

Hcg paper college



Aboard! It is so great that you have decided to take your health into your own hands and shed that extra weight for good. Please keep your arms and legs inside the ride.

Your journey to successful weight loss is about to begin! HCG is a natural hormone and stands for human Chorionic Gonadotropin. Dr. Simeon discovered that this hormone could be used to assist dieters to lose weight and could help curb one's appetite tremendously. In recent years a Homeopathic oral HCG product was developed. Homeopathic HCG has been shown to be just as effective in aiding with weight loss as the injected HCG. HCG is not a hormone.

It is a complex molecule that contains over 300 aminopeptides. It is found in every human tissue in both males and females. HCG interacts with the Hypothalamus gland, increasing metabolism and allowing the body to use fat as energy. You can expect to lose .5 lb. to 1 lb.

per day. Men tend to lose more. Oral Homeopathic HCG is NON-Pharmaceutical. It does NOT require a prescription or physicians consult. Homeopathic HCG drops do NOT require the use of needles. There are NO blood tests needed.

It is NOT mixed with narcotics such as phentramine. HCG does not have a flavor or scent. The HCG Protocol is very simple from the standpoint that you have very few choices. It is however a very strict diet that limits you to 500 calories a day.

Now don't get up in arms. Yes, you are only eating 500 calories a day, but because the HCG is in your body, you are consuming all the calories your body needs from your abnormal fat stores. You are still burning the same number of calories you would burn if you ate a huge meal. But now, they are coming from your own body and not from a bowl of food.

Each day you take HCG our body releases 2, 000 - 4, 000 calories of stored fat. This is why your body does NOT go into a "starvation mode" and shut down your metabolism. You will need to be disciplined about what you eat in this protocol but it just takes responsible choices and a desire to succeed.

Diligently follow the protocol and you WILL be successful enough to feel empowered to stick with it for 43 days!!! Why this HCG Protocol is the Best • Simple HCG drops under tongue • Lose . 5 - 2 pounds per day • Very little hunger on HCG diet • No prescription required • HCG is a natural protein substance Exercise is not required to reduce weight on HCG diet • HCG resets your Hypothalamus so that your weight reduction is lasting • HCG is safe for women and men • Increased energy without a sense of nervousness • Clearer thought process If after reading this booklet you still want more information you can read "Pounds and Inches" by Dr. Simeons.

This is the same kind of HCG that Pounds and Inches uses in their programs and they charge \$500 -\$700. This HCG does NOT require refrigeration and has a 3 year shelf life (if kept in a cool dark place the shelf life is even longer). This Homeopathic oral HCG is produced in the United States by Dynamic Nutritional Associates. There are no negative side effects and is easy to take with no mess. You will have more energy and less hunger.

It is recommended that if you have any pre-existing illness, you should seek the approval of your doctor before any diet. If you are pregnant or nursing you should NOT be on this diet! This has been the only diet that Thousands of people have had great success with! The Protocol/The Diet Plan Days 1 and 2...Fat Loading days...Phase I HCG drops: Day 1 None Day 2..... 1 dropper 2x per day Some Plans call for you to start drops on day 1, but it is very difficult to consume as much fatty food as necessary while on the drops. The program has worked exactly the same without taking drops during your first load day.

Force Feeding Diet Eat frequently and to capacity the most fattening foods. You will gain weight during these 2 days. DO NOT freak out! You will immediately lose it the first 3 days. You need all these calories in your system or you will be starving the first week...and you will fail. You MUST load to capacity for 2 days! It is part of the protocol.

The fat will be used for energy and to curb hunger as you start the diet. You are creating enough fat reserves that can be used in the first 3 days of the diet. It takes approximately 3 days for the HCG to circulate through your system and start burning your unnatural fat storage. Stuff yourself with: • Whole Milk • Eggs • Cheese • Sausage • Bacon • Steak • Fried Foods • Gravy • Cream soups • Ice Cream • Nuts • Milk chocolate • Pastries • Whipped Cream • Pizza • Bread smothered with butter and jam Day 3 through Day 43.....Phase II HCG Dose.....

