



HCG WEIGHT LOSS GUIDEBOOK



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At a Glance

There are 4 phases of the 23 day protocol

PHASE 1 - Days 1- 2

Begin daily hCG Injections and Gorge

PHASE 2 - Days 3-23

Daily hCG Injection

500 Calorie per day Diet

PHASE 3 - Days 24-26

500 Calorie Diet only

No daily injections

PHASE 4 – Maintenance Phase

This is the lifetime maintenance of the program

What is hCG?

(Human Chorionic Gonadotropin)

hCG is a hormone secreted by the placenta during pregnancy (the same hormone detected in home pregnancy kits). It was first used to help weight loss because several physicians noted that overweight women actually lost weight when they were pregnant. More than a dozen medical studies have shown that combined with a low calorie diet and exercise, hCG increases fat loss and helps with loss of inches. hCG has not been approved by the FDA for weight loss, although it has been approved for the treatment of other medical conditions. Federal laws allow medical providers to use approved drugs for alternative treatments. It is called "Off Label Usage" and occurs quite frequently in the medical profession. hCG is used in extremely low doses for weight loss. hCG is used in a much higher dose (~140 times more than in daily injections) to increase fertility. In the small dose of 20 units or less per week, HCG does NOT increase fertility. However, fertility is increased with every five (5) pounds of weight loss! hCG can cause a false positive pregnancy test in urine only.

Some of the benefits of hCG include the following:

- 1) Positive effect on mood
- 2) Increased energy levels
- 3) Relief of back pain
- 4) Relief of migraine pain
- 5) More rapid loss of inches

For Those Needing or Wanting to Lose Weight Quickly The hCG Diet Offers Safe and Rapid Weight Loss

What makes hCG different from any other program?

- Affordable
- Rebalances the hypothalamus (Part of the brain that controls weight)
- Weight loss from fourth day
- Suitable for young, old, male and female
- Carves the body with no sagging skin
- Dissolves stubborn fat from abdomen, hip, waist, buttocks, and top of the arms
- Experience well-being, energy, and stamina
- Safe, non-invasive, non-surgical
- Medically Supervised
- No side-effects

On behalf of our staff we are excited to journey with you and your success to weight loss. Our clinic, doctors and medical staff along with management is here to help you. We have worked weight many people who have successful completed our weight loss program and now enjoy a healthier body weight and a lifestyle not experienced with any other diet program or nutritional supplements.

This weight loss program will walk you through step by step and guide you along the way to weight management and maintenance. Losing weight is important; keeping it off is vital. Thank you again and congratulations!



Welcome to the hCG Diet

How it works:

People ask, how can someone survive on 500 calories a day of only protein and vegetables and small piece of fruit?

The hCG benefit is that it releases 1500-4000 calories daily into your system and when you add the 500 calories you consume, the body feels it's getting over 2000 daily calories. This reduces your hunger your body doesn't go into starvation mode. This is optimum for weight loss. Even adding an extra 100-200 calories a day may result in weight gain. The hCG program also resets your metabolism a to normal level, allowing you to eat more food without weight gain.

Duration of Treatment is dependent upon how much weight needs to be lost. If a patient needs to lose 15 pounds or it requires 26 days of treatment and 23 daily injections. The extra 3 days must continue the 500 calorie a day. This is essential to the treatment to avoid any weight gain, since hCG is still present in the body.

Weight Loss Expectations vary since it depends on your sex and individual metabolism. Men usually lose more than women. The use of certain medications that contain corn starch or sugar may limit weight loss to half. Do not discontinue the use of any prescription medication without the advice of your health provider.

The first part of this diet, known as the "gorge", is actually the fun part! This may not make sense to you at first-why would you begin a diet by overeating?

The gorge is easy to accept when you know the reason according to Doctor Simeon. When you gorge for 2 days on anything and everything and all of a sudden you introduce a VLCD (very low calorie diet plus HCG), the hypothalamus goes into an emergency mode, mostly produced by a reaction of the adrenal glands. This process causes the hypothalamus to mobilize normal reserve fat (also known as emergency storage fat). If you do not do the gorge diet or stage properly you will experience great hunger the 5th-7th day of the program.....so have fun!

The purpose of the adrenal gland reaction is to adjust your system to any potential danger even though initially there is no danger. Thousands of years ago man ate as he went along in the day. Typically we were nibblers; we were not gorgers. Man had seasons of plenty and seasons of little.

Generally speaking, it was in the summertime when we had a lot and the winter tended to be harsh and hard. The body would adjust to this. We don't usually begin to see obesity emerge in our society until man instituted daily regular meals. Hey, we all like breakfast, lunch and dinner as well as the next guy. But do we really need to eat bacon & eggs with hash browns for breakfast, only to eat a hamburger, fries and coke for lunch followed that evening by pizza with the family?

So, How Did I Get Here in the First Place?

