



Email: Help@VitalizeRx.com | Phone: 844-929-4HCG

HCG Diet Coaching

HCG Diet Troubleshooting – No or Slow Weight Loss or Stalling

"The number on the scale [shouldn't be] the priority for changing your habits... but changing your habits might just change the numbers on the scale," - Bonnie Taub-Dix, RDN, creator of BetterThanDieting.com and author of "Read it Before You Eat It — Taking You from Label to Table":

From the desk of: Patty Baiano, *Head HCG Diet Coach*

Are you experiencing no or slow weight loss or, started losing weight quickly then experienced a complete weight loss stall? You're not alone. About 5% of the population have underlying health issues that make it very difficult to lose weight, even on the HCG Diet.

In fact, I've been exactly where you are. You can [read all about my own personal journey](#) and trust that I speak and teach, not only from my professional education but personal experience.

For most of my young and adult life, I struggled with my weight. When I was diagnosed with autoimmune thyroid disease, that catapulted the scale upwards a full 45 pounds—despite not having changed my diet or exercise routine.

Then after finally achieving my goal weight, keep it off for almost five years only to gain it all back again after contracting Lyme Disease from an insect bite made me truly want to give up forever.

But I was tenacious and refused to give up. I studied hard and learned everything I could and finally succeeded. I do not want *anyone* to have to suffer with their weight and relationship with food the way I did. That's why I do what I do, and that's why I specialize in working with people who are like myself and may not lose weight as easily as others. The scientific term for people like us is "metabolically deranged."

Metabolic derangement is a term used to describe a person with one or a combination of metabolic issues that may include insulin resistance, hypoglycemia, pre-diabetes, diabetes as well as problems with [Leptin and ghrelin](#) the two hormones that have been recognized to have a major influence on hunger levels and energy balance.



Email: Help@VitalizeRx.com | Phone: 844-929-4HCG

HCG Diet Coaching

HCG Diet Troubleshooting – No or Slow Weight Loss or Stalling

I've learned all about the mistakes people make that hinder weight-loss progress and I'm going to teach you how to overcome them.

Something in what you read on my website had to resonate with you for you to reach out to work with me. Hopefully you'll have faith in that instinct and trust my advice in spite of listening to the old stories, habits and beliefs that may be trying to sabotage your efforts.

So, get ready for a reality check — and a hopefully a sigh of relief.

You made it this far on the HCG Diet and the top intervention that I would like to recommend is that you **lock your scale away and don't even look at it again until your HCG Diet is over.**

Better yet, if you want to be really brave and earn extra points, throw your scale away all-together. Because I promise you, *"once you change your habits, the numbers on the scale will change too."*

For persons who are "metabolically deranged" rather than getting discouraged by a slow-moving scale, I prefer to have my clients measure their ketone levels every day. Ketones in your blood unequivocally show that you are BURNING FAT. And that is very encouraging!

In the meantime, let's be pragmatic...Following are the top reasons why your scale may be climbing or standing still at this time:

1. You are not being 100% compliant on the diet. Conscience noncompliance is *rarely* the case with the HCG Diet however, unconscious deviations happen frequently. Understand that this diet is not only physical (by consuming a VLCD), but also chemical. Some people can get away with small deviations (like mixing vegetables in a meal) and still lose weight rapidly. However, for those of us who are "metabolically deranged," even the **tiniest** deviation can cause us to stall.
2. Dietary changes, *even positive ones*, can cause temporary bloating and water retention. It may take **up to a week or more** for your system to adjust. Try to focus on other "positive" distractions to take your mind off your weight and allow the process to happen.



Email: Help@VitalizeRx.com | Phone: 844-929-4HCG

HCG Diet Coaching

HCG Diet Troubleshooting – No or Slow Weight Loss or Stalling

3. There is a phenomenon known as the “*Fat Whoosh*.” The Fat Whoosh effect is simply a name given to the phenomenon that when your body burns fat, its fat cells often temporarily fill with water before fully shrinking down. This can cause your scale weight to stall, or even climb, and your body shape stay relatively the same (if not squishier) even though you’re on track for weight loss.

