these predisposed pathologies in order to rule out any symptomatology that may not be related to the hCG.

Also in allergic responses, the body overproduces fibrin which induces blood clotting, a potentially lethal condition. Contact your healthcare provider if you have any of these signs of a blood clot:

- . pain
- . warmth
- . redness
- . numbness
- . tingling in your arm or leg . confusion
- . extreme dizziness
- . severe headaches
- . nausea or vomiting; or
- . urinating less than normal

Less serious side effects may include

Less serious side effects may occur from the change in dietary patterns, until the blood sugar levels stabilize over time with high dietary protein intake. These less serious side effects include:

- . headaches (diet related)
- . feeling restless or irritated
- . mild swelling or water weight gain; . depression
- . breast tenderness or swelling

List any prescription medications currently being taken here...

Breast Feeding

It is not known if hCG passes into breast milk. Do not use hCG while breastfeeding.

Other drugs may affect hCG

There may be other drugs that may interact with hCG. Tell your provider of any prescription drugs you are taking and any over-the-counter drugs. This includes vitamins, minerals, supplements, and any other drugs prescribed by other physicians. Do not start any new drug without consulting with your provider and physician.

Strict Adherence to the hCG protocol

To experience success on the hCG protocol, it is mandatory to follow the protocol precisely. The Brookside Wellness Center does not warrant the results of its weight loss program due largely to off-site administration and client imposed application of the program.

Consent

I, the undersigned client of The Brookside Wellness Center, agree to undergo weight loss treatment that includes the use of hCG (Human Chorionic Gonadotrophin) along with diet and other therapies. I have disclosed my full medical history and know of no reason that would medically prohibit my participation in this protocol. I am aware of the significant and common risks, benefits, side effects, and adverse reactions to hCG, and I have had a full opportunity to ask questions. I understand that hCG has not been approved by the FDA, the United States Food and Drug Administration for adjunctive

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therapy in the treatment of the obesity and states that there is no substantial evidence that hCG increases weight loss beyond that resulting from caloric restriction, that it causes more attractive or “normal” distribution of fat, or that it decreases the hunger and

discomfort associated with calorie-restricted diets. Nevertheless, considering all the above, I hereby give my informed consent to this treatment.

Client signature
