

# Quick Start Guide to the HCG Diet

## What Is HCG and What Does It Do?

HCG (Human Chorionic Gonadotropin) is a peptide hormone produced during pregnancy. HCG is made by the embryo soon after conception and later by the syncytiotrophoblast (part of the placenta). Once fertilized, an egg implanted in the uterus triggers dynamic changes in the mother's body. The developing placenta begins releasing large amounts of HCG into the blood stream. Levels of HCG increase steadily in the first 14 to 16 weeks, and then decrease gradually.

Current scientific philosophy believes HCG helps maintain the pregnancy and affects the development and early growth of the fetus. During pregnancy, the baby becomes the priority. HCG accesses nutrients in the mother's stored fat supply. This ensures that the developing fetus always has an adequate food supply.

In a non-pregnant state, which of course applies to men as well as women, HCG can be used as a weight-loss aid, helping reduce the craving for food by moving stored fat into the bloodstream where it becomes available for metabolism. With these additional nutrients in the bloodstream there is a decrease in appetite, thus aiding in the ability to adhere to a rigid diet program. HCG accesses unnecessary fat stored in the body just as it does in early pregnancy. Abnormal fat deposits disappear. The double chin, potbelly and fat around hips and thighs are the first to go. HCG does not deplete subcutaneous or other essential fat. For many, complexion improves, gaining a natural freshness and healthy glow. Some have also claimed a noticeable reduction in fine lines and wrinkles.

Most HCG weight-loss participants see a loss in girth (inches) before they see any substantive drop in the scales. When the HCG treatment plan is properly followed, the result is rapid weight loss and improved body shape during and after treatment. Scientific evidence suggests that HCG promotes lipolytic activity (breakdown of fat deposits). Reshaping of body contour is quickly noticeable in those patients who struggle with fat located in buttocks and hips area. As the HCG mobilizes stored body fat, about 2000-3000 calories per day are released into the bloodstream, thus allowing for a low calorie per day diet without experiencing fatigue, weakness or hunger.

HCG has been used safely in very high doses as a fertility aid, and is the basis for early pregnancy tests. It has been used as an adjunct to weight loss since the 1950's (see Dr. Simeons' protocol), and at the dosage level used in Dr. Simeons' diet, there have been no adverse side effects reported during that period of extensive testing. In this context, it is entirely safe for both men and women.

## Assurance of Quality

Our homeopathic HCG drops are manufactured in the United States in a federally registered pharmaceutical laboratory in full compliance with FDA regulations governing pharmaceutical manufacturing facilities. All procedures follow strict guidelines set forth in the Homeopathic Pharmacopoeia of the United States, which is the official document governing homeopathic manufacturing in this country.

## **What results can I expect by using these HCG drops?**

Most participants using the homeopathic drops reported the same weight loss results (20-30 lbs in about a month) as with the injections. Many people who have done both injections and drops claimed to have less hunger and more energy on the drops than they did on the injections. Be advised, though, that while most people reported positive results, individual results may vary markedly.

### **Benefits of HCG Drops:**

- Oral HCG is NON pharmaceutical
- IT DOES NOT require a prescription or physician's consult
- IT DOES NOT require the use of needles, alcohol pads, or other injection supplies
- There are NO blood tests needed
- IT IS NOT mixed with narcotics such as phentermine
- IT IS **\$500 - \$1000 LESS EXPENSIVE** than injectable programs
- IT TRAVELS well and does not require refrigeration
- IT HAS a 5-year shelf life, unopened
- Our homeopathic oral HCG is produced in the United States
- No negative side effects from the use of oral HCG
- EASY to take with no mess or stress
- MORE energy reported by participants that have tried both the injections and the drops
- LESS hunger reported by participants that have tried both the injections and the drops

## **Do I have to follow a special diet while I take the drops?**

**Yes.** You must follow the entire HCG Diet Protocol as described in Dr. Simeons' manuscript, "Pounds and Inches: A New Approach to Obesity." HCG is ONLY effective for weight loss if it is taken while strictly following Dr. Simeons' HCG Diet Protocol, including the **500 calorie diet**. Taking HCG alone (without the diet) will not cause you to lose weight. The "magic" of HCG happens when you reduce your food intake so that the mobilized fat will be used for your body's energy needs. If you fail to follow the diet you will fail to lose weight. If you only follow the diet without taking HCG, you are simply starving yourself because there is no fat in the bloodstream to burn. Simply put, BOTH are required.