It is suggested that chronic overeating can produce a hypothalamus that does not receive proper input about calorie intake in order to reduce food craving. Once this starts it is very hard to lose the excess adipose tissue (fat). Over time, even eating small amounts of food can cause weight increase because of this dysfunction. This is a never

ending cycle. Many people report even after eating a big meal they don't seem to be satisfied. The food cravings continue.

It appears that almost everything the hypothalamus does is related in some way to weight loss and controlled weight loss. Most simply put, when the hypothalamus is "broken", food becomes increasingly more important and yet increasingly unfulfilling. Thus we end up never feeling satisfied with the foods which we have eaten, and gradually begin eating more and more to try to regain a feeling of satiation.

From a metabolism standpoint, the hypothalamus not only governs the motivation to eat, but most importantly how eating is to be experienced and reflected upon. HCG and the hypothalamus will begin to provide the key to access that abnormal fat or what we call "shape fat." This is also noted as the "size part" of the body.

The good news is this weight loss program will begin the process of helping the hypothalamus regulatory systems to regain its proper function.

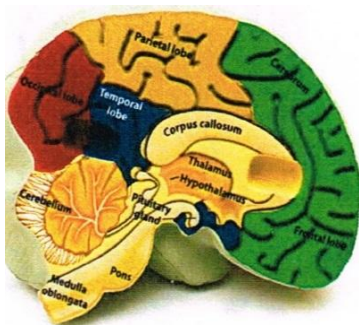
The result is the mobilization of fat from connective tissue (adipose tissue) thus resulting in increased energy levels and extreme weight loss. Normally, it's about a pound a day and a lot of inches. Remember, fat is a great source of nutritious energy.

The Main Function of the Hypothalamus is Homeostasis

In other words, it is trying to maintain the body's status quo. Well, what does the hypothalamus maintain?

- Pituitary gland regulation
- Blood pressure regulation
- Hunger and salt cravings, including feeding reflexes.
- Body Temperature and heart rate.
- Bladder function, including water preservation.
- Ovarian and testicular function.
- Mood/behavioral functions and sleep patterns.

It is a regulatory mechanism that controls your hunger, your metabolism and the rate at which your body burns and stores fat for energy.



How Can the Hypothalamus do All This?

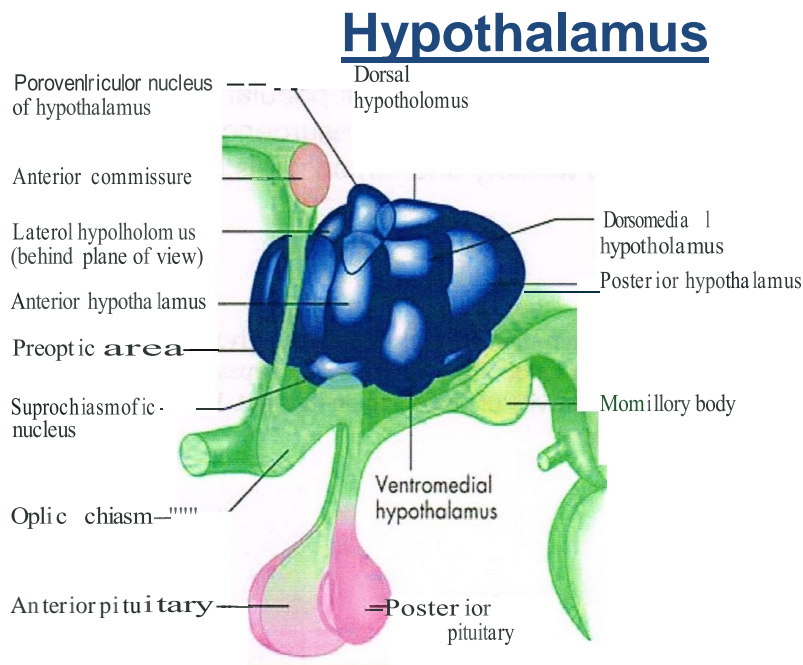
It has to receive input about the state of the body. It must begin to be able to initiate or make changes and adjustments if things get out of whack.

Factors such as blood pressure, body weight and body temperature and establish a body set point. This set point may fluctuate slightly over time, but tends to remain remarkably fixed. What happens during Phase 11 of the diet

is that HCG and the hypothalamus begin to provide a key to access abnormal reserve fat. In other words, the body will begin to burn fat.

General Functions of the Hypothalamus

- **It's your body's weight regulating mechanism**
- **It controls your metabolism & the rate at which your body burns fat deposits and stores fat for energy**
- **Regulates sleep cycles**
- **Regulates hormones**
- **Maintains energy levels and controls thirst**
- **Many other functions**



Note: Toxins can cause an abnormal hypothalamus. Primary causes can come from yeast, fungus, caloric intake, inflammation, stress and genetics.