The ‘whoosh’ comes when your body, sometimes suddenly, flushes all the extra water out and you appear leaner almost overnight.

Here’s a fun weight loss fact: We often refer to losing weight as “burning fat,” right?

This would imply that diet and exercise help us convert our fat stores into energy we then use for activity, which is kind of true, but that doesn’t mean the fat just “burns up” and disappears.

[New research](#) shows most of it actually gets converted into carbon dioxide, which we then breathe out. Weird, right?

But when those fat cells shrink (they never go away for good) it’s actually extremely common for water to swoop in and take their place. That leads to a couple of key issues for anyone on a weight loss program:

- When water retention is high, the scale may not move, making you think progress has stalled
- Water retention makes us feel super squishy, so you may actually feel WORSE after burning a few pounds of fat
- These water-filled pockets can last for days or **weeks** at a time.

But eventually, if you stick with your diet and exercise goals, they’ll suddenly release (*WHOOSH!*), almost overnight, and you’ll notice significant weight loss and physical changes to your appearance. And that’s the Whoosh Effect.



Email: Help@VitalizeRx.com | Phone: 844-929-4HCG

HCG Diet Coaching

HCG Diet Troubleshooting – No or Slow Weight Loss or Stalling

Note: There's been a lot of new research and conjecture put out there since I first heard of this phenomenon. Lots of health experts and scientists are skeptical of the exact mechanism of the whoosh effect and dispute the idea that fat cells fill with water before collapsing.

However, the important takeaway for the 99% of us who aren't scientists is that the whoosh effect is REAL, we just may not know exactly how and why it happens. It has been experienced and documented by too many people and studies to dismiss.

But luckily, we don't just have to go on anecdote to know that the "Whoosh Effect" is as real as can be. Here's some scientific evidence:

In 1944 and 1945, researchers at the University of Minnesota performed what would go on to be known as the [Minnesota Starvation Experiment](#).

In the study, they put volunteers through a near-starvation level diet and hard labor in order to study the effects of being a prisoner of war.

The men were fed around 1,500 calories per day, every day, for a period of about 6 months. This was coupled with rigorous exercise every day.

At first, most of the men consistently lost 2 pounds of body weight per week, almost like clockwork.

But as the experiment went along, researchers found that the weight loss was no longer predictable. That the men would maintain the same body weight for weeks and then [suddenly and inexplicably lose several pounds](#). This, my friend, is the Whoosh Effect in action.

Now I bet you're thinking: Can you Trigger a "Fat Whoosh?" ...maybe.

I've noticed something kind of funky about my own weight loss and fitness journey especially when I started water-only fasting.

I try to eat a compliant Bulletproof Diet as much as humanly possible, and I do HIIT training three days per week along with walking and light cardio, but I'm also a human being who likes fun, food, and alcohol.



Email: Help@VitalizeRx.com | Phone: 844-929-4HCG

HCG Diet Coaching

HCG Diet Troubleshooting – No or Slow Weight Loss or Stalling

So, I do have the occasional slip up or cheat day.

Some nights I'll have a big meal and go to bed thinking, "Ah crap, I just undid all of my hard work this week."

Weirdly enough, sometimes I wake up the morning after a big cheat meal feeling leaner than ever.

And I'm not alone. The research suggests that one way to trigger a Whoosh Effect of weight loss is to eat a cheat meal. (But don't do this on the HCG Diet! Be patient.)

The researchers behind the *Minnesota Starvation Experiment* noted this in their own work. About halfway through the experiment, the men were given a 2,300-or-so calorie meal as something of a "re-feed," and in many of them, this "cheat meal" triggered significant weight loss the next day.

And after a lot of peeing, no less! (That water has to come out somehow)

So... if you've been exercising and dieting but find yourself frustrated by areas of super squishy fat and a scale that won't budge, try indulging yourself in a (reasonable!) cheat meal.

