

*Guide to  
Implementing  
the Weight  
Loss Cure*

*Personal Experiences of hCG Dieters*

*Third Edition*

*by*

*Cindy Cook*



## *Guide to Implementing the Weight Loss Cure*

*After reading *The Weight Loss Cure* by Kevin Trudeau, I was sold on the concepts that he presented, but had no idea how to actually put the plan into action. After much research, I have uncovered many resources not mentioned in the book that have helped me to start my weight loss journey with hCG. I've already lost 10 pounds in 10 days, after being unsuccessful with every other diet that I have tried over the last 9 years. Using this weight loss method, I expect to lose the entire 100 extra pounds that I've been carrying around. FINALLY, a CURE for the problem that has plagued me for almost a decade now!*

*You see, most of my life, I weighed in at 120 pounds. Even for my 5'6" small-boned frame, it was considered underweight, although it was my normal weight that my body maintained without effort. I could eat anything I wanted, as much as I wanted, and I never gained weight. My boyfriends would pester me to gain some weight, but I was already eating everything in sight with no gain. One of them pestered me so much about it that I got so nervous that I LOST weight.*

*Enter Depo-Provera. I took this birth control shot ONCE at the age of 38. I immediately began gaining weight after the shot. I panicked and began modifying my eating habits, but I had no idea how to lose weight, because I'd never had to do it in all my 38 years. I tried all kinds of diets, but no matter what I did, I continued to gain. My periods didn't come back for 14 months, which to me indicated that my hormones were tilted off-kilter in a big way. I talked to my friends about it, learning that the daughter of one of my friends had also taken the shot and gained 20 pounds in a month recently. She was another one of those "never gain, eat like a horse" type of girls that everyone envied. I started to suspect that I was in deep trouble now.*

*I found a book by the title of *Birth Control By Injection: The Story of Depo-Provera*, in which I read the words "knockout blow to the pituitary" used with reference to Depo-Provera in Chapter Five. The book was written by an endocrinologist named T. J. Vecchio, M.D., F.A.C.P., who organized international clinical trials with Depo-Provera over a 10 year period, as well as conducting such trials on his own. He wrote a number of scientific articles on the subject, including the lead article on "Long-Acting Injectable Contraceptives" for the 1976 issue of *Advances in Steroid**

*Biochemistry and Pharmacology, as well as making numerous oral presentations on the subject to medical groups around the world.*

*Now I was really concerned, and with good cause, as it turned out. That same chapter outlined the effects of Depo-Provera on the adrenal glands. Within six years, I had been diagnosed with Chronic Fatigue Syndrome and had gained 100 pounds. My medical doctor could not give me any hope or effective treatment. The naturopathic doctor that I turned to next explained that he had been treating CFS/CFIDS for over 50 years and had originally called it Adrenal Syndrome because it was caused by over-stimulation of the HPA (hypothalamus/pituitary/adrenal) axis by chronic stress or a genetic predisposition to weak adrenals. I knew that my adrenals had been weakened by the Depo-Provera along with the rest of my endocrine system. My metabolism had been ruined as well, causing the weight to pack on, no matter what I tried in my efforts to stop it. The methods that I used for my CFS/CFIDS recovery did absolutely nothing to help me with weight loss, however. The cure for my CFS/CFIDS is the subject of another eBook that I will write soon, but in this eBook I want to concentrate on the solution to my weight issues.*

*I've included links to such helpful references as Dr. A. T. W. Simeons' original manuscript from which Kevin learned about the cure. Also, you will find recipes to use during the injection phase to help make it less repetitive, as well as sources for an oral version of hCG if the mere thought of injections is enough to scare you away from considering using the cure. There's even a Frequently Asked Questions section. This is your one-stop comprehensive companion source for practical ways to actually put the cure to use for your **very own personal** weight loss cure!*

*Cindy*

*P.S. Also, please email me when you have lost below 200 pounds, if you start out above that, so that I can personally tell you, "Welcome to ONE-derland! Onward and downward!! (on the scale, that is)." Any other major milestone emails are also happily welcomed!*

*Update: I've lost 37 pounds now! I will start back on Phase 2 in January to lose the 63 remaining pounds in 2008 using hCG! For the first time in 9 years, I have not only the hope, but the assurance in my heart, that I can lose the excess weight that has been the bane of my existence.*

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herein. Prices, policies, procedures, and any other information given in reviews of suppliers or clinics were accurate at the time of review.