History of HCG

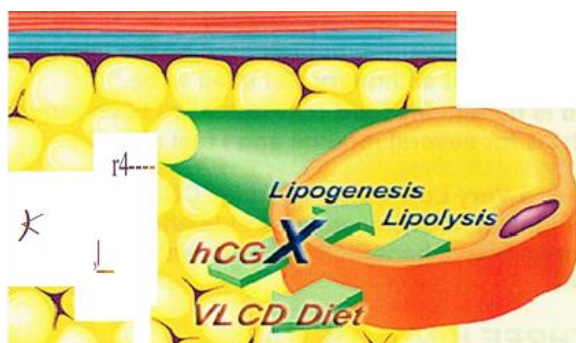
Human Chorionic Gonadotropin, or hCG, is a natural human hormone produced by the placentas of pregnant women. One of the purposes of hCG during pregnancy is to ensure the growing baby has a constant and steady supply of energy and nutrients by mobilizing the reserves stored in the mother's adipose (fat) tissue. The use of hCG for weight loss was developed by Dr. A. T. W. Simeon's of Salvador Mundi International Hospital, in Rome, Italy, in the 1950's and 60's. Dr. Simeon's realized that regularly timed small doses of hCG in the average person (men and women who were not pregnant) would have the same effect, mobilizing approximately 2000-2500 calories worth of stored energy, or 1 pound of body fat, and making it available for use by the body. During the 1970's, it was one of the most popular weight loss programs in the United States, and is now seeing a re-

surge in popularity. This used to be a diet only for the wealthy and famous. It is now available to everyone.

Take the time and mentally determine that you are going to give it everything you've got to LOSE POUNDS and INCHES. Try to emotionally or physically bypass friends and family members that cause doubt, pressure, and negativity of you being on this diet. When you are successful and they see results their tune will change.

Understanding HCG

The hCG treatment for weight loss has been very popular because of the amazing results people have obtained.



Listen to what others say

- *"This is the best diet I have ever done. I have always had a hard time losing weight and even keeping it off. My clothes fit better and my shape ...well I am very pleased."*
- *"I was not only overweight, but felt tired all the time. My energy is up and I*

am not as hungry as I used to be."

- *"My mood is better. My food cravings have been reduced. I have been off HCG for several months and I feel great."*

Daily dosing of hCG + a Very Low Calorie Diet (VLCD) has been known to decrease body weight without any adverse side effects. Many patients around the world have benefited from this safe and effective weight loss treatment.

The Body has 3 kinds of Fat

Structural Fat

This kind of fat fills the gap between various organs; a sort of packing material. It protects coronary arteries and keeps skin smooth and taut. We all need this kind of fat for our health and protection.

Normal Fat Reserves

This fat is what the body freely draws from. With this kind of fat as normal reserve in most cases the body contour (shape) is still visible. Normal Reserve fat is a nutritional form of energy.

Abnormal Fat Reserve

This is typically adipose tissue. This kind of fat accumulation is when the overweight patient suffers. Even though it is a *potential* source of energy, unlike the normal reserve it is not available to the body as a nutritional source. It is as though a key has been lost; locked away and hard to lose.

What are the Keys of Success to release this hard to lose fat?

hCG and the Hypothalamus provide a key. It opens a door and allows access to that hard-to-lose fat. It is like unlocking a safe. The hCG will allow the metabolism of stored abnormal body fat--about 2000 -2500 calories of fat a day! That is almost a pound (and inches) daily.

KEYS TO A SUCCESSFUL WEIGHT LOSS

- You must have pharmaceutical grade hCG, which is only available by prescription.
- hCG must be stored and administered properly. (always refrigerated)
- the dietary plan must be followed without exception, additions or substitutions
- daily calorie intake cannot exceed 500 calories
- you must follow the strict rules regarding cosmetics, makeup and moisturizers
- medications, vitamins and supplements may reduce the effectiveness of the plan or even result in weight gain
- you must drink at least 64oz of water daily
- please advise your doctor of any medical conditions, these may impact your weight loss

HOW DO I GET THE MOBILIZED FAT OUT OF THE BODY?

WATER, WATER, WATER

HEALTH benefits of drinking water: higher pH is better.

1. **Helps regulate appetite**
2. **Increases metabolism**
3. **Boosts energy levels**
4. **Prevents dehydration**
5. **Alleviates some headaches**
6. **Releases toxic waste products**
7. **Improves skin tone and appearance**

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BEFORE YOU START:

You'll need to plan several items before you start the hCG program, from scheduling to diet preparations.

You will be on the first phase (500 calorie diet) between 23-40 days, followed by 3 weeks of eating no sugars or starches. It's important to check your calendar for any conflicts, like a planned 2 week vacation.

Secondly, you need to plan your diet. Look at the food you can eat and be acutely aware of what is acceptable. For example, boneless, skinless chicken breast is ok, but boneless skinless turkey breast is not. All the food is general that can be purchased at any grocery store. During this phase, you may want to purchase only organically raised food, without growth hormones.

For women, you must be aware of cosmetics that may and may not be used. Mineral make up is a great alternative because it sits on the skin and not absorb into it. Mineral oil may be purchased for dry skin.