But do NOT to do this until you've ruled out your food sensitivities!

4. **Hidden food sensitivities are like kryptonite** – they cause chronic inflammation, make you tired and moody, and will **most definitely sabotage your fat loss**.

I provided you with several resources regarding food sensitivities. If you haven't tried them yet, now is the time. Bulletproof also has an App that can help called "The Food Detective." You can use this app to decide if it's worth your time to get a full blood allergy test, or you can use it to help you know what foods to avoid without any lab test at all. I recommend you get a blood test for food allergies unless you feel awesome all the time without fail.

To summarize the importance of this, food sensitivities are a reaction from the immune system or a result of the body's lack of proper enzymes to digest foods. When the body reacts to a food, it sends out inflammatory proteins and cortisol, which create low-level chronic inflammation.



Email: Help@VitalizeRx.com | Phone: 844-929-4HCG

HCG Diet Coaching

HCG Diet Troubleshooting – No or Slow Weight Loss or Stalling

This type of chronic inflammation may impair digestion, cause sore joints, headaches, and brain fog. **Inflammation also triggers weight gain** because it affects a specific part of the brain (the hypothalamus), causing it to become insulin and leptin resistant.

Decreasing inflammation is our number one goal with the HCG Diet and is **critical to any effective fat loss protocol**. Unfortunately, a person with low-level inflammation often does not connect the symptoms with the foods, or may not even be aware of them.

You don't even have to use this app all the time. Use it for a few days in a row to help you zoom in on your kryptonite. [Here's the link to download the app and more info.](#)

Anyone who cuts sugar, low-nutrient empty carbs, and processed foods should notice a huge difference in their energy, weight, and well-being. But it takes *time* to clear the inflammation from your body. (For example, it takes inflammation from gluten **twenty-eight days to clear!**) That's why you need to stay off the scale and be patient.

Now, if you don't see or feel a real difference in your energy levels, your strength, your focus, and your looks, in a few weeks, we may need to dial it in even further, troubleshoot and take things to the next level. At that point [a personal coaching session](#) is recommended.

Lifestyle changes don't happen overnight. Take what works, leave the rest, and enjoy the journey!

Other Possible Reasons for Weight Gain or Stalls at this Stage:

1. If your belly feels a little bigger than usual, don't freak. It's often your increase in fibrous veggies and other nutritious foods that could be the. Chowing down on broccoli, brussels sprouts, cabbage, or other fibrous veggies can lead to bloat
2. You'll find that sugar substitutes like sorbitol as well as other "sugar alcohols" (such as mannitol, xylitol, lactitol, and maltitol) are sometimes a cause of bloating if too much is eaten.



Email: Help@VitalizeRx.com | Phone: 844-929-4HCG

HCG Diet Coaching

HCG Diet Troubleshooting – No or Slow Weight Loss or Stalling

3. Zevia Soda and seltzer water might seem OK, but the carbonation in a bubbly beverage has the same effect on your stomach. Bubbles expand in your gut and could lead to a slightly bulging belly. Stick to straight water or herbal tea.
5. Almost 50 percent of people become constipated when they change their eating habits. If you're all backed up down there, you're likely to feel heavy. **Gross Trigger Warning:** It's not unlikely to have up to *ten pounds* of fecal matter in your intestines if you're constipated.

Don't necessarily gauge constipation from your old habits either (i.e. If you're used to 'going' once a day, with your previous diet, you should be going a minimum of two to three times a day from upping your veggies.) Remember, your plate should be 70% lower carb veggies—that's a LOT of bulk!

I went from 'going' once every three to four days (*if I was lucky*) to three to four times a day now! Make sure you're taking your nightly magnesium to threshold, check your diet to make sure you're drinking at least 72oz of water daily, keep up with impact workouts (nitric oxide dump, vibe, walking, HIIT), and use a "[Squatty Potty](#)" or stool to elevate your feet when you poop ([check out the research on the difference THIS makes!](#)).

