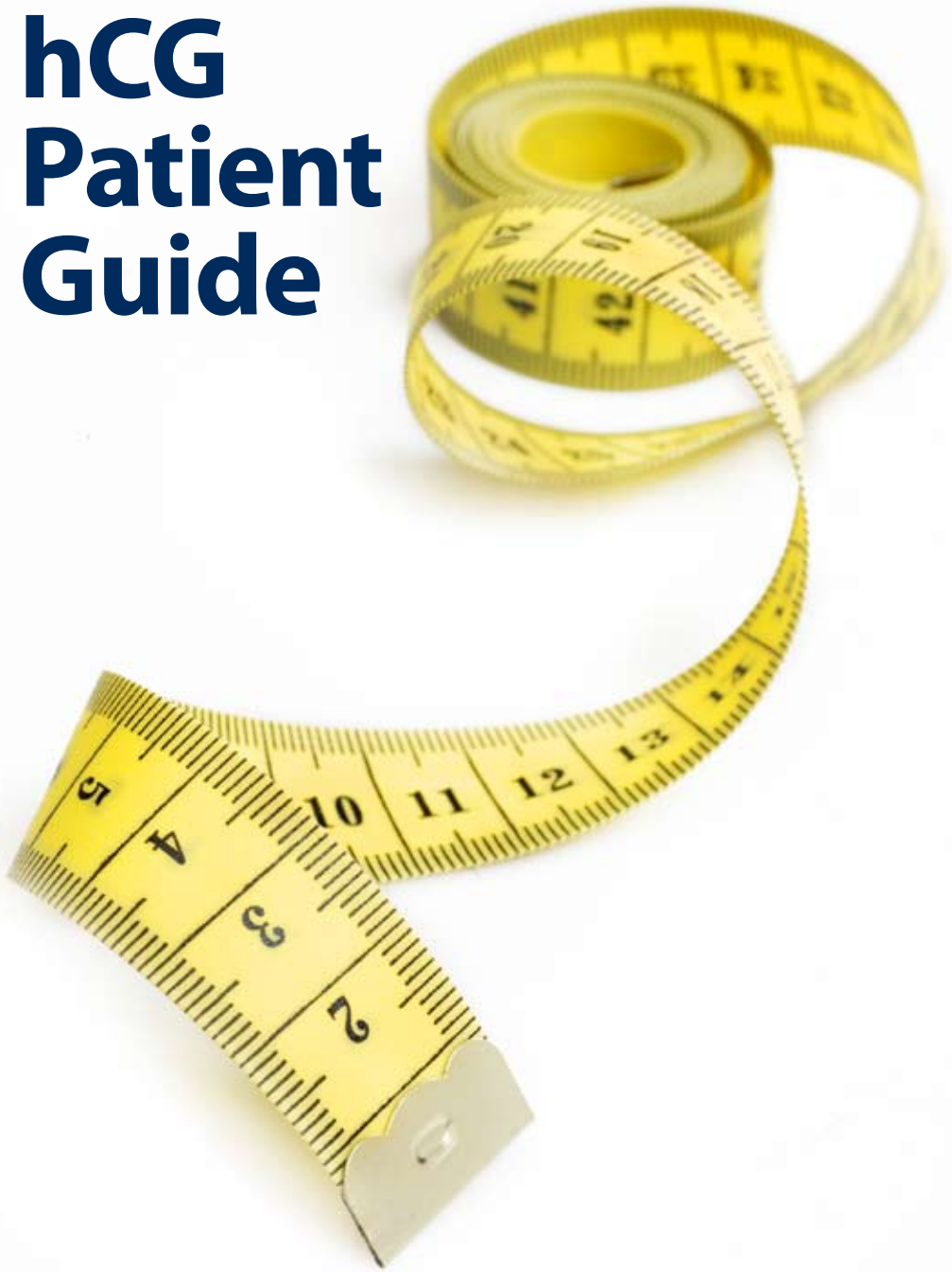


hCG Patient Guide



How much do you have to lose?

What is hCG?

hCG (Human Chorionic Gonadotropin) is a natural hormone produced in large quantities during pregnancy to ensure proper nutrients to a developing baby. hCG is what triggers the hypothalamus to mobilize stored fat into the bloodstream to be used as "food". It is believed to reset your metabolism and to protect your body's good fat and keep muscle tissue from breaking down (which occurs in other low-calorie diets without the use of hCG).