1 dropper 2x per day Set the time in the morning and evening when it works the best for you to have your dose. This time needs to be consistent through

the entire protocol. Take 1 dropper and place under your tongue. Let it absorb for one minute and then swallow what is left.

It is best not to eat 15 minutes before or after each dose. Diet.....500 calories These calories must come only from the choices below. You will not be counting calories. You will be measuring and weighing your food. It is best if you purchase a food scale and weigh all you protein BEFORE cooking. You are allowed 100 Grams of protein 2x per day.

You are allowed one vegetable (one cup cooked or 2 cups raw and leafy) 2x per day. You are allowed 2 servings of fruit per day (A serving is one apple, 1 cup of strawberries or ? grapefruit.). You are allowed 1 Grissini breadstick or 1 Melba Toast 2x per day. Beverages Unlimited tea, mineral water and water The juice of one lemon is allowed per day 1 Tablespoon of Milk is allowed per day Breakfast 1 apple or ? grapefruit or 1 handful of strawberries and 1 Melba toast or Grissini Lunch 100 g fat free protein and 1 veggie Dinner 100 g fat free protein and 1 veggie Snack 1 apple or ? grapefruit or 1 handful of strawberries and 1 Melba Toast or Grissini Proteins A serving is 100 grams Skinned chicken breast • Shrimp • Crab • Lobster • White Fish (Bass, Cod, Flounder, Grouper, Haddock, Mahi, Pike, Snapper, Monkfish, Ocean Perch, Orange Roughy, Tilapia, Whiting, Sole) • Very Lean Beef but not very often.

Choose either Filet or 96% Fat free from Whole Foods or Trader Joe's. • Buffalo or Venison but not very often Veggies A serving is 1 cup cooked or 2 cups raw, leafy. • Spinach • Green Leaf Lettuce • Tomatoes • Celery • Fennel • Cucumbers • Asparagus • Cabbage • Small onion • Chard • Chicory • Red radishes Fruits A serving is 1 Apple, 1 cup of strawberries or ?

grapefruit 1 medium Apple • 1 medium Grapefruit • 1 cup strawberries

Starch 1 Melba Toast 1 Grissini Breadstick How Much Is A Dropper Full?

These droppers only fill half way on purpose. So a dropper full is as much as you can squeeze into the dropper, which will be about half way up the dropper.

You want to try to be consistent with the time you take your dose in the morning and the evening. If you are hungry you can take a third dose in the middle of the day. The third dose will not make you lose more weight but it will help curb your hunger. Walden Farms...Your New Best Friend! Check out all the Walden Farm products. They carry salad dressings, Barbecue sauce, seafood sauce, condiments, jellies, and chocolate sauce that are all permissible on this diet. Walden Farms products contain no sugars and no calories! They have single handedly gotten me through this diet.

Most grocery stores carry the product in their produce aisle or you can always purchase it on line. My favorites were the Thick and Spicy barbecue sauce and the Honey Dijon Salad Dressing. Typical Menu's There are HCG cook Books. But to be honest this is pretty much what myself and everyone I know ate while on the HCG diet. For breakfast we had a grapefruit or an apple. For lunch we would make a large spinach salad with chicken and strawberries cut up on it.

As a dressing we used Balsamic Vinegar. You will want a good quality Balsamic vinegar.... you can taste the difference. For Dinner we would eat chicken or shrimp with roasted asparagus or a salad. We would have a piece of fruit as a snack.

You want to ALWAYS have prepared chicken in your refrigerator as your “ go to” food. I would make a full package of thin skinless breasts and keep them in a large zip lock in my refrigerator. I love the chicken with Walden Farms Thick & Spicy Barbecue sauce. I would always have large bags of frozen precooked shrimp from Sam’s. I would take out about 10 shrimp, put them in a strainer and run cold water over them and let them sit for a while till they were defrosted.