Drink the following miracle recipe once or twice a day before meals. (It is HCG Diet compliant and works miracles for constipation, belly-bloat, regulating your gut biome, and killing off parasites. **Leave out the honey while in Phase 2:**



Email: Help@VitalizeRx.com | Phone: 844-929-4HCG

HCG Diet Coaching

HCG Diet Troubleshooting – No or Slow Weight Loss or Stalling

INGREDIENTS:

1 glass of warm or hot water
(12–16 ounces)

2 tablespoons apple cider
vinegar

2 tablespoons lemon juice

½–1 teaspoon ground ginger

¼ teaspoon cinnamon

1 dash cayenne pepper

1 teaspoon raw, local honey
(optional)

DIRECTIONS:

1. Warm the water.
2. Mix all ingredients together.
3. Best served warm but drink at desired temperature.

A less than likely reason but worth noting—About 25 percent of patients who get gastroenteritis, a stomach infection, have bloating and unexplained inability to lose weight even after the illness clears.

A likely suspect: small intestinal bacterial overgrowth (SIBO). In SIBO patients, abnormal levels of microbes colonize the small intestine, which can lead to gas and bloating. Gastroenteritis can disrupt your defense mechanisms that normally keep bacteria out of the small intestine, leading



Email: Help@VitalizeRx.com | Phone: 844-929-4HCG

HCG Diet Coaching

HCG Diet Troubleshooting – No or Slow Weight Loss or Stalling

to SIBO. It is typically diagnosed with a breath test and can be treated with antibiotics or other approaches. The drink mentioned above helps with CIBO.

The HCG Diet is extremely beneficial when you are, or suspect that you are, weight loss resistant. Because it works like an “Elimination Diet” and removes many possible food triggers, preservatives, and other hidden junk we consume that may cause inflammation.

This way of eating can be taxing in its own way—we have so many emotional ties to food and it's hard to really dive in unless you have support and motivation—but in the end, **I promise it's absolutely worth it.**

Here are a few specific reasons you might not be doing as well as you could on the HCG Diet:

1. You haven't addressed pre-existing medical conditions that you had prior to beginning the HCG Diet

The HCG Diet is great for rebalancing hormones, detoxifying your body, entering fat-burning mode (ketosis) and increasing micronutrient status. However, some people are so metabolically deranged, malnourished, or hormonally unbalanced that the HCG Diet isn't quite enough.

Learn more about [how hormones can effect weight loss](#).

Learn more about [how thyroid function can effect weight loss](#).

2. You mixed your HCG incorrectly or are using the wrong dosage

Oftentimes dieter's experience problems losing weight because the HCG was mixed incorrectly or you're using the wrong dose. People erroneously believe that using more HCG will help you lose weight faster while in fact, it's the exact opposite. Please refer to the [HCG Diet Dosing Guidelines](#) to ensure you are using the proper dose.



Email: Help@VitalizeRx.com | Phone: 844-929-4HCG

HCG Diet Coaching

HCG Diet Troubleshooting – No or Slow Weight Loss or Stalling

3. Not getting enough quality sleep

According to a study reported by USA Today, Scientists have found that sleep deprivation increases levels of a hunger hormone (ghrelin) and decreases levels of a hormone that makes you feel full (leptin). The effects may lead to overeating and weight gain.

Learn more about [how sleep effects weight loss](#).

4. Not Drinking Enough Water

Dietary changes, *even positive ones*, can cause temporary bloating, constipation, and water retention all which can reflect as pounds on the scale. It may take **up to a week or more** for your system to adjust. Make sure you're drinking at least 72oz of water daily to flush toxins and keep your elimination moving.

5. Not Leaving Enough Time Between Cycles

Following your first round of the HCG Diet there is a six-week maintenance phase to readjust your metabolism back to its original state. If this protocol is not followed and you start another round prematurely, your weight loss will suffer dramatically or possibly come to a screeching halt.