The protocol states:

- 1) Generally, no medications or cosmetics other than lipstick, eyebrow pencil and powder may be used
- 2) Only use powders and lotions that are entirely free of fatty substances
- 3) Brilliantine is also allowed and must be rubbed into the scalp
- 4) Suntan oils are not permitted
- 5) Aspirin and birth control are allowed
- 6) No massage of any kind

What about Exercise?

NO Strenuous Exercise for Two Weeks except:

You may walk, swim, do floor and ball exercise or yoga.

The key: low heart rate exercise only.

Exception:

If you are in excellent shape or an athlete you can stay with your program.

YOU ARE READY TO START!

1. Start HCG & gorge for 2 days. Eat...eat...and eat some more. Have fun and enjoy yourself. Remember--this part is very important! If you do not do "the gorge" properly, you can be very hungry on the 5th, 6th and 7th day. Drink lots of water.

2. Day 3: Weigh yourself and log it. Continue to take hCG and start the VLCD which is 500 calories per day. No More No Less!!!

Where & how do I inject myself?

The needle is so small that it just penetrates the skin and enters your fat and is not long enough to reach the muscle

PRIOR TO PROCEDURE Make sure you have all the items:

- syringe with hCG
- alcohol swab
- disposal container

1.) Wash your hands with warm, soapy water & dry with clean towel

2.) Select a site for the injection and wipe with alcohol swab & wait to dry

3.) The injection: There are several areas that you can inject yourself. The best is your stomach approximately 2 finger widths from your belly button. If unable to inject in the stomach, ask our staff for alternate injection sites.

Alternate injection site sides daily.

Pinch a piece of fat and smoothly insert the needle into the pinched fat. Inject the entire contents and then discard the needle and syringe into an approved disposal container.

DAILY FOOD ALLOWANCE & DIET DETAILS

The Meal Plan

Breakfast

Green Tea or Coffee (careful with coffee as it can dehydrate you)

1/2 grapefruit (only 2 fruits per day) avoid diet sodas

Lunch and Dinner

You may have one serving of protein, vegetables OR salad, and a fruit for both lunch and dinner.

Protein:

Eat 100 grams (approx. 3.5 oz. weighed raw) of grilled beef, chicken, or fish (to be chosen from the list below), lobster, crawfish, prawns, shrimps, o crabmeat.

Permitted Fish: Wild Chilean Sea Bass, Flounder, Sole or Halibut or any white fish.

Vegetables:

A handful of any of the following:

- Spinach
- Beet greens (not the beet itself)
- Lettuces of any kind; the darker green the better for nutrition
- Field Greens (dandelion, rocket, radicchio, cilantro, basil and others)
- Celery
- Red radishes
- Cucumbers
- Fennel root (steamed or grilled)
- White, yellow, or red onions
- Asparagus (4 spears)
- Cabbage (3/4 cup steamed)
- Chard (3/4 cup steamed)
- Spinach (3/4 cup steamed)

Fruit:

Always eat fruit with a meal.

- Apple
- Grapefruit (1/2 organic)
- Orange (do not eat if you are diabetic)
- Strawberries

The juice of one lemon daily is allowed for all purposes.

BREAKFAST & BETWEEN MEALS

Coffee or Tea - Unlimited

Fat Free Milk - 1 Tablespoon Daily

Saccharin or Stevia - Unlimited

Fruit - 1 at Breakfast or Between meals, however, only 2 per day allowed

Melba Toast or Grissini Bread Stick, however, only 2 per day allowed

FRUIT

Total of 2 different fruits per day from the following choices. Do not mix fruits.

- 1 medium apple
- 1 orange
- ½ grapefruit
- 6 large strawberries

The juice of 1 lemon is allowed each day in addition to the 2 allowed fruits.

LUNCH & DINNER

Choose 1 protein and 1 vegetable

Protein - 3.5oz. raw.

Choose 1 of the protein items for Lunch & Dinner

Veal	Cod	Beef
White Fish	Crab	Flounder
Shrimp	Halibut	Sole
Talapia	Lobster	Chicken Breast

All visible fat must be removed before cooking

All meats & seafood must be broiled, boiled, baked, fried or grilled with no additional fat.

Salmon, eel, fresh tuna or herring – Dried or pickled are not permitted

Chicken Breast must be removed from the bone

Vegetable - One small handful equals 1 serving

Spinach	Green Salad	Chard
Fennel	Cabbage	Tomatoes
Chicory	Celery	Onions
Asparagus	Red Radish	Cucumbers
Beet-greens		

DRINKS

Drink at least 80oz of water daily. 100oz is better.

Other beverages such as coffee & tea do not count toward the water intake requirement.

Unlimited Non-Caloric beverages (coffee, tea, etc)

Avoid Diet Sodas

TYPICAL DAY

Typical day will look like the following:

Breakfast: Coffee, tea, water and a fruit

Lunch: 100 grams of lean meat, Vegetable, Coffee, Tea, or water

Afternoon snack: Fruit, Low carbohydrate (low starch cracker)

Dinner: 100 grams of lean meat (remember no same proteins in a day) Vegetable, Coffee, Tea, or water.

You may change fruit schedule and have one for dinner instead of breakfast.

