

# HCG Diet Protocol

## **Body reshaping and fat burning in a natural way.**

Quick, effective and harmless means to have the fat burnt and the body fine-tuned.

You will not experience any form of hunger neither do you require extensive exercise but will lose as much as 2 pounds on a daily basis.

Benefits:

- ❖ Loss 2 pounds daily
- ❖ No exercise needed
- ❖ No fight against hunger
- ❖ Long lasting effect
- ❖ Have your metabolism reset
- ❖ Have your body remolded and reshaped as you desire.

This commitment that you are making will be remembered with so much joy in the future.

You might be having doubts about the astonishing result of this program! The truth is we had our doubts too, but the amazing changes that will occur will surprise you.

You will require the following items for this program:

- ❖ Scale (Digital)
- ❖ Scale for weighing the protein you will take
- ❖ Tape for measuring cloth
- ❖ Water bottle – that aims at giving you the accurate water measurement required for the program which is half a gallon daily.

To be more successful in this program we advise that you read Dr. Simeons A.T.W's script. It is available for you to download freely in the internet.

This should be your “bible”. It speaks of the theory, specific food and eating plan, and some drawback you might experience.

Avoid the use of non-organic products; many of them have fats and oil in them. They will alter the result. For maximum effect (losing 1 -2 lbs daily) maintain the diet protocol here firmly as many of our customers successfully did.

## **BODY RESHAPING AND FAT BURNING SOLUTION IN AN ALL NATURAL WAY**

The HCG protocol utilizes the natural hormones in the body to help manage the fat that are stored within your body. It does this by accelerating the release of fats that are stored in the body. Usually, only during starvation and pregnancy are these stored fat released. This technique of weight loss was made by Dr. Simeons A.T.W.

The hormone HCG is produced normally during pregnancy. The function of this hormone is to help keep the baby from starving to death in periods when the mother does not eat as a result of famine or other causes. What the HCG hormone does is to release the fat that are stored within the body and use them as food for the baby.

This protocol was invented by Dr. Simeons, who was able to discover that if a person on very low calorie diet is given HCG, the fats stored in the body can be released. It will also work on the hypothalamus so that rather than storing fat for long term usage; it will store it as normal fat that the body requires on a day to day activity.

Those that have used this protocol has reported that they are not usually hungry when on this protocol, the reason being that the HCG releases the stored fat into the blood stream, it is usually equivalent to the individual having taken a very healthy fat meal.

As Dr. Simeons observes if someone who is not pregnant takes the HCG, what happens is that the body will still release the stored fat in the body? As there is no fetus present in the body to utilize them, the body losses the fat through elimination system in the body. The difference in this diet for

those who intend to lose weight is that they do not lose any muscle in the process as the case with the other weight loss diets. This hormone works on the body so that it will release and metabolize excess fat for the release of energy to the body.

Dr. Simeons explains that the HCG performs the same function both in men, women and children and as such cannot be called a sex hormone. Although it might help in facilitating and regulating conception and the menstruation in women it will neither make a woman masculine nor make a man feminine. Its action is the same in men and women in situation when the sex glands are no longer active due to age or has been removed through surgical operation.

Dr. Simeons' book "Pounds and Inches" was published in 1970. This book contains the result of all the research that he made in this subject from the 1950s. There is usually no intervention of the HCG on other medications taken and even birth control; it is still advisable that one consults his/her doctor before embarking any fat loss exercise.

HCG is an acronym for Human Chorionic Gonadotropin. This hormone is what the HCG Diet Protocol utilizes.

## **THE PROTOCOL IS DIVIDED INTO 3 PHASES**

The HCG Diet Protocol is available as a 20-40 day protocol or longer if you need more time. The one to choose depends on how much weight you want to lose. Whichever one of the procedure you chose, the protocol is in 3 phases.

### **PHASE 1**

This phase is not necessary to do before starting the HCG protocol. It is intended for those who feel they need to detoxify or cleanse their body before starting a weight loss diet.

