

## We offer the highest quality physicians choice HCG available.

10 drops- three times a day unless prescribed differently by your doctor = .5cc  
similar to the effects of 125i.u. daily injections

**Other supplies you will need to follow the HCG protocol- B-12 drops,  
Acidophilus, potassium, whole food supplement, Organic Yerba Mate green  
tea, Organic Stevia (sweetener) Candida cleanse, body cleanse.**

**Read all instructions before starting! Tap bottle before drawing your HCG into  
the dropper**

### How It Works

People who follow the original diet have seen weight loss of one to two pounds a day. The closer you stick to the diet, the more weight you will lose. Many clients have still done well following a higher calorie diet. **Cleansing two weeks before starting HCG helps the HCG work better.** Candida is the NUMBER ONE cause of hunger while on HCG.

**Day 1 and 2:** Take HCG and gorge. These days should be spent eating as many healthy fats as possible. Cheese ,whole milk, ice cream, nuts, avocados, peanut butter etc. This will open up your fat cells and also prevent you from being hungry. This does not mean lots of sugar!

**Starting with Day 3:** Take HCG and follow 500 calorie diet plan for up to 40 days (except during menstruation - during menstruation do not take HCG, but continue the 500 calorie diet -- some participants stop the HCG for the whole time; some stop HCG during heavy days only; some never stop, but continue HCG straight through menstruation).

### Maintenance

Follow 500 calories first two days after stopping HCG

1st 3 weeks after stopping HCG: All foods are allowed except starches and sugars.

2nd 3 weeks after stopping HCG: Very gradually add starches and sugars in small quantities.

# MENU/MEAL PLAN SUGGESTIONS

## **Breakfast**

NONE! Drink Organic Green Tea with Organic Stevia in any quantity throughout the day. Only 1 Tbsp. milk in 24 hours.

## **Lunch**

3 ozs of veal, beef, chicken breast, fresh white fish, lobster, crab, canned tuna or shrimp. Trim off all fat and weigh raw. Meat must be boiled or grilled without additional fat. Salmon, eel, herring, dried or pickled fish are not allowed

One type of vegetable only, chosen from the following: spinach, chard, chicory, beet greens, green salad, tomatoes, celery, fennel, onions, radishes, cucumbers, asparagus, cabbage, broccoli (Up to two cups per meal)

An apple, orange, one half of a grapefruit or a handful of strawberries.

## **Dinner**

The same four choices as above but chose different foods for dinner than you had at lunch

## **Other**

The juice of one lemon is allowed daily. Salt, pepper, vinegar, mustard powder, garlic, sweet basil, parsley, thyme, marjoram etc. for seasoning, but no butter, oil or dressing.

Tea, coffee, plain water or mineral water are the only drinks allowed. You should drink at least 2 liters of these fluids per day **NO Crystal Lite or anything with artificial sweetener!**

## **FREQUENTLY ASKED QUESTIONS**

### **Are all Homeopathic HCG formulas the same?**

NO, we recommend using homeopathic HCG that is manufactured in a laboratory under the FDA approved homeopathic guidelines. How can you tell the difference? Our HCG is safety sealed from top to bottom. We have a manufacture date and expiration date on each bottle.

### **Why do you doctors prefer the homeopathic drops over the injections?**

Most importantly we have seen the same (if not better) great weight loss results(20-30lbs in about a month) with the Homeopathic drops as with the injections. Many people who have done both forms have reported less hunger and more energy on the drops than while on the injections. Some other reasons participants have preferred the Homeopathic HCG: more energy, less hunger, ease of travel, no mixing, no refrigeration, four years expiration date.

### **Is this "real" HCG?**

Depending on what brand you get, Homeopathic HCG many be made from real, human form, HCG. The Homeopathic HCG we sell is a homeopathic formulation that is started with a small amount of HCG. Homeopathy is based on both physical ingredients that you can see and resonance/frequencies that you can not see. These ingredients are put into a liquid, alcohol medium for preservation. While some homeopathic remedies do not start with a physical proponents, but only include the frequencies of the proponents in the formula, OUR HCG formulas we sell do. Again, for this reason, only chose Homeopathic HCG from a reputable manufacturing labs operating under the FDA approved homeopathic guidelines.

### **What is the Hypothalamus?**

The hypothalamus is involved in your metabolism "set point". With age, the hypothalamus builds up toxins & begins to malfunction. It may explain part of why our metabolism goes down with age, we have more & more sleeping difficulties, and hormonal/ovulatory disturbances as well as other symptoms.

The Hypothalamus is the control center of all autonomic regulatory activities of the body. It has been said that the hypothalamus is the brain of the brain. It is the hub for automatic and endocrine homeostatic systems such as cardiovascular, temperature, and abdominal visceral regulation. It manages all endocrine hormonal levels, sensory processing, and organizing body metabolism, as well as ingestion behaviors. It appears that almost everything the Hypothalamus does is related in some way to the management of brain and body connection, linking the psyche (mind) to the body.