Two fruits or vegetables should not be taken together.

Here is a Daily Meal Suggestion:

Breakfast

- **Drink water before your meal**
- Green Tea or Coffee.
- Lots of water
- Body Composition or hCG Shake

Lunch

- **Drink water before your meal**
- 100 grams (3.5 oz) Boneless Chicken Breast
- 1/2 cup spinach with sliced radishes and cucumbers
Add 1 tbsp. non-sugar balsamic vinegar). This makes a nice salad. You can add herbs into your dressing (check the label for sugar)
- OPTION: Add tomatoes on salad (count as fruit).
- FRUIT- 5 large strawberries (only if no tomatoes on salad).

Dinner

- **Drink water before your meal**
- 100 grams (3.5 oz) Halibut
- 4 spears of Asparagus
- Fruit

By the end of the day, you should have consumed 80 oz. of water (not counting coffee or tea.)

hCG Sample Menus

Sample Meal 1

Breakfast 2 cups of coffee (4 calories)

Lunch 100g Sole (91 calories)
2 Cups of Fresh Cucumbers (32 calories)

Afternoon Snack 1 large Orange

Dinner 100g boneless, skinless chicken breast (114 calories)

Evening Snack 1 Cup of Sliced Strawberries (46 calories)

Total calories 405

Sample Meal 2

Breakfast 2 cups of coffee (4 calories)
Lunch 100g boneless, skinless chicken breast (114 calories)
1 ½ cups of Sliced Radishes (27 calories)
Afternoon Snack 1 Medium Apple (95 calories)
Dinner 100g Sole (91 calories)
1 ¼ Cups Steamed Asparagus (34 calories)
Evening Snack 1 Medium Orange (70 calories)

Total calories 435

Sample Meal 3

Breakfast 2.5 cups of coffee (5 calories)
Lunch 100g boneless, skinless chicken breasts (114 calories)
1.5 cups of celery (28 calories)
Afternoon Snack 1 Medium Apple (95 calories)
2 cups of coffee (4 calories)
Dinner 100g Cod, grilled (89 calories)
1 ¼ cup chopped cabbage (28 calories)
Evening Snack 1 Medium Apple (95 calories)

Total calories 458

Sample Meal 4

Breakfast 2 12oz. Café Americano (10 calories)
Lunch 100g Shrimp (106 calories)
1 Cup Chopped Cabbage (22 calories)
Afternoon Snack 1 Medium Apple (95 calories)
Dinner 100g Sirloin Steak grilled (219 calories)
1 Cup Steamed Asparagus (27 calories)
Evening Snack Nothing

Total Calories 479

Sample Meal 5

Breakfast 2.5 cups of coffee (5 calories)
Lunch 100g Sole (91 calories)
1 cup diced tomatoes (32 calories)
1 MelbaToast
Afternoon Snack 1 Medium Apple (95 calories)
Dinner 100g Extra Lean Ground Beef (190 calories)
2 Cups of Romaine Lettuce (18 calories)
Evening Snack ½ Cup of Strawberries (23 calories)

Total Calories 473

Calorie Count for 500 Calorie Diet Phase

Following nutritional information is provided from the USDA National Nutrient Database. Always consult nutritional information on the specific products you purchase, it can be higher or lower

Drinks

Tea (Green) 8oz. 0 calories
Tea (Black) 8oz. 2 calories
Coffee 8oz. 2 calories
Skim Milk 1tbsp 15 calories

Chicken (100g)

Boneless, skinless chicken breasts 114 calories

Beef/Veal (100g)

Veal (top round) 107 calories
Steak (flank) 137 calories
Ground Beef (extra lean) 190 calories (not recommended)
Steak (extra lean) 189 calories (not recommended)

Fish/Seafood (100g)

Sole 91 calories
Sea Bass 97 calories
Halibut 110 calories
Flounder 91 calories
Tilapia 96 calories
Lobster 90 calories
Crab 84 calories
Shrimp 106 calories

Vegetables-raw (1 cup)

Spinach	7 calories
Chard	7 calories
Chicory	7 calories
Beet-greens	8 calories
Romaine Lettuce	9 calories
Tomatoes	32 calories
Celery	19 calories
Fennel	27 calories
Onions	46 calories
Red Radishes	19 calories
Cucumbers	16 calories
Asparagus	27 calories
Cabbage	22 calories

Melba Toast/Grissino (1 quantity)

Grissini breadstick	20 calories
Melba Toast plain	12 calories
Melba toast wheat	19 calories

Fruit

Apple w/Skin 1 med.	95 calories
Apple w/out Skin 1 med.	77 calories
Orange 1 Large	86 calories
Strawberries	1 Cup 46 calories
Grapefruit ½	32.5 calories

Hot Pepper, Herbs and Spices

You may season any of the food with the juice of half an organic lemon, stevia sweetener, white or black pepper, organic raw apple cider or balsamic vinegar, sea salt, organic garlic, organic basil, organic parsley, organic thyme, organic marjoram, or any other organic herb. Absolutely no oil, butter (butter buds ok), or salad dressings! These can deactivate the effect of hCG. Any hot pepper that has not been pickled is allowed.