You can detoxify your body in different ways. For example, if you know you have issues with candida yeast, you can do a candida cleanse. Many people like to do colon cleanses, or just simply want to avoid all processed foods, artificial sweeteners, to help with digestive issues. Whatever one

chooses to do, avoid anything that advertises weight loss since dieting right before doing the HCG protocol is not necessary or recommended.

## **PHASE 2**

The phase two of the HCG Diet Protocol last for 40 days. This phase requires that use of the HCG with a diet that is 500 calories. The first two days of the protocol begins with the individual building up the starch and fat reserve in the body. Foods that are rich in fats, protein and starch are encouraged as much as possible. These 2 loading/gorge days are very important. You **BEGIN TAKING THE HCG** on the 1<sup>st</sup> two days of the HCG diet. We always start out by building up our fat reserves so our body can use these reserves first before the HCG has a chance to “kick in” and start working away at your abnormal fat.

After the 2 loading days are done, the 3rd day starts your 500 calorie diet using only the listed foods allowed in Pounds & Inches. Eating non-allowed foods on this protocol will usually lead to slow weight loss and stalls. Drinking coffee, or tea and the required 2 liters of water daily is required. You continue each day dosing your HCG, eating the foods and weigh yourself daily upon waking up after using the restroom. You will start to see wonderful losses on that scale!

Minimum time of being on **PHASE 2** is 23 doses if you have 15 or less pounds to lose. Maximum time of being on phase 2 is 40 doses OR until 34 lbs. have been lost. Morbidly obese people are allowed to lose an additional 5-6 pounds if this occurs before the 40 doses are up.

- ❖ Women need to skip their hcg doses during menstruation.
- ❖ The reason for only going 40 day on the HCG is so one doesn't become immune to the hcg. Immunity signs are: extreme hunger, tired, & weak. NOT FUN!!!
- ❖ After your 23 or 40 doses are done, we remain on the 500 calories for 3 days or 72 hours after our last HCG dose.
- ❖ We need to do this because this is how long HCG remains in your body. If you start eating more calories and different foods before the HCG has had its chance to get out of your system, we will gain weight quickly.

**During the second phase**, the average weight loss will be one pound daily. There is the probability of losing more in the early stage and losing less in the later stage. It has been observed that the weight loss in a man is slightly higher than that of a woman.

For the next 40 days or more, the protocol continues. After the HCG injections have ended, you are advised to still maintain the HCG diet for 3 days as there will still be some traces of the HCG in the

body. If you should go back to the normal diet when the HCG is still within your body liberating the store fat, you will end up gaining a reasonable amount of weight.

Once these 3 days are over, you will gradually increase your calories. For the next three to six weeks you should avoid taking any food that contains sugar or starch.

### **PHASE 3**

The most important key of phase 3 is maintaining the weight you are currently at. To do this you must follow the NO STARCHES/NO SUGAR rule for no less than 3 weeks. Phase 3 is not for losing weight! The goal here is to remain within 2 pounds of your last dosage weight.

**You must weigh yourself daily to check on the weight.**

If you do go over the 2 pound limit, you must THAT same day do a **“steak day”**.

A steak day is when you can drink fluids throughout the day, and then at dinner time you eat a large steak plus one apple OR one tomato.

The next morning weigh-in you should be back down under your 2 pound limit. Reading food label ingredients is key to avoid the sugars and starches as many have hidden ingredients you wouldn't want to have.

### **PHASE 4**

**This last and final phase is considered to be the rest of your life phase.**

Your hunger should be normalized. You should only eat when hungry, and you will most likely not have to eat so much food anymore to feel satisfied. You will also notice you no longer crave for the bad food you used to be addicted to! When you first start this phase, it is so important to know this is not a green light to go ahead and eat whatever you feel like! You must add in each and every starch & sugar very slowly...like one at a time. You will start to figure out what kinds of foods you maintain your weight well on.