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If you have any questions or concerns about the data in this eBook, I am always available through email to offer whatever help and support that I can. I am also very interested in hearing your story and how this information has helped you. Please be aware, however, that I am not a medical professional and that I cannot answer medical questions.

If you would like to help others who are having difficulty in implementing the weight loss cure by promoting this eBook, you can also earn 40% commission by doing so. Please visit this link to learn more: [www.weightlosscureonline.com](http://www.weightlosscureonline.com)

Please email your comments, questions that are not answered in this book, and stories of your successful weight loss to: [weightlosscureonline@gmail.com](mailto:weightlosscureonline@gmail.com)

## ***Abbreviations used in this book***

Dr. S = A.T.W. Simeons, M.D.

Dr. B = Daniel Oscar Belluscio, M.D.

KT = Kevin Trudeau

VLCD = Very Low Calorie Diet

LCD = Low Calorie Diet

LIW = Last Injection Weight

LSDW = Last Sublingual Dose Weight

SC = Subcutaneous

SQ = Subcutaneous

IM = Intramuscular

SL = Sub-lingual (under the tongue)

IU = International Units, a measure of potency

cc = cubic centimeters (equal to 1 ml), a measure of volume

ml = milliliters (equal to 1 cc), a measure of volume

## Testimonials to This Diet:

"Nearly three years ago, I gained 80 lbs during a very stressful time. In only about 6 months, I packed on all of the weight. I was under a lot of stress and was nauseated and vomited frequently, yet I still gained the weight. For the last 3 years, I have been on a number of diets, Atkins, WeightWatchers, Bob Greene, Ultra Metabolism, Dr. Mercola's diet, Jenny Craig. I also have been doing 1 hour of kick boxing several times a week (Billy Blanks, Turbo Jam, PO90) along with walking 5 miles several times a week. I also have used HydroxyCut, Accelis, Hoodia, and so many others I can't remember.

I am a respiratory therapist and walk around doing treatments for 12-hr shifts. I am only 5'3 and weighed 210 lbs and was a tight size 18. I did each diet for at least 1 month or longer with little or no weight loss. As you can see, I am a very active person. People that I worked out with were losing weight. I, on the other hand, continued to have a 48-inch waist. After 3 years of struggling, the disappointments and heartbreak of diet after diet, I had finally given up. I was so depressed. Try to imagine working so hard at something for 3 years and enduring failure after failure.

Well, today September 25, I weigh 174 and I am size 12. I lost 11 inches off my waist since June 6. I have people around me doing this protocol now, just because my scrubs are baggy. It wasn't any scientific paper that convinced them to do it. It was seeing the amazing transformation that I went through and continue to go through that convinced them that hCG does work. I have done low cal diets in the past and never lost weight that was so visible and dramatic. I usually lost the hair on my head, my skin became pasty and sallow and I had dark circles under my eyes and had hanging skin and lost all my muscle mass, I felt terrible. Not this time! My hair is thick, shiny, my nails are growing like crazy, I have energy and feel great. I still have muscle, skin is tight."

### And one more testimonial to the diet:

"Since I've been aware of this HCG Protocol and have almost completed it, I see the miracles that it works with your weight and performing a metabolic recovery, I find myself getting really agitated/annoyed when someone tries to tell me and others that diet and exercise is the only way to lose weight and keep it off. There have been countless times when people have asked me about a method to lose weight that's the most effective. Of course I would recommend the HCG Protocol, I would NEVER, and I mean NEVER tell a person to do diet and exercise as a weight loss method.

Then you have others that'll intervene and tell me that the Dr. Simeons protocol is a joke and that it's really unhealthy to lose weight this way, especially a lb. a day. People who've never heard of it until I mentioned it, by the way. You break down the whole process to them of how and why the weight is lost so fast and the benefits that comes from the treatment AFTERWARDS when it comes to keeping it off. They still have nothing but negative things to say. It just trips me out how people think that diet and exercise is the only way to lose weight and keep it off. It's a torturous and VERY depriving lifestyle when you try to keep weight off from dieting. I've done it so I know.

