

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 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

This material is a compendium of the system of losing fat predicated upon Dr Simeons' weight loss protocol. What the protocol does is to utilize 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 loses 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 homeopathic HCG is prepared in a safe manner and still in an effective manner that will allow the body to be able to heal itself. All the possible toxic effect that it might have on the human body is eliminated through a process of vigorous shaking and diluting to increase the therapeutic potency of the entire program. The production procedure has been approved by the FDA and is legal in all ramifications within the United State.

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.

First phase

Excessive eating phase

The first two days of the protocol is enlisted in this phase. What is to be done at this period is to eat as much as possible. You can eat as much as you like as long as the diet contains high calorie and fat. You will also take the HCG as instructed.

Second Phase

Measured calorie (500) phase

This phase takes all days except the first two days. The duration depends on whether you are on the 40 day or 20 day protocol. What you are required to take is below 500 calorie (vegetables, fruits, meals with 4oz of protein and a little quantity of grain). Continue to take the HCG as instructed.

Third Phase

Maintenance Phase

This is the last 3 weeks of the protocol and you are restricted to eating food that contains neither sugar nor starch.

If you have any problem or question, you can easily contact the support team by sending an email to them. There is a log included in this guide, use it when contacting the customer service for questions on diet. This will help them to offer you a better assistance.

A SUMMARY OF THE HCG Diet Protocol

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. Quite a good number of those who are partaking in the HCG Diet Protocol have tried other means and have placed themselves on diet that will have resulted in a loss in the

quantity of the fats that are stored within the body. The body should have these stored fats especially those fat surrounding your body organs prior to the commencement of the protocol.

Phase one begins in the first two days with the HCG drops into the body. This will have the HCG already in the body prior to when the release of the excess fat stored in the body is needed. In these two days there should be excessive eating in order to increase the quantity of fat stored within the body. A visible attribute that will be noticed in this stage is gaining of body weight; the body weight gained is an indication fat reserve in the body is being built up by the body. It is important that the body gains weight during this period as the body will require it later in future in the course of the HCG Diet Protocol.

The beauty and distinctiveness of this protocol lies in the ability to allow you not simply loss weigh but to reshape your body in the process.

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 drops are 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 can go back to the normal amount of calories you were taking. For the next three to six weeks you should avoid taking any food that contains sugar or starch.

BEGINNING THE HCG DIET PROTOCOL

Prior to commencement of the protocol, you should have pictures of yourself taken and also take measurements. With this you can measure the progress that you are making with the program.

Your story and feedback will be appreciated if posted on our website. You can send us an email or create a Video Testimonial as others have.

There is a log attached herein, do well to use it in the course of the protocol, this will enable us to help you should you have any question.

How measurements are taken?

How your body changes can be tracked correctly if measurements are taken. When you are taking the measurement ensure that you relax your muscles. You should keep in mind that there might be an increment you your body weight as you loss fat, since your muscle will increase in quantity.

Before	After	Part of the body	How to measure
		Bust	Ensure that you keep the tape not lowered, do not compress yourself. Let the tape run across from your bust through the nipple line parallel to the ground level.
		Chest	From beneath your breasts to the maximum height you can reach run the tape parallel to the ground across your back.
		Waist	Choose the smallest part of your waist, if there is none, and then run the tape around the navel point.
		Hips	Locate the highest point of you hip and measure.
		Midway	The biggest point lying between the waist and the hip
		Thighs	Take measurement of the biggest side of the thigh.
		Knees	A point atop the knee
		Calves	Take measurement of the biggest part of the calves
		Upper arm	Biggest point should be measured, right over the elbow
		Forearms	Beneath the elbow at the biggest point.

Record the values right before and after the protocol.

Key Points to Note

1. During the protocol avoid all form of massage and facials. This will disturb the activities taking place within the tissues of the body
2. 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.
3. Believe it or not, any toxic substance put on the skin can be absorbed by the skin and disrupt the entire protocol.

Step by Step procedure to taking the HCG diet drops

1. Ensure that your homeopathic HCG drops are not close to wireless router, computer, microwave, cell phone and cordless phones. These devices when close to the HCG drops can render them ineffective
2. Ensure that the drops are used at least 20 minutes prior to the time you eat or have your teeth brushed. It is important that your bowels are empty before you take the HCG drops.
3. The drops are to be consumed orally. It should remain under your tongue for at least 30 seconds, but 3 minutes is most effective. Then swallow.

The drops should be taken as stated on the bottle.

When taking the solution ensure that you "succuss" it; this should not be mistaken for shaking. When you are about to take it, you can pound it lightly on a flat surface of your palm for about 10 times. The drops should be put right beneath your tongue, with this it will avoid the entire digestion procedure and move directly into the blood stream.