For some people, eating low-carb foods keep them at a normal weight. For others, you can eat anything in moderation and still not see any gains. I think the key for everyone is staying away from lots of processed foods, and focus on eating healthy choices and drink your much needed water.

**You still must remain very aware of your weight on a daily basis.** You can still do steak days if your weight starts to creep up past the 2 pounds. You may also choose to do another round of HCG if you feel you need to lose some more weight.

The protocol states to wait at least 6 weeks from the last time you ended HCG. With the more rounds you do, more time needs to be added to the wait time:

### THE PROTOCOL STATES:

- ❖ Before a 2<sup>nd</sup> round of HCG can be started after an interval of not less than **six weeks**, though the pause may be more than six weeks.
- ❖ Before starting a 3<sup>rd</sup> round of HCG, **eight weeks** should elapse.
- ❖ Before starting a 4<sup>th</sup> round of HCG, **twelve weeks** should elapse.
- ❖ Before starting a 5<sup>th</sup> round of HCG, **twenty weeks** should elapse.
- ❖ Before starting a 6<sup>th</sup> round of HCG, a **6 month** time frame should elapse.

You always want to make sure you are not getting immune to the HCG.

## A SUMMARY OF THE HCG DIET PROTOCOL

### KEY POINTS TO NOTE

- ❖ During the protocol avoid all form of massage and facials. This will disturb the activities taking place within the tissues of the body.
- ❖ Substances that are not organic and free from toxicity should not be applied on the skin. This includes eyebrow pencil, lipstick, powder, lotions, creams and moisturizers.
- ❖ Believe it or not, any toxic substance put on the skin can be absorbed by the skin and disrupt the entire protocol.
- ❖ The probability of a man losing weight is greater than that of a woman.
- ❖ The loss of fat will occur at a rate of 2lbs/day when the protocol begins
- ❖ The body will reach a maximum point (plateau), at this point no weight loss might occur for a number of days. What happens here is the body breaking down the old fat cells and rearranges them. Do not fret, just wait patiently.
- ❖ The body will on its own determine when the body can safely lose fat without causing the body system any hazard.
- ❖ Keep in mind that you are losing both pounds and inches; so do not get carried away with the loss of pounds only.
- ❖ If your target of losing between 10-50 pounds is met before the protocol ends, continue the program but increase your calorie to a range of 500 to 800 calories during the second phase.

Failure to do this will result to you feeling very hungry for the remaining part of the second phase. From there you can proceed to Phase 3 as that is where the metabolism of your body gets reset.

## **IMPORTANT NOTES FOR WOMEN**

**When menstruating, HCG is secreted into the body naturally, if you should take the HCG, you will menstruate heavier and longer.**

During the period of menstruation, do not take the HCG when your flow is heavy, you can still take it when your flow is light. If you do not know when the flow is heavy flow and light flow, it will be advisable that you do not use the HCG drops until your flow ends. Once the flow ends you can resume taking the HCG again.

It will not be necessary to check your weight during the days of menstruation; it is possible not to notice any difference as a result of the flow. So, if you do check, do not be discouraged by the result. You should still maintain the HCG diet of 500 calories while you are menstruating.

You are likely to experience some pangs of hunger during these days, this pang can be addressed with green tea. This will only be experienced on the first day.

**If you are pregnant or you want to become pregnant, then this program is not for you.**

Irrespective of the fact that the natural HCG secreted in your body is supposed to help the baby in the period of starvation. There is the risk of losing the baby if you maintain the 500 calorie diet that the program stipulates in phase 2.

## **RECAP OF THE PHASES**

### **PHASE ONE: DETOX PHASE**

### **PHASE TWO: 500 CALORIE PHASE**

The 1<sup>st</sup> two days are known as loading phase. During this period, amount of calorie that is taken into the body is high. This is to stock up the body for the future days of low calorie intake. This phase is the preparatory phase that sets the body for the fat release program.

