

What Happens to Cholesterol Levels on the HCG Diet?

This is a 21st century update on what Dr. Simeons said about the HCG diet in 1954. The first item of importance is that cholesterol that is in circulation or in cell membranes where it belongs is important for good health.

Your body normally makes all the cholesterol that it needs and no more. However, when arterial walls become damaged, various components in the blood can get trapped in the damaged areas. Inflammation is the cause of this trapping effect, not high cholesterol. Dr. Simeons incorrectly blamed cholesterol for being the cause of arterial damage.

Plaque Buildup

When enough material (cholesterol, calcium, fibrin, etc.) builds up into a plaque, arteries become clogged. The excess calcium even leads to hardening of the arterial wall. Although modern medicine blames cholesterol on this clogging, that is far from the truth.

Indeed, clinical evidence is very clear that plaque is best eliminated by chelation therapy that removes calcium or by systemic enzymes that remove fibrin. Modern medicine has wrongly targeted cholesterol as the problem, even though it is just a bit player in a complicated mixture of many substances.

Putting Cholesterol on the Move Again with HCG

One of the consequences of high HCG production in pregnant women was long ago observed to be higher levels of free cholesterol in circulation. Free cholesterol, as opposed to bound LDL cholesterol, has much less chance of being trapped into plaque.

Even the miniscule doses of HCG that are administered for weight loss have the effect of increasing the proportion of free cholesterol. This just means that trapped cholesterol has a tendency to be loosened and reintroduced into circulation. This is a good thing.

Short Term and Long Term Effects of Releasing Trapped Cholesterol

The first thing that happens is that blood cholesterol levels shoot up. Depending on how much plaque has accumulated, this number can seem to be frighteningly high. Blood cholesterol spikes are highest in those who already have high levels of cholesterol or who have already been diagnosed with arterial hardening and blockage.

The effect over time of releasing trapped cholesterol into free form is a decrease in arterial blockages and a consequently freer circulation. The clinical indicator of this effect is lower blood pressure.

Even though Dr. Simeons admitted that a spike in cholesterol levels seemed scary at first, the net result a few months after the HCG diet was a normalization of cholesterol levels and blood pressure.

One Caution About Trapped Cholesterol

When plaque gets out of hand and leads to nearly complete arterial blockage, it has more than likely gone too far to benefit from the effects of HCG. Cholesterol-lowering drugs would also have very little effect on thick, calcium-filled plaque. (These drugs, in fact, only inhibit the synthesis of new cholesterol.) Other treatment modalities such as chelation therapy and systemic enzyme therapy would be more appropriate starting points.