If they are taken the proper way they will be enough for the 40 day protocols respectively. If the bottles get exhausted before the end of the second phase, the only explanation is you have exceeded the required dosage. And you will shoulder the cost of buying another bottle of the HCG solution to complete the protocol.

Important notes for women

When menstruating, HCG is secreted into the body naturally, if you should take the homeopathic HCG drops, you will be making the protocol benefits unrealized. The continuing weight loss and the lack of appetite might be lost as the body will become immune to the HCG.

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.

PHASE ONE: EXCESSIVE EATING PHASE

This phase is also 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.

What you will be doing in phase 1.

1. 2 days of overloading: At this point you and food should never be apart. Eat, eat and eat! If you can eat all through the day then do so.
2. Taking of the Homeopathic HCG drops should begin: the dosage of the HCG should be spread out across the whole day; this will help to ensure that the body has HCG flowing regularly within the system.

The HCG drops can be taken either as 5 drops to be taken 6 times daily or 10 drops taken 3 times daily.

3. Drink as much as half a gallon of water on a daily basis. You can take soda, wine, beer or any kind of drink during this phase.
4. There should be no restriction to your diet during this phase. The aim of this phase is to fatten you up as much as possible. All the fat that have been lost have to be built up again and structure back to the way they should be. For better results you have to eat well, the more you eat the better the result that will be attained. If you do not load in as much food as you can during this phase you might experience some pangs of hunger during the course of the protocol. The Loading phase is for you to gain weight; you do not have to be trouble about the weight gained as it will be lost before the end of the first week into the second phase.
5. The kind of food you should eat should include those that are high in their fat content. This food can include cakes, cookies, dairy queen, custard, creams, chocolate and pastries. All you are saying to this food as you eat them is a temporary goodbye.
6. You can pay a lot of attention to food that contains high content of calories. These can include creamy foods.
7. The food that Dr. Simeons specifically included in the HCG diet include milk, pastries, chocolate, sugar, cream, eggs and bacon, bread and butter together with jam, mayonnaise etc. We advise that you include either of these meals when you are on the protocol.

Key points to note

1. The probability of a man losing weight is greater than that of a woman.
2. The loss of fat will occur at a rate of 2lbs/day when the protocol begins
3. 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.
4. The body will on its own determine when the body can safely lose fat without causing the body system any hazard.
5. Keep in mind that you are losing both pounds and inches; so do not get **carried away with the loss of pounds only.**
6. If your target of losing between 10-50 pounds is met, 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.

PHASE 2: The Phase of 500 Calories

Irrespective of the fact that what you will be consuming will be 500 calories, you will find that you will still be filled with so much energy and very little appetite for food. 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 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

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
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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.

PHASE TWO: the phase of 500 calories.

The phase two of the HCG Diet Protocol last for 38 days. This phase requires that the homeopathic HCG drops alongside with a diet that is 500 calories. A typical meal will be a protein of 4 oz., fruits, vegetables and a little quantity of grain. The HCG must be taken according to the specification directed in the protocol.

The HCG when taken with a low calorie will help the body to release all the fat that is stored within the body for a long time. The size of calorie that will be found in the blood stream as a result of this release will be as much as 1500 to 4000 calories on a daily basis. With the release of the calories from the body, despite the 500 calories that is taken in, the body will have adequate nutrition and energy for the entire period of the HCG diet protocol.

Once the phase two is complete, you will cease to use the HCG drops; for the next three days after you have ceased the use of the HCG drops you will still maintain the diet plan of 500 calories.

An example of the meal that should be maintained in the course of Phase 2

First weigh yourself when you wake up in the morning immediately after you have emptied your bladder. You should not wear anything when you are weighing yourself.

Your intake of homeopathic HCG drops should be evenly spread throughout the day.

When picking your meal, you should include 1 fruit, 1 vegetable, 1 grain and 1 protein for dinner and lunch. Meals should not be repeated in a day. What is taken for lunch should not be taken again of dinner.

For drink, you should consider green tea, black coffee, chamomile tea and water.

Breakfast

Coffee or tea can be taken provided there is no sugar in it. In a day you can only take one tablespoon of milk. You can also consider Stevia or Xylitol as a sweetener.

Lunch

For lunch you can take 1 fruit, 1 vegetable, 1 grain and 1 protein for dinner and lunch.

Fruit

Apple, strawberries, orange or grapefruit will do.

Vegetable:

You can pick from the options that are listed below: Chard, asparagus, green lettuce, fennel, tomatoes, cucumbers, cabbage, asparagus, red radishes, celery, beet greens, or chicory.