During this loading phase, you will observe that the body might add some weight. This weight is lost in less than 72 hours once the protocol emerges fully. Dr. Simeons says that this is necessary so as to restock the reserve fats that might have been depleted in the body.

The loss of weight that will be experienced in the course of this program comes from the abnormal fat deposit within the body.

The success of the protocol lies in your ability to follow the diet that is prescribed for you. The foods that are not included in the list should not get into your diet. If you make the mistake of adding something not in this list the end result will be a failure of the program and disappointment in your expected weight loss target.

It will do you a great deal of good if you can keep a journal of the food you eat on a daily basis.

**Below is a table that shows the kind of food that you can eat during the 500 calorie second phase of the protocol and the amount of calorie that each of the food contained in them.**

The type of Fish that can be taken in the second phase and their respective quantity is listed below.

**QUANTITY ITEM AVG. CALORIE CONTAINED**

4 oz. White fish	98
4 oz. Cod	83
4 oz. Bass	146
4 oz. Crab meat	100
4 oz. Flounder	90
4 oz. Haddock	88
4 oz. Halibut	110
4 oz. Lobster	98
4 oz. Pike	88
4 oz. Red snapper	110
4 oz. Shrimp	110
4 oz. Tilapia	94
4 oz. Scallops	112
4 oz. Swordfish	155

**The type of vegetable that can be taken in the second phase and their respective quantity is listed below.**

Quantity Item Avg.	Calorie contained.
4 oz. Asparagus	20
2 tip Asparagus	1
Small spear Asparagus	2
Medium spear Asparagus	3
Large spare Asparagus	4
4 oz. Beet greens	27
4 oz. Cabbage	24
1 cup shredded Cabbage	17
4 oz. Celery	15
Medium stalk Celery	6
4 oz. Chard boiled	20
4 oz. Chicory greens boiled	23
4 oz. Cucumber	12
Small Cucumber	19
Medium Cucumber	24
large Cucumber	34
English long Cucumber	60
4 oz. Fennel Raw	31
34 oz. Lettuce, all varieties	20
1 cup Lettuce, all varieties	8
Small head Lettuce, all varieties	32
4 oz. Onions, white, yellow, or red raw	42
4 oz. Red radishes	12
One medium Red radishes	1

4 oz. Salad	15
4 oz. Spinach, raw	20
1 cup Spinach, raw	7
4 oz. Spinach, frozen	23
1 cup Spinach, frozen	41
4 oz. Spinach, cooked	31
1 cup Spinach, cooked	48
4 oz. Tomato	20
Cherry Tomato	3
Plumb Tomato	11
Small Tomato	16
Medium Tomato	22
Large Tomato	33

# INDIAN LAKE MEDICAL WEIGHT LOSS

## THE TYPE OF BEEF TO BE TAKEN IN THE SECOND PHASE

Quantity Item Avg. Calorie contained

4 oz. Very lean beef	152
4 oz. Eye of round	160
4 oz. Top sirloin steak	130
4 oz. Top round steak	166
4 oz. Bottom round steak	154

## TYPE OF CHICKEN

Quantity Item Avg. Calorie contained

4 oz. No skin Chicken breast	87
------------------------------	----

## TYPE OF VEAL

Quantity Item Avg. Calorie contained

4 oz. Veal	114
------------	-----

4 oz. Sirloin	110
4 oz. Veal, loin chop	117

### **TYPES OF FRUIT TO BE EATEN WITHIN THE SECOND PHASE OF THE HCG DIET PROTOCOL**

Quantity Item	Avg. Calorie contained
Small Apple	55
Medium Apple	72
Large Apple	110
Navel Orange	69
Florida Orange	65
California Orange	59
Large (12) Strawberries	72
Medium (20) Strawberries	80
California Grapefruit	92
Florida Grapefruit	74

### **GRAINS TO BE EATEN IN THE SECOND PHASE**

Quantity Item	Avg. Calorie contained
Grissini Bread	15
One Melba Toast	12

**Seasonings to be taken include: thyme, basil, sea salt, white pepper, black pepper, marjoram, vinegar and herbs.** The seasoning should not include butter, oil and dressing.