They are great with Walden Farms seafood sauce. I would also treat myself once a week to a lobster tail with lemon juice on it. Make sure you prepare it yourself because almost all restaurants baste it in butter. When you want something sweet. You can slice up an apple in a bowl. Add a couple tablespoons of water, a couple tablespoons of stevia and some cinnamon.

Cover the bowl with plastic wrap and microwave for 2 - 3 minutes. Mmm. Upon occasion you can make a beanless chili with 93% fat free hamburger. Brown the ground beef add 1 large chopped tomato, garlic, and Italian Seasoning. Don’t eat beef more than twice a week.

You can also occasionally have 100 grams of a filet. Vegetarians Eating eggs is the most recommended meat substitute for vegetarians. Other accepted vegetarian options are a 16 ounce glass of skim milk or 3.5 ounces of fat free cottage cheese, though often at the cost of slower weight loss. Some vegetarians also use protein powders derived from hemp, whey, soy or rice to replace animal protein.

If you choose the protein shake try to find one that has around 130 calories, 1. 5g of fat, and 25g of protein. Can I make up my own diet as long as it is 500 calories? No! Dr. Simeons spent years perfecting this HCG diet.

There is a reason there are no additional food choices. This diet works because of the specific food choices. ONLY eat the food that is allowed. Some people say the diet is boring. I tell them there are a lot worse things than boring.

I guess it comes down to how motivated you are to lose weight and become healthy. I actually felt my best on the diet! Correction Days Apple Day: In Phase II if you cheat you will gain weight. Sometimes it will mess up your weight loss for up to 3 days. Sometimes your body just stalls at a certain weight. So you need to do a correction day. This is a method used in the Phase 2 Reduction Phase to help break a stall.

It consists of eating up to six apples of any variety and nothing more besides just enough pure water or tea to satisfy an uncomfortable thirst throughout the day. Steak Day: This is used on Phase III when one exceeds the +/- 2 lbs difference from your goal weight you are maintaining. It requires that one abstain from all food until the evening meal when one is allowed a large steak cooked in oil or butter and one apple. Time of the Month Women can take the Homeopathic drops during their period. But it is best not to start the protocol during your period.

Weigh Ins • You must weigh yourself every morning and keep a record. • Weight loss occurs in a stair step fashion. You will drop then plateau. During the plateau phase, patients will still be losing inches.

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Usually the plateau does not last more than a week and may coincide with the onset of menstruation in women. Take your measurements at the beginning of the diet and write them down. Measure yourself again periodically through your diet. Note Chest, waist, hips, right upper arm, left upper arm, right thigh, left thigh, right calf, and left calf measurements. Little Extras • Drink a minimum of two liters (10 glasses) of water • Use Stevia.

No sugar or other sweetener. • Salt, Pepper, Vinegar, Mustard Powder, Garlic, Mrs. Dash, Parsley, thyme, marjoram and other spices containing no sugars can be used freely. • No margarine, Butter, Oil, Dressing (unless no sugar, no calories..

e Walden Farms) • You may eat the food in any sequence that fits your life style. Wait to eat each day until you are hungry. • You may substitute ? cup of fat free cottage cheese for a meat protein serving on occasion • You may substitute one whole egg combined with 3 egg whites for a protein serving on occasion. Constipation According to Dr.

Simeons, it is normal to go 2-4 days without a bowel movement while on HCG, due to the lack of food and bulk going through your system. If you experience Constipation you can try taking a Magnesium supplement (capsules) or Smooth Tea. Oranges, Tomatoes & Coffee, Oh My You will see oranges and coffee as acceptable on some HCG list. But all 3 of these are very iffy choices and can stall your weight loss. I have not included oranges or coffee on this acceptable food list because most people have problems with them on the protocol. Fewer people have problems with Tomatoes so they are on the acceptable list.

