

Dr. Albert T. W. Simeons

The Author of:

- Man's Presumptuous Brain*
- The Lion's mask*
- Pound and Inches: a new approach to obesity*
- Ramlal*
- Food, facts, foibles and fables*
- The road of the forgotten (German)*
- The development of the human brain (German)*

Born in London and schooled in Germany, Dr. Simeons (1900-1970) became a gifted endocrinologist.

He graduated with a medical degree from the University of Heidelberg Summa Cum Laude.

After postgraduate studies in Germany and Switzerland, he worked in a large surgical hospital near Dresden.

He later became engrossed with the study of tropical diseases and joined the School of Tropical Medicine in Hamburg.

He then worked for 2 years in Africa.

In 1931, he moved to India, where he found himself so fascinated by india and its health problems that he stayed for eighteen years.

He discovered the use of injectable atebirin for malaria for which he received the Red Cross Order of Merit, and also a new method of staining malaria parasites now known as "Simeons' stain."

During the War, he held several important posts under the Government of India and conducted extensive research on bubonic plague and leprosy control, and a model leper colony which he built has now become an all-India center.

It was during these years that his interest in psychosomatic diseases began to grow:

His attention soon turned toward an unusual endocrine disorder, attributed to the pituitary gland known as Frölich's syndrome, involving obesity and delayed puberty in young teenage boys. Dr. Simeons quickly came to discover that these boys, when placed on a very low

calorie diet and provided small doses of HCG, would lose large amounts of weight in the form of fat not lean muscle.

He had also observed many pregnant women who, although extremely malnourished and severely underweight, still gave birth to healthy, robust and well-developed babies, even though the pregnant mothers had a very low daily calorie intake. He realized that the increased presence of HCG in pregnant women would cause any stored fat reserves in the body to be consumed for energy by the fetus.

He also found that the body stores fat in three different areas of the body-structural fat around joints and organs, normal fat reserves throughout the entire body and secondary fat found around the hips, thighs and waist. Furthermore, he found that the secondary fat reserves act as a survival mechanism, and only release after about 90 days of starvation and as a last resort to avoid death. The only other time these reserves get released is during pregnancy. With these observations in hand, Dr. Simeons began his work of trying to use HCG and a very low calorie diet as a solution, or “cure” for obesity.

Dr. Simeons left India and moved to Italy in the early 1950's, where he opened a practice that focused on perfecting the HCG protocol. As Dr. Simeons continued his research, he found that a hCG injection did more than just help his patients lose weight. In fact, he found that the injections also helped to reshape their bodies naturally even if they did not engage in exercise while on the diet. Dr. Simeons concluded that this was because the patients were losing their secondary fat reserves, which increased the visibility of changes in the body shape. Within a short time, his work had gained popularity among royalty, movie stars, and the social elite, and in 1954 Dr. Simeons published his manuscript “Pounds and Inches: A New Approach to Obesity”. In his book, Dr. Simeons described his belief that although complex, obesity is a result of three possible causes: One's culture, genetic disposition, or a glandular disorder. He then proceeds to explain how the HCG protocol works to reset and rebalance patients' bodies, to burn off the abnormal fat that causes obesity.

For more than 30 years, Dr. Simeons worked successfully on his weight loss scientific theories, and it is significant to note that Dr. Simeons' protocol is a combination of Injectable HCG and his carefully constructed daily diet that he scientifically developed during his treatment of obese patients.