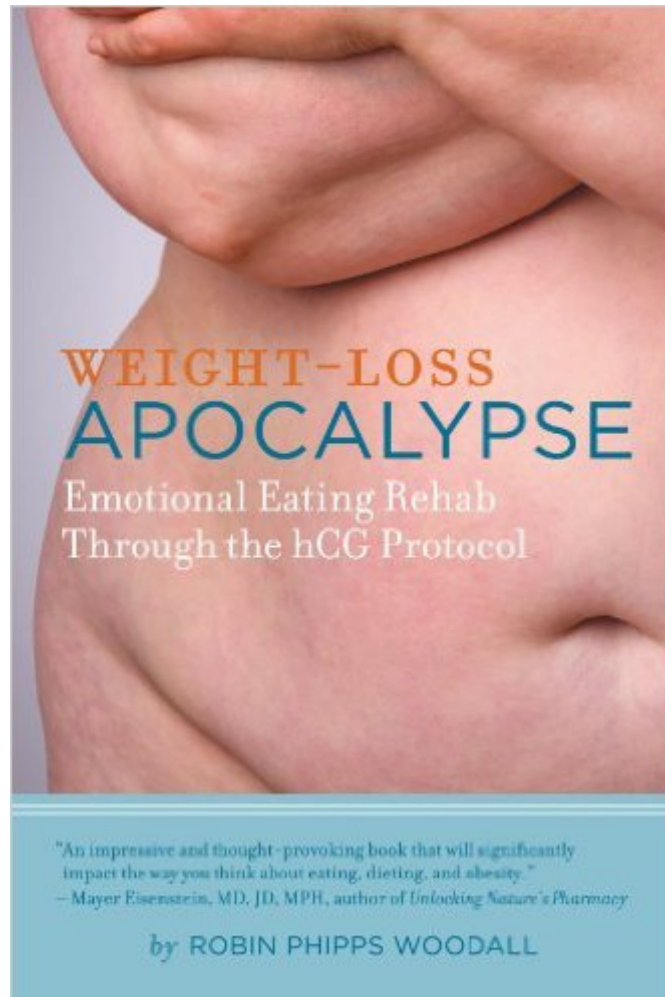


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# Weight-Loss Apocalypse: Emotional Eating Rehab Through The HCG Protocol



## Synopsis

This book was written to start a new conversation about how Dr. Simeons' protocol has relevance, not only as a hormonal therapy, but as a means to end our national eating disorder. Instead of continuing to apply the protocol as a short-term diet, it should be discussed as a real solution --a tool to end irrational eating for emotional fulfillment. This country is dealing with a crisis: an addiction to eating emotionally, and the obvious result is the overwhelming increase in obesity. Think about the number of people in our culture who eat without hunger. When you observe our nation's behavior with food, it's very clear that fat isn't what we should be obsessed about, and weight shouldn't be the target of the problem. We need a genuine desire to eat less, one that isn't dependent on weight loss as a reward. This requires each of us to be accountable for our own emotions, and find happiness in life not centrally stimulated by food. "Finally a book that credibly answers the questions every doctor, patient, and skeptic needs to know about the hCG protocol." - Dr. Heidi Anderson, Doctor of Osteopathic Medicine "I've been prescribing hCG for weight loss for over four years, and nothing I've read comes close to having this level of expertise. Without question, this is the most informative and enlightening book about Dr. Simeons' hCG protocol available." - Dr. Ed Hagen, OB/GYN "Robin's approach to the hCG protocol is ingenious. Using the protocol as a way to heal the mind and body as an emotional and physical therapy is exactly what this country needs." - Becky Crowther, Registered Dietitian, Life Coach