VEGETARIANS

Strict vegetarians present a special problem, because milk and curds are the only animal protein they can eat. To supply them with sufficient protein of an animal origin, you must drink 500 cc of skimmed milk per day, though part of this ration can be taken as curds. As far as fruits, vegetables and starch are concerned, the diet is the same as that of non-vegetarians; you cannot have your regular intake of vegetable proteins from leguminous plants such as beans or from wheat or nuts, nor your customary rice. As a result of these severe restrictions, your average loss is about half that of non-vegetarians, presumably owing to the sugar content of milk.

Many patients ask why eggs are not allowed. The contents of two good-sized eggs are roughly equivalent to 100 grams of meat, but unfortunately the yolk contains a large amount of fat, which is undesirable. Occasionally eggs are allowed, boiled, poached or raw to patients who develop an aversion to meat, but in this case they must add the white of three eggs to the one they eat whole. In countries where cottage cheese made from skimmed milk is available, 100 grams may occasionally be used instead of the meat, but no other cheeses are allowed. Eating eggs can slow down weight loss.

Things to Avoid

- CHEWING GUM OF ANY KIND. It can stimulate hunger cravings.
- Non-organic skin care, cosmetics, conditioners, chemical shampoos.
- Sulfite-containing foods (commercially smoked beef, pork, fowl).
- Monosodium glutamate (MSG)
- Artificial sweeteners (Nutrasweet, Splenda, Saccharin)
- Trans-fats (hydrogenated or partially hydrogenated oils)
- Alcoholic beverages of any kind
- NO Fruit Juices of any kind
- Over-the-counter drugs without the advice of a licensed physician
- Genetically modified food (try to buy organic)
- Farm raised fish

Eating Out

It poses a challenge in the first phase of the diet. You can order grilled chicken (breast), lean steak or lean white fish, crab or lobster. Try a spinach salad, leaf salad or steamed asparagus and remember, never mix vegetables with a meal. i.e no lettuce with tomatoes.

Cosmetics/Skin Care

When weight loss is not forthcoming, then cosmetics may be the reason. Cosmetics frequently interfere with weight reduction. The fats, oils, creams and ointments applied to the skin are absorbed just as if they have been eaten. Normally there is not a problem, but remember that the skin is the largest organ of the human body. Talk to our staff about alternatives.

SAFE, FAT FREE, PRODUCTS FOR THE hCG DIET

Shampoo & Conditioner

All brands of shampoo and conditioner are fine as long as you rinse thoroughly after each use.

Soaps

Zest, Ivory, Dial, Jasons, Baking Soda & Dove are hCG safe.

Be careful when using extra hydrating soaps, they can contain extra oils.

Deodorants

Thai stick, Crystal Deodorant (Wet Crystal & Apply), Baking Soda, Naturally Fresh Roll-on, Gel Deodorants (I.E. Secret Gel)

Lotions & Products for Dry Skin

Aloe Vera Gel, Baby Oil or Mineral Oil

Coconut Oil

Aloe Fresh by Vaseline (Or Generic Version)

Vaseline Intensive Rescue

Healing Hands

Eucerin-Plus Intensive Repair Hand Crème

Make-Up

Bare Minerals, Mar Kay Jane Iredale, Glo Minerals Tinted Moisture

Most powdered Make-Ups are fine (Blush, eye shadow, etc.). Check ingredients if you have any questions.

Many liquid make-ups (Foundations) contain oils-check ingredients. They should be fine if they are oil-free.

Facial Cleansers and Make-Up Removers

Neutrogena oil-free moisturizer or facial moisturizer

Almay Eye Make-Up Remover

Neutrogena Oil-Free Make-up Remover

Sunscreens

Aerosol Sunscreens

Neutrogena Healthy Defense Oil-Free Sunscreen or Sunblock

Age shield Face Sunblock by Neutrogena

Aveeno Continuous protections

Aveeno Active Naturals Continuous Protection

Things to watch for

Constipation

Due to the restricted diet, it is common to have an evacuation of the bowel only once every two to three days provided that plenty of fluids are taken as directed. BUT, if you have no bowel movements for two or three days you stop losing weight. You must get the bowels moving again. Ground flax seed or Tri-Magnesium will help move the bowels. If your stools are so dry as to be uncomfortable during evacuation, contact your physician.

Fluctuations in Weight Loss

After the fourth or fifth day of dieting, the daily loss of weight begins to decrease to one pound or somewhat less per day, and there is a smaller urinary output. Men often continue to lose regularly at that rate, but women are more irregular in spite of faultless dieting. There may be no drop at all for two or three days and then a sudden loss, which re-establishes the normal average. These fluctuations are more than likely variations due to retention and elimination of water, which, are more marked in women than in men. Test for ketones. A positive test result indicates you are still burning fat.

Phase 4 after stopping the injections

Weeks 1-3 after stopping the Diet:

This is the Maintenance and Rest Period. You can eat all foods with the exception of starches and sugars. Continue to weigh yourself each morning.