### **USEFUL TIPS TO HELP ATTAIN MAXIMUM RESULT**

1. Make an entry in your note of what you weigh each morning after using the restroom
2. Note in your diary (food), the meals that were taken each day. This will help to determine the amount of calories you are taking daily. With this you can track where there is a mistake in case the protocol does not bring forth the desired result.

3. Ensure that the water that you are taking measures up to ½ a gallon daily. This can be achieved by having a water bottle that can take ½ a gallon of water. With this you can determine if you have been able to consume ½ gallon of water daily.
4. Do not exceed 1 tablespoon of milk on a daily basis.
5. No skipping of meals and all the meals must have fruit, vegetables and protein. No exception!
6. Take the last meal of the day at least 3 hours before you go to bed.
7. Lemon can be taken as it is not considered to be among the calories counted.
8. Do not engage yourself in strenuous exercises, stick to simple ones such as swimming, walking, bicycling and yoga.
9. Do not use any form of oil (olive oil inclusive). Food and cosmetic should not contain oil.
10. Anytime you take a whole egg, you must have to balance it with 3 white eggs.
11. When you have constipation and you are on the HCG diet protocol, you should use only the safe laxatives such as Swiss Kriss, Aloe juice, Aloe Lax Nature's way or Benefiber.
12. Sleep well in the night. Have at least 7- 8 hours sleep.
13. The total calorie of each meal to be taken should be 250.
14. Do not repeat proteins taken for lunch during dinner.
15. The drinks that you should stick to should be lemon juice, green tea, chamomile tea, yerba mate tea, mineral tea. There is no limit to the quantity of this tea that you can take.
16. The bread sticks that you should take should not exceed two. You are allowed to take them between meals. Never eat both the bread stick at once during a meal.
17. Fruit should be taken twice a day, never take both fruits at a meal. Should you choose to make a substitute of bread for fruit, then you must deduct the equivalent calorie from your meal. Note that you also cannot eat two fruits of the same kind in a day. If you take apple during breakfast, apple must not be taken again that day.
18. If you want to take fruits you must ensure that the space between your takings of two fruits is 6 hours apart.

19. When purchasing food, always check the label to ensure that sucrose, glucose and starch are not therein.
20. You can use thyme, sweet basil, sea salt, vinegar and pepper as seasoning.
21. Ensure that you avoid cosmetics for these periods. Lipsticks, facial powder and eyebrow should be avoided for the entire protocol period.
22. If you want to achieve the desired results, then there should not be any form of cream, or moisture that is not organic coming in contact with your skin.
23. Keep in mind that these periods is not the best time for you take supplements as during phase 2 the body is recycling the vitamins in your body and do not need any augment to the vitamins in the body. You can take the supplements when phase 3 begins.
24. It is okay if you take enzymes that will aid with the digestion of the food you take. They will help your food to be absorbs quickly and easily.
25. You can take raw vegetables or boil them gently. Do not mix vegetables; but never you try to eat salad.

#### **WEIGHT PLATEAU x 2 DAYS - THE APPLE DAY**

To correct this you can take 6 apples beginning from lunch time. This is called an apple-day which ends prior to the lunch time of the next day. You should not exceed six apples. No other food should be eaten except the 6 apples. You should not drink water unless you need to quench a serious thirst urge. Majority of the people do not drink water.

They are content with the six apples. The apple day will help you to lose weight owing to the excretion of water which you have not gotten back as you go back to the normal 500 calorie that you are maintaining earlier on during lunch. During the subsequent days you will be losing weight successfully.

#### **PHASE THREE: THE PHASE OF MAINTENANCE**

Having completed the first two phases you will cease to take the HCG. You will still continue with the 500 calorie diet for the next three days. You have now gotten to the third and final phase of the HCG Diet Protocol weight loss. This phase will span for a period of three to six weeks (The longer the better).