### **The hypothalamus controls:**

Pituitary gland regulation  
Feeding Reflexes  
Hydration

Blood Pressure regulation  
Thirst  
Heart rate

Hunger & Salt cravings  
Body temperature regulation  
Water preservation

### **In addition, homeopathic HCG on it's own is used for:**

Increasing energy  
Rejuvenation of necessary structural fat  
Improving adrenal gland function  
Increasing muscle tone  
Bladder function (hcg can remedy prostate problems)  
Hormonal/neurotransmitter regulation  
Testicular function  
Wakefulness

Reducing excess body fat  
Lowering cholesterol levels  
Maintaining progesterone levels  
Energy levels  
Sleep cycles  
Ovarian function  
Mood & behavioral functions  
Metabolism

## **FREQUENTLY ASKED QUESTIONS—Continued**

### **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 use stored fat for energy, and eliminates excess fat reserves. It's 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 for 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 does not interact with ANY medications, including birth control pills or Depo-Provera, so there are NO side effects.

### **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 start the HCG while not having your menstrual cycle or will be starting within 5-6 days. Once on the HCG and you begin your menstrual cycle you can continue to take the HCG.

### **Why are some people calling HCG the "Weight Loss Cure"?**

HCG is also being called the "Weight Loss Cure" because after taking it for weight loss, it reprograms your body to use stored fat for energy when calories are reduced for a period of time. It helps you maintain your weight and not regain the pounds you lost.

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

Most people may lose 26 pounds on the 26 day program, depending on the amount of weight needed to be lost. Often, people lose 7-14 lbs in the first week. You need to have at least 12 lbs to lose to do this 26 day program and you will lose that!

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

Many times there is a large amount of weight loss in the first, then a plateau of leveling off. 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.

## **FREQUENTLY ASKED QUESTIONS—Continued**

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

No you don't ever want to skip any of your meals. Its important to eat all of your 500 calories and especially your protein so that you only lose fat and not muscle.

### **Can I exercise daily?**

Low key, or no exercise only! Anyone who over exercises will be starving and will want to give up, plus their body will go into starvation mode and they will lose less weight! Your calorie intake is not high enough for this. You can do about 20 min. of walking a day and a few sit ups or push ups if you feel needed. You will not be losing muscle just fat, so when you go back to the gym you won't skip a beat, you will just be thinner!!!

### **Do I have to take vitamins while doing this diet?**

You must take B12 everyday. A sub lingual is the recommended B supplement because it is in liquid form and is absorbed right in your system as and can be potent as a B12 shot from the doctors office. This will increase with energy and increase your metabolism. Also a good whole food supplement (multi-vitamin) helps, make sure it is sugar free and has no fat soluble like fish oils or vitamin D. Potassium is also good especially if you experience leg cramps ( which can be common while on this diet).

### **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 detox. You may take an aspirin or Tylenol as long as it's not sugar coated.

### **Can I take the drops longer than 26 days if i want to keep losing weight?**

Yes! You can take them up to 40 days. After 40 days you must take a break for how many days you were on the drops before you start another session. This is to make sure your body doesn't become immune to the HCG. 20 days is the shortest amount of days and 40 is the longest you can do the drops. Just remember the last 3 days of your plan is no drops and continue diet for 3 days until the HCG is flushed out of your body before going into maintenance. Exercise is encouraged once you start maintenance and are back to 1500-1700 calorie diet.

### **Can I Drink Alcohol on the HCG Diet?**

In the original HCG diet protocol by Dr Simeon's 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. See full article for more info

### **Can I wear makeup?**

No 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 eye makeup and lipstick are fine. Stay away from lip glosses and chap stick. 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. Alba makes a oil free moisturizer that is great for face and hands/arms.

### **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.

## HELPFUL HINTS

1. Do a body or Candida cleanse before you start on HCG. **Candida is the NUMBER ONE cause of hunger while on HCG.** A body with Candida will crave sugar and carbs.
2. Two days of eating high fat foods is an important step. Do not miss this step. Eat as many healthy fats as you can. Take HCG while doing your two day gorge.
3. Women- Best time to start your HCG is after your cycle. You can start at any time, however you will gain weight during this time. The weight will come off when you are done with your cycle. No worries!
4. Do not drink or eat 15 minutes before or after taking your HCG dose.
5. Drink lots of clean water. (non tap water) if you drink enough you will lose enough!
6. Brew your organic raw Stevia in **with** your tea or coffee. NON organic Stevia does NOT have the chemical reaction that organic raw Stevia has. This mixed with organic green tea help greatly with weight loss.
7. Add organic cinnamon to your tea this helps with blood sugar and weight loss.
8. Teaspoon of organic apple cider vinegar before meals will speed up weight loss.
9. Smooth Move or Senna Tea will help keep your system moving. Make one cup every third day before bed.
10. It is normal to stall or not lose weight for a few days. This will pass. Drink lots of clean water and stay on track. Do not get discouraged.
11. Keep HCG and all Homeopathic medicine away from cell phones.
12. **No mint** while on Homeopathic HCG. Mint will cancel out the HCG. No mint toothpaste, no mint gum or mint tea. Spry Gum made with Xylitol at is ok.
13. No need to refrigerate.
14. Fat and Carb blockers are to be taken in an **emergency only not everyday.** Take before, during or after a meal you should not have eaten.
15. Medications that cause weight gain will prevent you from losing the maximum amount of weight. Including anti-depressants and pain medication.
16. 12x 30x 60x is the dilution of the active contents. With homeopathic remedies, the higher the dilution, the more effective the remedy is.