The most familiar question dieter's ask is how long to wait between multiple rounds in order to be effective and continue the weight loss. As mentioned earlier there is a six week readjust phase after a round. However, with multiple rounds the break should be extended according to the list below.

The amount of weight that you need to lose will sometimes determine how many rounds you should do. People that need to lose any-more than 34 pounds usually end up doing at least 2 rounds of HCG Diet Injections

How Long to Wait Between HCG Diet Rounds?

- Between Rounds 1 and 2 – You wait at least 6 weeks
- Between Rounds 2 and 3 – You wait at least 8 weeks
- Between Rounds 3 and 4 – You wait at least 12 weeks



Email: Help@VitalizeRx.com | Phone: 844-929-4HCG

HCG Diet Coaching

HCG Diet Troubleshooting – No or Slow Weight Loss or Stalling

- Between Rounds 4 and 5 – You wait at least 20 weeks
- Between Rounds 5 and 6 – You wait at least 6 months

6. Yeast Overgrowth

Yeast infections (*Candida Albicans*) are probably tied with low thyroid as the number one hidden culprit in the inability to lose weight. Why? Because most people carry yeast infections and are not even aware of it. Unless you have the most common sign of yeast overgrowth (vaginal discharge), a yeast infection can go completely undetected and untreated for years! ...yes, years!

Learn more about [how Yeast Overgrowth can effect weight loss](#).

If you don't address problems that were around before you started the HCG Diet, you shouldn't expect the same results as someone who was already pretty healthy.

The HCG Diet has done wonders for my health and performance, but it wasn't the only thing I used to recover from my past mistakes. I know this is like an insurance company saying, "we don't cover people with preexisting health conditions," but it's the hard truth.

Unlike an insurance company however, the HCG Diet will still help you on your path to recovery, it just might not be enough to get you all the way there. It absolutely will do more than a standard diet, and it works quickly, but you may need to pay attention to other parts of being Bulletproof.

Here are 6 common pre-conditions that may need extra attention in order for the HCG Diet to work better for you:

1. Hormonal imbalances. [Get tested](#), don't guess. (E.g., low thyroid and testosterone, high estrogen, etc.)
2. Severe micronutrient deficiencies.
3. Extreme toxin accumulation, including [mold toxicity](#).
4. Sleep debt and irregular circadian rhythms.
5. Chronic stress (the [emWave2](#) is my favorite Bulletproof technology to deal with this.)
6. Glutathione depletion ([Glutathione Shots](#) can help with this).



Email: Help@VitalizeRx.com | Phone: 844-929-4HCG

HCG Diet Coaching

HCG Diet Troubleshooting – No or Slow Weight Loss or Stalling

The HCG Diet works, but it's important to address any possible underlying conditions. If you suspect you have any of the above, seek a consultation with a good Functional Medical expert who can prescribe the best testing and treatments.

Following are some of the most common weight loss mistakes. Please note that the information is general, and not *specific* to the HCG Diet. It's information to educate you on some of the possible causes for Metabolic Derangement:

WEIGHT LOSS MISTAKE #1: YOU'RE NOT EATING ENOUGH

Repeated calorie restriction **without the use of HCG**, from prior yo-yo dieting can damage your metabolism (This is why you'll NEVER see a reunion of *"The Biggest Loser"*).

Knowing that eating too many calories likely led to your unwanted weight gain, it may seem like a good idea to cut back. Once you get into ketosis on the HCG Diet you will not experience hunger. So, you may think it's a good idea to skip lunch. Don't. Eat your 500-calories.

Years of metabolic abuse are one of the causes of "Metabolic Derangement." The good news is that that has been clinically proven that these metabolic issues can be corrected.

Learn [more about this subject](#).

WEIGHT LOSS MISTAKE #2: YOU'RE RELYING ON 'AVOID' LISTS

We have enough decisions to make each and every day; so many of us resort to [relying on "avoid" lists](#) to take the guesswork out of which foods we can and can't eat.