## Highlights of the HCG Course

- For the first 2 days of HCG treatment you must eat to capacity the most fattening foods you can, including sweets, to build up the fat levels in your bloodstream. On the 3<sup>rd</sup> day you begin the 500 calorie diet. By then the HCG should be putting 2,000 to 3,000 calories of stored fat into your bloodstream.
- In order to consume the fat that HCG moves from storage into your bloodstream, you must strictly follow the 500 calorie diet outlined on the following pages.
- Two liters of fluids should be consumed per day. Plain water, mineral water, herbal tea, black tea and coffee are the only drinks allowed, but they may be taken in any quantity and anytime.
- After the last day of HCG drops you must continue the 500 calorie diet for a full 3 days without taking any of the drops. All traces of HCG must be eliminated from the body, which takes 72 hours. If HCG is still present in the body when you increase your calories, you could quickly put on a lot of weight in a short time.
- The 3 weeks after treatment is the stabilization phase. You increase your diet to 1500 calories, but you must still avoid sugars and starches, and even be cautious with natural foods like very sweet fruit. It takes about 3 weeks before the weight reached at the end of the treatment becomes stable, so careful maintenance is a must.
- After 3 weeks, very gradually add starch in small quantities, as guided by morning weighing. The goal during this time is to maintain your new weight while resuming a normal healthy diet.
- Note that if exercising during the treatment, you still stick to the 500 calorie diet and DO NOT increase your calories. Vigorous exercise is not recommended during treatment.
- Women should begin the HCG course either the day following the last day of their period, or at least 10 days before the beginning of their period.
- No lotions or cosmetics other than lipstick, eyebrow pencil and powder may be used. This is to minimize the absorption of fats through the skin. Mineral-based makeup is approved for use.
- No Massages of ANY type during treatment. Mechanical manipulation of fat deposits does far more harm than good.

## Average Days of Treatment Needed

**If your goal is to lose 15 pounds or less, do the 23 Day Plan (20 days of drops).** The treatment plan should never last less than 23 days, says Dr. Simeons, even in patients needing to lose only 5 pounds. He states that even in the mildest cases of obesity the diencephalon requires about three weeks rest from its abnormal storage mode in order to regain fully its normal fat-banking capability. So as soon as your statistically normal weight is reached, increase your diet to 800-1000 Calories for the rest of the treatment. But if normal weight is not reached mid-treatment, stay at 500 calories until the end of the treatment. You must continue the diet for 3 days after the last dose of HCG drops. This gives the body time to rid itself of all traces of HCG before normal eating begins.

**If your goal is to take a second or more courses for additional weight loss:** A second course can be started after an interval of six weeks, though the pause can be more than six weeks. The intervals between each successive course are proportionally longer: eight weeks after the second course, twelve weeks after the third course, twenty weeks after the fourth course, and six months after the fifth course.

## Typical Daily Schedule

1. **Weigh Yourself:** As soon as you get up in the morning, void your bladder, weigh yourself and enter it on your tracking sheet. This is EXTREMELY important to your success! Weigh and track everyday!
2. **Take 1<sup>st</sup> Oral Dose of HCG:** First thing in the morning, take 1 Oral dose of HCG drops (per dosage directions) under your tongue and leave it there for about a minute and then swallow the residue. Do not take anything by mouth 15 minutes **before** you take the HCG or 15 minutes **after** taking the HCG. (In other words, do not eat, drink, brush teeth, chew gum, smoke, etc., during those 30 minutes, so that you get maximal absorption of the HCG drops.) The remaining doses for the day will be taken according to the schedule you select on the Dosage Directions sheet.
3. **Breakfast:** Herb tea, black tea, and coffee are allowed but NO sweeteners except Stevia and saccharine. See details below under “Your Food Choices”.
4. **Eat 1 Serving of Fruit:** Eat one fruit item around 10 am. (If you don’t want to eat a snack, the fruit may be eaten with the Lunch and/or Dinner. If you prefer the fruit serving with your lunch and dinner then you do not eat this fruit serving at 10 am or in the afternoon. **ONLY 2** fruit servings are to be eaten in a day.)
5. **Eat Lunch:** Around 12:00 noon. See lunch selections below. (1 of each: protein, vegetable, starch). Fruit may be added to lunch and dinner but you must take out the mid-morning and mid-afternoon snacks.
6. **Eat 1 Serving of Fruit:** Eat the other fruit in the afternoon. Suggested between 2-3 pm (same directions as item 4 above applies here).
7. **Eat Dinner:** Between 5-7 pm. See dinner selections below. (1 of each: protein, vegetable, starch).

# Your Food Choices

The key to remember is that only **8 items** may be eaten per day, as explained below.

