

The HCG Diet

Welcome to a new concept in dieting. The most important thing is to understand why you are doing what you are doing. That is understanding how HCG works.

HCG is a hormone that is produced during pregnancy. This hormone protects against muscle wasting. In poverty stricken areas, where there is little to no food, women who are pregnant do not lose muscle mass, even while starving, and their babies are fat and healthy. Why? Because of HCG and the affect it has on protecting muscle during starvation.

Meaning that during this diet, you will actually be lowering your calories to a near starvation level. But the HCG will protect your muscles throughout your entire body, including your heart, liver and vital organs.

The most important thing to do with this diet is to commit to doing it wholeheartedly. The reason being, is that HCG and this type of diet is not without risk, so you want to get the ultimate response for the risks involved.

HCG is a growth hormone, which means if you have cancer, it will make it grow faster. It will not cause cancer, but can alter the rate at which it grows. So if you are exposing yourself to these risks, you best commit to doing it wholeheartedly.

In contrast, being overweight also has risks which are far greater than those of HCG. Obesity and being overweight increases risks of breast cancer, heart disease, type II diabetes, neuropathy, stroke and vascular disease. You have to decide which risks you are willing to take.

The Actual Diet

Getting Started: Gain before loss: Prior to getting started you need to calorie load for 2-3 days while on the HCG shots. You need to eat a diet high in fat such as cheesecake, pasta with Alfredo sauce, berries with cream, or other high fat diet, and take the shots every morning for 3-4 days while doing this. You can start the 500 calorie diet when you start the third or fourth shot. When you start the 500 calorie diet, it must be strictly observed. *You must drink 2 liters of water/fluids per day.*

MOST IMPORTANT: You cannot do the diet more than 6 weeks or 40 shots. It is absolutely, without exception, necessary to wait 6 weeks prior to starting another cycle.

Every morning: Give yourself an injection: Injection either 0.15 cc or 0.25 cc as directed by your practitioner. (For how to, look at injections sheet). Believe that this will work, do not give up, look into your reasons for being overweight, and tell yourself that you are doing something nice for yourself by making yourself healthy.

Breakfast:

Green tea; (no sugar, but stevia or xylitol are fine). Unlimited amounts

Coffee (may have one TBSP of milk in a 24 hour period), unlimited amounts

Tea; unlimited amounts

Mineral water; unlimited amounts

**must drink 2 liters of fluid per day*

Lunch (or dinner):

Meat: 4 ounces (or 100 grams) Meat must be weighed raw with all visible fat trimmed: (beef, veal, chicken breast, turkey breast, lobster, crab, scallops, shrimp, tuna in water, fresh white fish) It can be boiled or grilled with no addition of fat.

Veggies: 1-2 cups: Green salad (unlimited), broccoli, cauliflower, chard, green beans, asparagus, tomatoes, celery, onions, chicory, spinach, beet greens, cucumbers, red radishes, and cabbage.

Fruit: One-half grapefruit, one small handful of blueberries, one large apple, or a handful of strawberries.

**You must eat one item from each group above.*

Fat will slow down your weight loss, this includes olive oils, fish oils, all vegetable oils, lotions that are oily, massage oils, oil based make up.

Making it taste good:

Seasonings:

Lemon or lime juice (the juice of one lemon OR two limes per day)

Cayenne

Garlic

Sea salt

Red/white/black crushed pepper

Sweet Basil

Parsley

Thyme

Mustard powder

Vinegar (raw apple cider or balsamic)

Marjoram,

Chives,

Dried onions,

Curry powder

Cinnamon

Fresh herbs

Supplements:

Calcium

A good multivitamin

L-carnitine

Alpha lipoic acid

Digestive enzymes

Citracel or other fiber for stool regularity

Basically

8 ounces of meat per day

4 handfuls or 4 cups of veggies per day

2 handfuls of fruit or two apples

Plus a lot of green tea, mineral water, and lemon water.

What To Do and What Not To Do.

DO's

Walk 30 minutes to 60 minutes per day

Exercise

Yoga

Eat the following to increase your metabolism:

Red peppers, peperohcicinis cayenne peppers, or cinnamon

Use only stevia or xylitol

Try to eat organic if possible

No farm fed fish

Get sun (be moderate)

Massage (don't use oily lotions or oils)

DON'T's:

No transfats

No fast food

No carbonated drinks

No nitrates

No MSG

No artifical sweeteners (except stevia or xylitol)

No high fructose corn syrup

No drugs (including prescriptions except what your doctor prescribes)

Helpful Diet tips:

1. The fruit may be eaten between meals instead of with lunch or dinner.
2. No more than four food items at one meal
3. For those that need more energy in the morning, you can eat the dinner meal for breakfast
4. For those that need more steady calorie intake, may space their food throughout the day
5. Some people do not do well on the 500 calorie diet, if you are not doing well, please call for modifications
6. If you ever feel like your sugars are dangerously low, eat an apple or drink some orange juice
7. It appears that increase in water correlates with increase in weight loss
8. If you have questions you may read the Simeons protocol at <http://hcgmedical.com/simeons.asp>
9. Vegetarians: 500 ounces of skim milk/day may be substituted for animal protein
10. If you have a plateau and are ready to give up, don't. You can do an apple per day regime, which is one day of not doing the regular 500 calorie diet; instead replace it with 6 apples eaten throughout the day. This really doesn't make you lose more weight, but it does help you lose water as it works as a diuretic, and that can help you body lose more weight.
11. If you slow down your weight loss, shake things up. Do something different, like a different veggie or different type of meat.
12. **DO NOT WEIGH YOURSELF:** when you weigh yourself, if you are not losing as much as you think you should, you will become discouraged and that hormone excreted (there is one when you get discouraged) will cause you to slow down weight loss.
13. Don't give up, even if you skrew up. Get back on the wagon ASAP and keep going
14. Find a friend to whine to, misery loves company