While a lengthy "avoid" list may seem like clear guidance at the start of a diet, it can lead to resentment and end up making the diet more difficult than ever.

"Foods that may need to be limited when one is trying to drop a few pounds is not the same as complete avoidance," Bonnie Taub-Dix, RDN, creator of *BetterThanDieting.com* and author of *"Read it Before You Eat It — Taking You from Label to Table,"* says. And this includes labeling your favorite



Email: Help@VitalizeRx.com | Phone: 844-929-4HCG

HCG Diet Coaching

HCG Diet Troubleshooting – No or Slow Weight Loss or Stalling

indulgences as off limits. *“Instead of cutting out foods you enjoy, eliminated wheat, gluten, dairy (plain yogurt only), sugar, alcohol, fruit (to regulate candida), nuts, seeds, legumes, and grains.”*

This is what an Elimination Diet does. Later bring these foods back into your diet one by one, to test them and figure out which worked we’ll and which were problems.

What's left, you ask? A wide array of vegetables, meat, fish, eggs, seafood, and once off Phase 2, healthy fats like coconut oil, avocados and olive oil.

WEIGHT LOSS MISTAKE #3: EATING TOO MUCH PROTEIN

Especially if you’re just starting to switch your thinking away from the low-fat mindset, you might think that you should center your meals around protein. It’s a common misconception that high-protein diets will make you lose weight.

Protein helps with weight loss, but only to a point. Sure, adding more protein pushes bread and pasta off of the plate. But the benefits have limits. When you eat too much protein, digesting it causes a lot of oxidative stress in your digestive system, especially in your liver.

This produces toxins that can slow you down, plus any protein you don’t use in time gets treated like a carb. It gets converted to glucose, and if that’s not burned as fuel right away, it gets stored as fat.

When people first go paleo or keto, they tend to load up on bacon and bun-less burgers, thinking that as long as they’re not eating bread and pasta, all will be well. But early nomadic humans didn’t eat that way. In most geographic areas, meat was available but scarce. Your ancient ancestors ate a ton of plants.

Here’s how to find your [ideal protein intake](#).

WEIGHT LOSS MIS #4 YOU’RE CUTTING OUT ENTIRE FOOD GROUPS

I have fallen prey to the idea that I should cut carbs altogether far too many times. While I’ve seen some success from highly limiting them, cutting them out completely simply doesn’t work for most people. Now, this doesn’t mean you can carbo-load either.



Email: Help@VitalizeRx.com | Phone: 844-929-4HCG

HCG Diet Coaching

HCG Diet Troubleshooting – No or Slow Weight Loss or Stalling

The safest carbs are sweet potato and white rice. The time to eat these carbs for maximum weight loss is at dinner. Carbs at night can help give a better-quality sleep,

WEIGHT LOSS MISTAKE #5: YOU'RE STRESSED OUT

Come to terms with the fact that stress may be one of the top culprits inhibiting your weight loss progress. If I had to choose, I believe that stress is one of the biggest causes of unexplained weight gain (UWG).

There are several ways in which stress can contribute to weight gain. The first and most obvious is that stress can be a major factor in both insomnia and compulsive eating. We've already examined the medical evidence that suggests the link between sleep and weight gain in Part 4 of this series. Another less obvious cause has to do with cortisol, a stress hormone.

Whether we're stressed because of emotional, environmental factors, teenage kids, the constant, crazy demands at work, or being chased by a saber tooth tiger, our bodies respond the same way—like we're about to be harmed. To answer this need, the "fight or flight" response is triggered in our bodies, leading to the release of various hormones, specifically the stress hormone—cortisol.

Cortisol signals the body to do two things—increase appetite and store fat. Too much cortisol can slow your metabolism, causing more weight gain than you would normally experience. This also makes dieting more difficult.

If you remain in this state of chronic stress for an extended amount of time, your health becomes at risk. Aside from a host of other dangers, chronic stress can also cause weight gain—which is why cortisol products are marketed as diet aids.