**Breakfast:** Non-caloric drinks in any quantity without sugar. Herbal tea, black tea and coffee (without sugar) are permitted. You may sweeten these drinks with saccharine or Stevia, a natural sweetener which is available through health food stores. Do not use aspartame, Nutrisweet, acesulfame, sucralose, Splenda, or any other chemicalized sugars. Diabetics may eat 1 protein item each morning to control blood sugar.

**Lunch and Dinner:** Any meat is 1 item: 3 ½ ounces, (or 100 grams) of beef, veal, chicken breast, fresh white fish, lobster, crab or shrimp. Salmon, eel, tuna, herring, dried or pickled fish are not allowed. White albacore tuna packed in water may be used. Make sure that the meat is very lean with no fat. All visible fat must be removed before cooking. All meat must be weighed uncooked. A food scale will assist in getting weight correct. The meats can be cooked by broiling, grilling or boiling with no additional fat or oils. A George Foreman Grill works great. Fruits and vegetables from the following lists can be used. No more than two vegetables per day, and only one vegetable per meal. No more than two fruits per day, and only one fruit with a meal (or, alternatively, as a between-meal snack).

Dr. Simeons included few specifics in his manuscript on portion sizes for vegetables, so our dietician provided us with a portion/calories chart for more guidance as to portion size. (The chart is included in the documents in this package.)

### Each Fruit = 1 item

One apple (not two small apples)  
One orange  
Strawberries, 1 cup (8 oz)  
One half grapefruit

### Each Vegetable = 1 item

Radishes, 8oz sliced	Tomato, 1 medium
Celery, 8oz chopped	Lettuce, 16oz
Cabbage, 8oz shredded	Chard, 8oz
Cucumbers, 8oz chopped	Onions, 8oz
Fennel, 8oz sliced	Beet Greens, 8oz
Spinach, 8oz	Asparagus, 8oz.
Chicory greens, 8oz	

**Starches = 1 item:** 1 melba toast, or 1 Grissini (breadstick).

**Substitutions:** Three eggs (1 whole plus 2 whites) or ½ cup fat free cottage cheese may occasionally be used instead of the meat, but no other cheeses are allowed.

**Seasonings:** With each meal the juice of one lemon or lime is allowed. Salt, pepper, vinegar, mustard powder, sweet basil, parsley, thyme, marjoram, and most other herbs and spices are fine to use as seasonings. *No oil, butter or dressings of any kind can be used.*

The 8 items allowed per day may be eaten in 2 meals (1 of each: protein, veggie, fruit, starch) or spread out through the day. But 2 of the same items (i.e., 2 fruits or 2 proteins) may not be eaten together at the same time.

## Tips for a Successful Diet

### DO'S:

- DO take your calcium, magnesium and multivitamin daily.
- DO take your vitamin B-12 supplement. Recommended: 1,000mcg per day.
- DO take your potassium supplement. Recommended: 84mg to 99mg per day.
- DO take magnesium (milk of magnesia) for constipation, if needed.
- DO drink 2 liters of fluids per day.
- DO weigh yourself each morning and track it on your progress sheets. (But, don't become compulsive about weighing yourself, because you need to remember that most people lose more inches than pounds. Remember, inches=fat loss.)
- DO take your measurements before you begin, and track them on your progress sheets.
- DO take a before picture and an after picture of yourself. (You will be surprised at the change your body has made once you have completed the program.)
- DO keep a food journal. Keeping a food journal helps determine how different foods affect your body. Sometimes people plateau and by looking back at the food journal can pinpoint why. It is also a good way to keep track of what foods work best for your body.

### DONT'S:

- DO NOT take any fat soluble vitamins (A, D, and E) while you are on HCG. These will be added back in during the maintenance plan.
- DO NOT use ANY chemically derived sugar substitutes including: Aspartame, Nutrisweet, Acesulfame, Sucralose, Splenda, or any other chemicalized sugars.
- DO NOT use ANY type of oil, including fish oils, olive oil, butter, coconut oil, cooking oils, etc.
- DO NOT drink ANY kind of alcohol. No alcohol of any kind is allowed.
- DO NOT get ANY type of Massage.

### Other Diet Tips:

- NO Fat, whatsoever, is allowed when on the HCG diet plan. Nothing can be added to the diet without increasing hunger. Even fat-free salad dressing has sugar which will increase your appetite.
- Avoid ALL cosmetics that are rich in fats and oils. Mineral Makeup is approved for use. Most lipstick, eyebrow pencils, and powder may be used.
- Avoid lotion. A good alternative is organic Aloe Vera.
- NO non-dairy creamer or other substitute is allowed.
- You can add spices and hot sauce, but you must read the labels and buy those without sugar. Making food spicy can be very satisfying, help to decrease cravings and increase water intake.