You do not need to make salad as you are allowed only to take just one vegetable for each meal.

The vegetables you should take should not include sugar, starch or heavy vegetables (beet root, carrots, corn, peas or pumpkin).

Grain

Toast (one Melba), Grissini (One).

Protein

You can take 4 oz. of any of the following

1. Chicken
2. Fresh fish
3. Boiled egg

You must ensure that the meat is weighed and all trace of fat be removed from it totally.

The boiling of the meat should be done without any fat added to it.

Dinner

You can use the same meal as you use for dinner. All that matters is that you do not have the same meal twice in a day.

Key points to note

1. You can take bread stick between meals rather than take them with dinner or along with lunch. You should allow a maximum of four items only from those that have been listed for lunch.
2. You should not take two apples, even if the weight of both of them is equivalent to that of one large one. There is no restriction to the size of apple you can take; but you should not forget that a tangerine is not equivalent to an orange; neither does the chicken breast refer to any other breast of a fowl. A chicken breast is not a drumstick neither can it be substituted by a wing.
3. You can break a meal into two, there is no harm done in that. You can take apple and breadstick for breakfast and take orange before you go to sleep. As long as these items are subtracted from the meal that is taken that day.
4. You should include in your lunch and dinner protein, vegetable fruit and grain. Whatever has been included in the lunch should not find its way into dinner. Under no condition must you repeat a meal in the same day.

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 $\frac{1}{2}$ a gallon daily. This can be achieved by having a water bottle that can take $\frac{1}{2}$ a gallon of water. With this you can determine if you have been able to consume $\frac{1}{2}$ gallon of water daily.
4. Do not exceed 1 tablespoon of milk on a daily basis.
5. Ensure that all that is prescribe for you are consumed. 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 simply 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. You can go to sleep by 10 pm.
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

Phase three: the phase of maintenance

Having completed the first two phases you will cease to take the HCG drops. 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). During this week you can eat as much as you like provided there is no sugar and starch included. You do not have to limit yourself to a 500 calorie diet any more. Bare in mind that it will be hard to eat much more than 500 calories a day for a while.

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. Gone are

the days where you lose weight today and gain it back in the next few weeks. The phase three ensures that the result is long lasting.

Once you enter into this phase you are allowed to eat anything that you feel like without you having to check the level of calorie in it. You can eat any type of protein, vegetable, nuts, fruits, seed and oil. In phase three you are encourage to take more protein.

In this phase you still have a little restriction. All variety of starch and sugar should be avoided for the three weeks that the phase will last. This include that you should avoid barley, wheat, bread, rice, cookies, grains, muffins and potatoes.

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.

Key points to note in phase 3.

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.

It is advisable that you make minor changes in your diet. The changes should not come so sudden. You can introduce them gradually within the three weeks. Start by maintaining the 500 calories, from there you can extend to the inclusion of egg, glass of milk and chesses.

Do not be scared when you add two pounds in the course of phase three. Do not skip meals; the success of this phase depends on you eating normally after the HCG dieting has been concluded.

Do not continue a low diet as this will increase the probability of you having some weight loss coming back.

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

1. Skip breakfast and lunch completely but drink a lot of water
2. For dinner take a big plate of steak accompanied only with raw tomatoes and apple.
3. 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.
4. You must go without breakfast and lunch on the day you observe the increase in weight.
5. 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.
6. 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.
7. 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. According to him when you maintain one pound in a day for 4-6 days, then it is known as a plateau. 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 going on well with the protocol.

Due to some reasons that are totally psychological, we allow that the plateau should be corrected. But 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.

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 homeopathic HCG drops as well as the 500 calorie diet straight away if the interval is not up two weeks. It is advisable for the patient to break up the homeopathic HCG drops 3 days prior to your journey if you have already known that you will be travelling. This will enable you to observe the 3 days important dieting following the last homeopathic HCG drop. This makes it possible for the patient to travel without arranging the

500 calorie diet in the course of his travel which is impossible. He will also be free from keeping the dietary plan while on transit.

It is not good for the program to be interrupted before the 20th day while on homeopathic HCG drops. This is it is likely for the patient to re-acquire 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 diet drop.

If you will be away for more than 4 days then you should round up the phase two and proceed to the 3 days of strict dieting, so that you can be free to eat whatever you want to eat again.

If the days you will not be able to take the HCG drops are within the last four of the phase two, you can increase the calories intake to 800.

If you are going to conclude before the prescribed time, you should plan ahead so that you will have the three days that you are not expected to take HCG you require before the maintenance phase (phase 3).

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.

Generally speaking men are more successful than women and can achieve the average daily weight loss.