Weeks 4-6 after stopping the Diet:

The Maintenance and Rest period continues, but at this time you can start to bring back starches and sugars. This should be done in small quantities. Continue to weigh yourself each morning.

Body Measurement & Weight Chart

This body Measurement chart is to help you track your body fat changes. You should obtain a measuring tape to measure the 5 key body parts as noted above. The measuring tape should be snug and not too loose or too tight. You will begin to see just after a couple of weeks changes in your size. It is not just weight, it is body size also!

Date	Weight	Neck	Upper Arm	Chest	Waist	Hips	Thigh

QUICK REFERENCE GUIDE

There are 4 phases of the 23 day protocol

PHASE 1 - Days 1- 2

Begin daily hCG Injections and Gorge

PHASE 2 - Days 3-23

Daily hCG Injection

500 Calorie per day Diet

PHASE 3 - Days 24-26

500 Calorie Diet only

No daily injections

PHASE 4 – Maintenance Phase

This is the lifetime maintenance of the program

FOOD

You may have one serving of protein, vegetables OR salad, and a fruit for both lunch and dinner.

Green Tea or Coffee (Unlimited)

1/2 grapefruit (only 2 fruits per day)

Protein: Eat 100 grams (approx. 3.5 oz. weighed raw) of grilled beef, chicken, or fish (to be chosen from the list below), lobster, crawfish, prawns, shrimps, o crabmeat.

Permitted Fish: Wild Chilean Sea Bass, Flounder, Sole or Halibut or any white fish.

Vegetables:

A handful of any of the following:

Spinach

Beet greens (not the beet itself)

Lettuces of any kind; the darker green the better for nutrition

Field Greens (dandelion, rocket, radicchio, cilantro, basil and others)

Celery

Red radishes

Cucumbers

Fennel root (steamed or grilled)

White, yellow, or red onions

Asparagus (4 spears)

Cabbage (3/4 cup steamed)

Chard (3/4 cup steamed)

Spinach (3/4 cup steamed)

Fruit:

Always eat fruit with a meal.

Apple

Grapefruit (1/2 organic)

Orange (do not eat if you are diabetic)

Strawberries

The juice of one lemon daily is allowed for all purposes.

Fat Free Milk - 1 Tablespoon Daily

Saccharin or Stevia - Unlimited

Fruit - 1 at Breakfast or Between meals, however, only 2 per day allowed

Melba Toast or Grissini Bread Stick, however, only 2 per day allowed

hCG Frequently Asked Questions:

What is hCG and how does it work?

hCG is a natural hormone produced in the body. It has many functions and is used medically to treat a variety of conditions. It is the pregnancy hormone. This hormone allows the body to metabolize fat and use it as energy for both mother and fetus. This acts as a "fail-safe" mechanism when energy is needed immediately. For weight loss, we use only a very small amount of HCG to capitalize on this same mechanism.

Is hCG Safe?

HCG is extremely safe. Women may experience very high levels during pregnancy with no adverse affects. Currently there are no known established clinical side effects to homeopathic remedies and medicines but as with any diet we recommend that you consult with a doctor before starting this diet and if you have any swelling, shortness of breath, dizziness or heavy redness consult a doctor or medical professional immediately.

Is hCG safe for men?

The HCG hormone is naturally present in men. It is found in every human tissue, including males, pregnant women, and non-pregnant women. Men get even faster results and tend to lose more weight than women.

If hCG works so well for weight loss, why don't pregnant women lose weight?

HCG works to mobilize fat for utilization by the body only when there is a significant decrease in calories and fat. For weight loss, a very low calorie diet of all the right foods is used to trigger HCG to help rid the body of fat.

Will my metabolism slow down if I am on a very low calorie diet?

It is true that normally when cutting back on calories and fat, our body stores fat and our metabolism slows down. This happens because fat is really a life-saving source of stored energy. When a very low calorie diet is used in conjunction with the HCG, the hormone signals the body to used stored fat for energy, and will eliminate excess fat reserves. It is a natural process, so no ill effects on your metabolism will result. The HCG keeps the body from going into starvation mode and holding onto fat as it resets your metabolism.

Wouldn't I lose the same amount of weight eating a very low calorie diet without hCG?

You can lose weight simply by eating fewer calories and fat, but because the body stores fat during times of deprivation, you will most likely lose muscle and bone before fat. This causes cellular metabolism to slow down, so in the long run, it would make gaining weight easier, as well as decrease bone density and muscle mass. By using HCG with the low calorie diet, extra fat is mobilized for energy and the rest is eliminated; the low calorie diet is vital in preventing immediate refilling of emptied fat cells. You benefit by preferentially getting rid of excess fat without affecting your bone and muscle. With HCG you can lose the weight quickly and keep it off!

The hCG diet is very low calorie, will I get hungry?