Cabbage is another iffy choice. I have personally gained weight while eating cabbage with the Walden Farm slaw dressing but since I am in the minority I have included it in the acceptable list. All you can do is try including it for a day or two and see if it affects you. You may be one of the lucky ones!

Personal Care Products You should be cautious about which specific beauty products are used while on the HCG diet.

Oils, fats, ointments, and creams can actually hamper efforts to lose unwanted body fat. These beauty products may be good for your skin.

Unfortunately, when it comes to the HCG diet that is not the case. The fats in the beauty products have negative affects on weight loss during the HCG diet.

The absorption of the oils and fats in beauty products is considered the equivalent to eating fatty foods. This just goes to show that the HCG process needs to be executed with extreme precision. The fact that your body reacts so sensitively to beauty products means it is critical that specific lotions, cleansers, and cosmetics be eliminated. Despite the fact that certain types of cosmetics cannot be used, there is an approved list of products that do not consist of fats, oils, ointments or creams.

This includes face moisturizers, facial cleaners, eye make-up remover, foundations, shadows, blushes, body lotions and even lip gloss. Following is a list of replacement options for the products normally used. Lotions: Most Baby oil, Coconut oil, and plain mineral oil (has no nutritional value).

Essentially look for lotions with a mineral oil bases. Soaps: Baking soda, Zest, Ivory and Dial, Jasons, Baking Soda Face Soaps and makeup removers:

Jasons products Shampoo and Conditioner: Baking soda, Natures Gate Alovera, Aubrey Organics, Life Extension Products Toothpaste: Baking soda, spry toothpaste, Tom's toothpaste Deodorants: Thai Stick, crystal deodorant (wet crystal and apply), baking soda I do want to point out that there is another point of view on personal care products being used during the HCG Diet.

What does modern medicine have to say about this concept 60 years later? When a moisturizer, cream, lotion or sunscreen is applied to the skin, there is ready absorption into the epidermis (the outer layer of skin). Most of the absorption is limited to the outer layer we call the stratum corneum (or horny layer). This layer is in a continuous process of shedding off, as new skin cells form. Very little "oil" such as mineral oil has the ability to penetrate deeper.

The result is that these oils are not absorbed into the body, and do not add caloric energy for the body to use. Active ingredients in skin care products such as chemical sun blocks, AHA's and BHA's do have the ability to penetrate to the deeper epidermis and outer dermis, but they do not provide nutritional energy or calories to the body. The bottom line is this...go ahead and use as much lotion, creams and moisturizers as you like! I want to present both sides of this theory. It is up to each individual to decide what is best for them.

Personally, I used Kosher or Sea salt with Baby oil in the shower.. it is amazing...and I used lotions and creams sparingly. Most Common Errors

During Phase Two • Using the wrong sweetener. Use Stevia...nothing else.
(Stevia in the raw is best) • Using the wrong spices.

. check ingredients...avoid those with added sugars • Not loading enough during the first two days • Mixing vegetables at a meal • Chewing gum, mints etc. • Drinking beverages not allowed. No Alcohol. Only water, teas, and mineral water. • Eating too much beef • Weighing the 100 grams after cooking.

Weight is based on precooked weight. • Eating the same protein for both lunch and dinner • Not drinking enough water • Eating at restaurants. There is no way to know for sure what they have added. • Using egg or cottage cheese substitutions too often. Once every 1-2 weeks is OK Plateau Breakers
• Increase water intake • Add green tea once or twice a day • Cut down or out American Beef and/or buffalo • Tomatoes, cabbage and shrimp can stall some people • Check all condiments being used for any form of sugar, syrup or starch • If mixing vegetables, Stop.

• For women, your menstrual cycle may be affecting the rate of weight loss.
• Attempt an “ Apple Day” for a serious plateau (5 days or longer) • Add exercise into your program • Add two Tbs. Of apple cider vinegar to your daily regimen • Do not use moisturizers with oil. If you have mild constipation you may drink “ slow tea”. Maintenance....