How Does hCG work?

hCG is taken orally, under the tongue to be rapidly absorbed which allows a person to subsist more on their stored fat than on what they eat. It triggers the body to provide a constant flow of "food" received from the fat that your body is breaking down and using. This apparently means that the fat content is liquefied by the hCG, allowing it to be released into the blood stream. One pound of body fat stores upwards of 2000 calories; once body fat is made fluid, nutrition can be released to the bloodstream, reducing hunger, and waste flushed from the system. Calories provided on an even consistent level improves metabolism. With Dr. Simeons' diet (500 calories a day) women were shown to lose weight at a rate of 1/2 to 3/4 pounds per day and men at a rate of 1/2 to 1 1/2 pounds per day.

How long has hCG been used?

In the 1950's, Dr. ATW Simeons began using small doses of hCG in obese patients to decrease appetite and observed weight loss and decreased inches around hips, thighs, buttocks and stomach. It has continued to gain in popularity as a successful, natural approach to weight loss.

In the medical field hCG is normally given to women to treat infertility because it induces ovulation in the ovaries. hCG is given to males because it mimics LH which helps testosterone production in the teste. For dieting, a low-calorie diet in conjunction with a small dosage of hCG is used to trigger the hypothalamus to release stored abnormal fat.

Before starting the program

What you need:

- Food scale (to weigh food)
- 2 bottles D-140 (hCG)
- Thyrodex and Humanofort (optional but highly recommended)
- Liquid Stevia (for use as a sweetener, optional)

The Program

Days One and Two

- Take 15 drops (D-140) first thing in the morning and again at lunch and dinner. Hold under your tongue for 15 seconds. Don't eat or drink for 15 minutes before and 15 minutes after you've taken your drops.
- Eat lots of fattening food. This is very important to jump-start the metabolism. Eat all day.

Day Three to Twenty-Six

- Take D-140 drops three times a day. Drink lots of water (at least 2 liters) a day. Follow 500-calorie diet plan.

Day Twenty-Six to Twenty-Nine

- Follow the 500-calorie diet plan, but stop taking the hCG drops.

500-Calorie Diet

Phase 1

Breakfast:

- Unlimited coffee and/or green tea until lunch (green tea is preferred, but you can use both). 1 Tbsp of milk is allowed per day.

Lunch:

- 3.5 oz or 100 grams (weighed before cooking) of lean protein grilled (list included).
- 2 cups of a vegetable with no added fat.
- 2 cups of lettuce (no oil).
- 1 serving of melba toast (60 calories worth, about 3 slices), or gluten-free high fiber bread.
- 1 fruit of the following (1 orange, 1 apple, 1/2 grapefruit or 9 strawberries).

Dinner:

- Same as the above but change the protein and fruit source from lunch.

Italian Sodas

- Add 20 drops of any flavored stevia liquids to 1 can of club soda for a tasty Italian soda.

Phase 2 - Maintenance

For twenty days following the completion of the 29-day program you are allowed to eat as much food and any type of food you choose (up to 1500 calories per day), with the following exceptions:

- No sugar, dextrose, sucrose, honey, molasses, high fructose corn syrup, corn syrup.
- No starch (including breads, pastas, white rice, potatoes)
- No artificial sweeteners
- No fast food
- No trans fats
- No nitrites

You may add dairy (i.e. milk and cheese), nuts and any and all fruits and/or veggies.

This is extremely important to follow because this phase resets your metabolism to a high state and prevents abnormal storing of fat. With the increased calorie intake, now is the time to increase your workouts to permanently reduce your body's set point for fat. Add to daily walks some form of weight training, 3-4 times weekly.

It takes approximately 3 weeks before the weight reached at the end of the cycle becomes stable.

As long as your weight stays within 2 pounds of the weight reached on the last day of your HCG dose, you are fine. If it fluctuates even a few ounces, on that same day you must entirely skip breakfast and lunch, but drink plenty of fluids. For dinner, eat a huge steak and 1 apple or 1 raw tomato (nothing else).

Helpful Hints & Products

If having trouble with cravings, take D-140 more than the suggested dose. When it comes to homeopathic products, it's not about potency, it's about frequency and reminding the body what it's supposed to do often.

Thyrodex and Humanofort are recommended to be used at the same time as the D-140 drops during phase 1. Take 1 capsule of each product 2-3 times daily away from food. Thyrodex will increase your metabolism and improve energy, while Humanofort will support adrenal function, energy, and hormone balance.

If having trouble with constipation, supplement Elmnex at 3-4 capsules before bed-time or employ daily coffee enemas.

Light exercise, such as brisk walking, has been shown to increase weight loss. Avoid strenuous exercise as there may not be adequate caloric intake to maintain optimal body composition.