It is common to feel mild hunger during the first few days. This will pass and by the second week you will find your servings to be satisfying. Because HCG mobilizes fat and makes it available to the body as an energy source, it naturally reduces appetite. So even though you are taking in fewer calories, your body can access the energy you have stored in fat cells. Drinking lots of the green tea all day (we like the cold fruity sweet one sweetened with stevia) helps a ton as a natural appetite suppressant and your energy level. Overall, most people have plenty of energy and feel good while on the program.

Will hCG interfere with any medications I am currently taking? What about birth control pills or Depo-Provera injections?

HCG formulas do not interact with ANY medications, including birth control pills or Depo-Provera.

Will I experience any changes in my menstrual cycle taking hCG?

Because the amount of hCG is so small, there are no changes to your menstrual cycle. Likewise, hCG will not affect your ability to become pregnant, nor will it increase your chances of getting pregnant. It is best to avoid starting the hCG diet if you are within 5-6 days of your menstrual period. Wait until after your menstrual period is complete to start hCG. Once on hCG and you have a menstrual cycle, you can maintain the diet and continue taking hCG.

What about pregnancy and taking hCG?

If you are pregnant do not take HCG. If you become pregnant during the HCG diet, stop taking HCG and consult your OB-GYN.

How much weight can I expect to lose on the program?

Most people will lose between 25-35 pounds on the 40 day program. Everyone is different. It depends on many factors including how much excess weight you have and how much weight needs to be lost. Often, people lose 7-10 lbs in the first week.

Does the weight loss slow down after the first two weeks?

Many times there is a large amount of weight loss in the first week, then a plateau or leveling off of weight loss. This does not mean that your weight loss has stopped. Typically, inches are being lost continuously while on the program, and after a period of time, patients will experience another large drop on the scale. Weight loss is thus achieved in this stair-step fashion.

Is it ok to skip a meal or protein at one of my meals?

NO!!!!!!!!!!!!!! Never skip any of your meals. It's important to eat all of your 500 calories and especially your protein so that you lose fat and not muscle.

Can I exercise daily?

No exercise! Or if you must exercise, low key exercise only. You can do about 20 min. of walking a day and a few sit ups or push-ups if you feel that is needed. Exercise burns calories and therefore causes your hunger to increase. The combination of low calorie intake and exercise could cause your body to go into starvation mode. This can negatively impact your stamina and commitment to the diet. So take it easy. And remember, you will be losing fat. So when you do go back to the gym, it's a skinner, more energetic you!

Do I have to take vitamins while doing this diet?

We recommend taking B12 every day. The sublingual B is the recommended B supplement because it is in liquid form and is absorbed right in your system. This will increase with energy and increase your metabolism. Also a good Multi Vitamin helps, make sure it is sugar free and has no fat soluble ingredients like fish oils or vitamin D. Potassium is also good especially if you experience leg cramps (which can be common while on this diet). Calcium/magnesium combo is also a good one to take if needed.

Is it normal to get a headache during the first week?

Some people may experience light headaches during the first week, this is because your body is releasing fat cells very rapidly and you will be going through a major detoxification. You may take an Aspirin or Tylenol as long as it's not sugar coated.

Can I Drink Alcohol on the hCG Diet?

In the original HCG diet protocol by Dr. Simeons, it does not mention or account for alcohol. It has found that some HCG Users whom have been drinkers or even those that are borderline alcoholic, do surprisingly well on the HCG diet. If the simple instructions are followed correctly, the HCG diet will get them out of their drinking routine. These users have even said that they don't even feel the need to drink while on the HCG diet because HCG works with the hypothalamus gland which controls the emotional eating/ drinking part of the brain, along with other aspects.

Can I wear makeup?

The answer is yes. However try to avoid lotions, moisturizers or liquid make-ups with oil. HCG is very sensitive to oils, creams and fats. These could slow the weight loss process down; you only want it to target your stored fat. You can use any mineral makeup or pressed powders and of course oil free foundations are fine. Other types of eye makeup and lipstick are fine. Stay away from lip glosses and Chapstick. If your lips get dry the protocol says to use Carmex. It also says if needed you can use mineral oil (baby oil) if needed as a moisturizer.

What do I do if my weight loss plateaus?

If the weight loss slows try the following: Increase water consumption (try to drink 1/2-1 gallon a day) and or green tea consumption eliminate the fruits from two to one per day. If mixing vegetables, stop. Check all condiments for sugar content. If having constipation problems, try a laxative tea. This is usually very effective. It is not uncommon on this diet to have a bowel movement once every 3-4 days, if provided you are consuming plenty of fluids. This has not lead to any disruptions. If weight loss has hit a plateau for more than 5-6 days an "apple day" may be observed. In an Apple day you consume 6 apples within 24 hours with nothing else to eat or drink except water.

What makes your hCG different from what I can purchase at a retail store or online?

Our hCG is offered by prescription only and is pharmacy compounded and guaranteed with its true and necessary ingredients. Most retailers and online sellers offer the homeopathic capsule form or drops which are not guaranteed and/or certified as hCG ingredients and you have no medical supervision. Although we do offer the sublingual application, our hCG is applied by injection.