Six Weeks...Phase III This stage is of paramount importance to maintain your weight loss, not to lose any more weight. Your goal is to create a new set point, a weight that your body automatically maintains. However your body's goal is to recover the lost weight. Without following the method perfected by
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Dr Simeon to create a new weight set point, most bodies will successfully regain the lost weight. • Six weeks broken into three week segments • No dosing with HCG First Three Days • Eat exactly as you were eating on Phase II First Three Weeks Eat what you want, when you want...Excluding ALL sugars and starches. • Eat only when you are hungry and stop when you begin to feel full.

- Weigh every day. If your weight has increased 2 pound above your final weight at the end of Phase II, you must perform a “ Steak Day”. A “ Steak Day” consist of skipping breakfast and lunch (but drink plenty of water) and then have a large steak with a tomato or apple on the side for dinner. • The minimum daily calorie intake should be 1500 Second Three Weeks • Follow the first 3 weeks but begin to introduce sugars and starches back into your diet very, very slowly. • Continue to weigh daily.

If your weight increases 2 pounds perform a “ Steak Day”. Common Errors During Phase III • Eating any sugars and starches. Some fruits are very high in sugar (bananas, grapes, melons, pineapple). Some vegetables are very high in starch (potatoes, corn, peas, black, pinto and lima beans).

Your weight may fluctuate due to getting unintentional sugar and starch in what you are eating. • This stage is to train your body how to burn as many calories as possible and maintain the new lower weight. Your body no longer has the HCG and needs many more calories and will set the calorie count to what you are eating. So if you are only eating 1000 calories per day that will be what your body sets as its requirement. Then if you eat over that one day you will put on fat. • Not eating protein.

Tips to Conquer Phase III • Meticulously maintain your food journal • Eat real, clean food: fresh fruits and vegetables, natural fats, fresh grain fed meats • Avoid processed meats, canned fruits, canned vegetables and packaged meals. • Avoid restaurants • Try to include a protein with whatever you are eating throughout the day. • Avoid food and drinks that have ingredients you do not recognize or cannot pronounce. Continue to drink a lot of water.

It is good for you and helps your body function efficiently. Relapses Dr Simeons had 60 to 70% of his cases experience little or no difficulty in holding their weight permanently. When relapses did occur it was usually due to negligence in the basic rule of daily weighing. After HCG as much as 10 pounds can be regained without any noticeable change in the fit of your clothes.

The reason for this is that after treatment newly acquired fat is first evenly distributed and does not show the former preference for certain body parts. Exercise • Dr. Simeon's weight loss program does not rely on exercise for weight reduction. • However, the only exercise recommended during the program is walking. • If you are already engaged in daily exercise before starting the program, you may continue, but you may need to increase your daily intake to 750 calories to prevent fatigue. Half Round • If you have 15 pounds or less to lose, you can do a 26 day half round.

You must complete at least a 26 day cycle of HCG.... Never do less than 26 days. You will still need to do the six week maintenance. Congratulations on starting the last diet program you will ever have to undergo! Good Luck and Here's To Successful Dieting! Medical Disclaimer This guide provides weight

loss management information and is intended only to assist users in their personal weight loss efforts.

This is not written by a medical organization and offers no medical advice or diagnosis. Nothing contained in this booklet should be construed as medical advice or diagnosis. The information generated should not be interpreted as a substitute for physician consultation, evaluation or treatment. This information is not meant to replace the advice of any physician.

Do not rely upon any information to replace consultations or advice received by qualified health professionals regarding your own specific situation. This booklet is provided for your further evaluation of the information provided by Dr. A. T. W.

Simeons' manuscript in " Pounds and Inches: A New Approach to Obesity" and Kevin Trudeau's book " The Weight Loss Cure They Don't Want You to Know About". Any information included should never be construed as medical advice.