## Book Information

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## Customer Reviews

Robin Woodall has done the public more of a favor that I think she realizes. Or at least let's hope as many people buy this valuable, intelligent, well researched, yet user friendly and accessible book as possible. The contents of this book have been well discussed and the basics of the book are fairly straight forward: Woodall presents her experience with Dr. Simeon's famous hCG diet published in book form in 1967 and seeing that the wise and innovative Dr. Simeon's died before he could complete his work, Woodall takes up where he left off and supplies that information about the overall importance and methods of interpreting the hCG diet to physicians and to the lay public. The focus of the book is not the hormone effect of injecting hCG on a daily basis - something that has caught on with the public with good results since Dr. Simeon published and treated patients. But Woodall takes this hormonal manipulation of the hypothalamus in addition to the Very Low Calorie Diet that must accompany the treatment protocol, shows how the hCG really works, introduces the fat produced hormone Leptin and demonstrates how the level of leptin in the blood stream sends signals as to satiety or hunger in an intricate interaction among hypothalamus and thyroid and the source of energy being utilized. As she states, 'As blood leptin levels rise, and leptin increases in the brain, the hunger center of the brain deactivates, communicating to the conscious mind you have adequate fuel, and diminishing the urgency to eat. On the other hand, if leptin levels decline, the same hunger center senses a decline in food, and activates and communicates to the conscious mind an increased urgency to eat.' So far so good.

If you are planning the protocol, you want this book in your lap. It is worth the money. The hardcover book is printed with the finest plant-based ink on acid-free paper. The author, Robin Phipps Woodall, is an intellectually curious personal trainer with a degree in exercise physiology. Many years ago, Woodall's sister, a registered dietitian, had already been doing the protocol for a week, when she first told her sister, the author, about it. Although skeptical from the very start, Woodall soon approached the protocol with scientific scrutiny. She read "Pounds and Inches" and was very impressed. According to her book, Woodall found a doctor willing to prescribe hCG, then found six willing participants among her exercise clients, and proceeded to accumulate physiological data from them, before and after the protocol, to measure the effects that the protocol had on them. She measured: cardiovascular endurance on a treadmill; blood pressure; resting heart rate; flexibility testing; push-up and sit-up endurance; bench-press strength; two different body-fat assessments, as well as circumference measurements. This book is the first book that I could find that explicitly attempts to explain (with the latest understanding of metabolic functions) how the hcg protocol works. However, the book really excels in specifying how we can better prepare ourselves for

success with the hcg protocol. Woodall does not alter the original protocol, but goes further. She explains in the book, that she has personally guided hundreds of hcg protocol patients. So she seems to have picked up where Simeons left off, with his untimely death, shortly after he published the original manuscript of "Pounds and Inches."

I found Weight Loss Apocalypse towards the end of my final round on the hCG protocol. I was able to reduce my size by nearly 60 pounds via hCG, after having struggled with overweight and obesity for nearly 40 years. Like many other hCG dieters, I sought support in the online community, via hCG dieting forums. However, I found the forum experience to be at once disappointing and dangerous. Rather than using hCG as a tool to support the inner healing that must happen when one is serious about overcoming the causes of obesity, most forum participants continue to use the method as just another crash or fad diet, as a means to compensate for their dysfunctional relationship with food. The focus is on micromanaging intake before, during, and after the protocol, obsessive scale stalking, and very little attention gets paid for the reasons why we got large in the first place. Ironically, I found the book via a reference on one of these forums, so all was not wasted. I downloaded the Kindle edition to read on the iPad, and I devoured it in a matter of a couple of hours. Just as the original Pound and Inches by Dr. Simeons had clicked with me when I decided to try the hCG method, Weight Loss Apocalypse was mind-blowing in its comprehensive treatment of obesity as a combination of behavioral dysfunction and hormonal imbalance, and of hCG as a tool to tackle both sides of the issue in one fell swoop. Not only that, but the book also offers the reader truly effective tools for long-term freedom from emotional eating and the consequent hormonal imbalance that results in excess adiposity. It also validates the hormonal effectiveness of the hCG method in terms of the modern science of leptin as a regulator of hunger, satiety, and fat storage and mobilization.

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