Rules

- No gum or mints.
- No lotions or moisturizers (can only use mineral oil or baby oil).
- No diet drinks, including Crystal Light, or diet soda.
- No butter, oil, or dressing.

Most Common Errors During Diet

- Not loading enough fat during the first two days of the program. This might explain hunger, headaches and crankiness during the first week of diet.
- Not drinking enough water.
- Consuming spices or seasonings that are not allowed (those containing sugar).

Watch your salt intake, as this can cause water retention. In order to hold one teaspoon of salt, the body requires one liter of water, as it cannot accommodate salt in any higher concentration. Thus, if a person eats one teaspoon of salt, their weight will go up by more than two pounds as soon as this salt is absorbed from the intestine.

Most women find it hard to believe that fats, oils, creams, and ointments applied to the skin are absorbed and interfere with weight reduction by HCG just as if they had been eaten. Many women, whose skin has in the course of years become adjusted to the use of fat-containing cosmetics, find that their skin gets dry as soon as they stop using them. In such cases, you may use plain mineral oil or baby oil, which has no nutritional value. So no lotions or moisturizers.

- Women: If you are on your period, or will start within the next five days, wait until you finish your cycle.
- Pre-cooking all your meat for the week and putting servings in little baggies in the fridge or freezer helps make meals faster and easier. And you are less likely to cheat.
- Use a George Foreman grill for meat - almost everything is done in about 3 minutes. If your grill is beginning to stick, you may decide to spray it with oil. Just be aware that a quarter-of-a-second spray is considered a serving.
- Try to weigh yourself in the same clothes, or something very similar in weight, at around the same time each morning (before eating or drinking and after emptying your bladder) in order to avoid confusion or false appearance of weight gain/loss.

Plateau Breakers

- Increase water amount (2-3 quarts per day).
- Try to add a glass of green tea.
- Don't eat apples for the fruit or cut down on the size.
- If eating beef or chicken use certified organic as the fat content is better.
- Eliminate breadsticks/Melba toast.

Sample Shopping List

Meat

Chicken breast
Veal
Steak (filet mignon, flank, t-bone, top round, top sirloin, tenderloin.)
Ground turkey
White fish
Lobster, crab, shrimp or scallops
Venison
Bison

Veggies

Onions (green, red, white, yellow)
Tomatoes
Asparagus
Spinach
Celery
Romaine lettuce
Chard
Beet greens
Fennel
Red radishes
Cucumbers
Cabbage

Fruit

Lemons
Apples
Oranges
Grapefruit
Strawberries

Spices

Cumin
Onion powder
Chili powder
Cayenne
Thyme
Rosemary
Oregano
Basil
Bay leaf
Paprika
Celery salt

Other

Garlic
Cilantro
Parsley
Melba toast
Apple cider vinegar
Stevia (clear and other flavors)

Sample Menu

Breakfast

- 1 full dropper of HCG Plus (D140) Liquid
- Brew and drink 1 pot of Green Tea or coffee (32 oz)

Supplements:

- 1 Capsule Thyrodex
- 1 Capsule of Humanofort

Lunch

- 1 full dropper of HCG Plus (D140) Liquid
- 4 oz Filet Minion
- 10 Asparagus Steamed or grilled
- 2 Cups of salad with balsamic vinger
- 1 Can club soda with 15 steiva drops

Supplements:

- 1 Capsule Thyrodex
- 1 Capsule of Humanofort

Afternoon Snack

- 1 serving of Melba toast or Gluten free bread not over 60 calories
- 1 Apple
- 1 16 oz bottle Green tea or water

Dinner

- 1 full dropper of HCG Plus (D140) Liquid
- 4 oz Grilled Shrimp
- 1 tomato sliced up with basil and balsamic Vinegar
- 2 Cups of salad with balsamic vinegar
- 1 Can club soda with 15 steiva drops

After Dinner Snack

- 1 full dropper of HCG Plus (D140) Liquid
- 1 serving of Melba toast or Gluten free bread not over 60 calories
- 9 Strawberries
- 1 16 oz warm herbal tea or water

Treat

- 1 Chew of Slentiva

Better Quality | Better Results

Doctors and patients have thousands of nutritional products to choose from—with a wide variation in quality and price. We focus on improving your health—not just selling pills.

Our top priority is to make products that work. Because no matter how much you pay for a product, it's too expensive if it does not work.

It's rare for a professional nutritional product company to invest in the scientific staff, labs, equipment, time, resources, and strict procedures necessary to achieve true quality status.

We can't imagine it any other way—your health may depend on it.



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