The essence of this phase is to enable your body to establish a new metabolism. The weight loss that is attained at the end of the second phase will have to be maintained. This is to help you from gaining weight immediately after you cease to take the HCG diet drops and the 500 calorie diet.

In phase two, all the excess fat that is accumulated within your body is lost, thereby giving you a new shape. The phase three is all about helping your body maintain this shape. The phase three ensures that the result is long lasting.

You should still continue to continually check your weight every morning. You should not gain more than 2 pounds in the course of the phase three, irrespective of your new diet, provided you follow the protocol to details. If you discover that you have gained more than 2 pounds, you will have to have a steak day in the which you eat nothing all day, then have a large steak for dinner. A weight gain that exceeds 2 pounds will affect your body metabolism from being able to maintain the new shape and weight.

**If you should gain more than 2 pounds you will be required to have a steak day.**

Avoid being too excited. It is exciting when you discover that you can eat as much as you like without gaining weight again. In the course of this you should not get carried away and begin to consume sugar and starch which you ought to avoid for the next three weeks at least.

### **STEAK DAY**

This is optional. It applies only if you have gained more than 2 pounds in the course of phase three. On the last day of phase two, weigh yourself, if what you weigh in phase three is 2 pounds more than what you weighed in the last two days of phase two, you should proceed to the steak day.

### **Procedures for steak day**

- ❖ Skip breakfast and lunch completely but drink a lot of water
- ❖ For dinner take a big plate of steak accompanied only with raw tomatoes and apple.
- ❖ The only time to check your weight is in the morning after your bowels have been emptied. Never check in the middle of the day as the result can be fluctuating and thus confusing.

- ❖ You must go without breakfast and lunch on the day you observe the increase in weight.
- ❖ The steak day should not be postponed. If it is done immediately the next day there will be a reduction of your weight by 1 pound. Should you wait to have it later in future then you might have a need for strict dieting to have it corrected.
- ❖ What is meant by steak day is that you eat only dinner but have the entire day taking as much water, tea and coffee as you can contain.
- ❖ It does not matter how big the steak is; and you can cook the steak with oil, butter and apple if you so wish. The important thing is that you abstain from meal throughout the day until dinner.

## **THE PLATEAU**

Dr. Simeons explains what plateau means. A plateau normally takes place when a full cycle has gone half way. Plateau will occur either earlier or later in those who are reducing in weight more than average. This will correct itself however; there are some people who are worried when they are experiencing plateau.

Plateau is not indication that you are not doing on well with the protocol. Due to some reasons that are totally psychological, we allow that the plateau should be corrected.

## **WHAT HAPPENS IF I TAKE A BREAK?**

As suggested by Dr. Simeons, if the program is going to be disrupted due to certain exigencies of life and the disruption will last up 4 days, then the patients should elevate the calorie intake to 800 calories by including such foods as cheese, milk, meat and even eggs.

This will be done in the fourth day of the program. If it is not done the patient will become excessively hungry as well weak such that the person will not be able to attend his normal work. The patient can continue with the HCG as well as the 500 calorie diet straight away if the interval is not up two weeks.

It is not good for the program to be interrupted before the 20th day while on HCG. This is it is likely for the patient to re-gain weight.

It is always advisable that you plan the program to fit into your schedule of time when you will be able to meet all the criteria that are expected of you. If the diet is broken for a period less than two weeks, you can resume back to the initial 500 calorie diet and the HCG medication.

### **FURTHER NEEDS FOR THE PROGRAM**

If the amount of weight loss is greater than 34 lbs, then you will require more than one session. Before you begin the new protocol session ensure that there is at least a minimum of **six weeks** between the new date and the end of the phase two. You may repeat this as needed for additional weight loss.

With this you can loss as much as 100lbs. or more Keep in mind that men lose weight faster than women.

INDIAN LAKE MEDICAL WEIGHT LOSS