Let's not mention the things that this protocol does that diet and exercise doesn't even touch. Losing problem area fats, low hunger, fast results, resetting of the hypothalamus gland, raising your metabolism sky high, etc. I'm almost finished with this protocol and (4 days left until Phase 4), and I've never seen anything like this on any weight loss method I've used in the past. No

counting calories, no superhuman willpower to keep from eating, low hunger, constant results, etc.

My thing is...if diet and exercise is the only way to lose weight and the real "solution," then why does the obesity rate continue to rise annually? Even though there's more people on diets and buying more exercise equipment more and more each year. Let's be real. I get frustrated, annoyed and agitated when people act like this is the solution and don't want to hear of anything else, even though it has never worked for them. I've heard countless stories from people about how they work 5 hours a day in the gym, eating rabbit food and they still don't lose weight. And others have the same story, except for they do, in fact, lose weight but gain it right back afterwards faster than they lost it, plus more. Not to mention how slow they lost it. Which is frustrating.

For anyone that's curious about this method of weight loss. **THIS IS THE SOLUTION!** You'll never need another diet in your life once you finish this! Exercise is always good for your body, whether you're trying to lose weight or not. It's always recommended for good overall health but it's not a weight loss solution.

Let me end by saying this. For the people that doubt this protocol, stay fat for the rest of your lives and miserable from yo-yo dieting and depriving yourselves to keep the weight off. Keep losing weight and gaining it right back. But for those that are tired of dieting and exercising only to find disappointment, and are smart enough go through this protocol...we'll enjoy living normal lives as slim people that can fully enjoy the foods that we love without constantly thinking about our weight. Now you choose..."

– Dashaun (If people want, they can ask me personally at [young\\_cutthroat@yahoo.com](mailto:young_cutthroat@yahoo.com) or [young.cutthroat@yahoo.com](mailto:young.cutthroat@yahoo.com).)

Everything that you wanted to know, but the book didn't tell you....

I want to provide a valuable resource for those who, like me, wanted to do the Weight Loss Cure, but had no clue as to the practical aspects of how to accomplish that. I am forever grateful for Kevin Trudeau writing his book so that I could have a way to find out about the cure for my weight problem, but his book didn't answer many questions that I had about how to actually accomplish the same results as he was able to achieve.

I've noticed several questions that come up again and again in my support group. I have compiled these questions with answers that are accurate based on my research. My best advice to anyone who reads this eBook is to read the Simeons manuscript and follow that food list. You should get success that way. If someone says that they eat blueberries and still lose and you want to try that, realize that you do it at your own risk. As always, your mileage may vary. ;-)

## Frequently Asked Questions

### ***Where can I find the original manuscript of Dr. Simeons' book?***

The Weight Loss Cure by Kevin Trudeau is based on a much older book called Pounds and Inches written by Albert Theodore William (A.T.W.) Simeons, M.D., a British doctor who had a clinic in Rome. KT decided to add Phases 1 and 4 and made other adjustments to "update" it for 2007 conditions that did not exist in 1971, such as the need for eating organic food.

A scanned copy of the original "Pounds and Inches" book by Dr. Simeons is available at: [http://www.releana.com/files/Pounds\\_and\\_Inches.pdf](http://www.releana.com/files/Pounds_and_Inches.pdf) for comparison and reference. Most group members follow one of these versions of the protocol, but some follow a particular clinic's protocol instead.

### ***Where can I find suppliers of hCG?***

Clinics or private physicians can prescribe it. It is available without prescription in some countries. Overseas internet pharmacies will provide it by mail-order. This eBook includes a list of clinics and suppliers, as well as reviews of them.

### ***Is this substance illegal like steroids?***

hCG is not illegal and is not a federally controlled substance, but the FDA has not approved it for use for weight loss. It is approved for infertility treatment and a rare disease in young boys. It is not illegal for doctors to prescribe it for what is called an off-label use. Doctors have that option at their discretion, although HMO doctors are unlikely to prescribe anything for off-label use due to the restrictions placed on them by most HMOs. There are some clinics that will send you injections through the mail as well. Many have reported that they have ordered, mixed, and done all injections based on the information offered in this eBook. Dr. Daniel Oscar Belluscio M.D., mentioned in Kevin Trudeau's book and based in Argentina, has developed a method to administer hCG using a sublingual melt-away tablet. At least one company (Releana) also has a formula for sublingual use with a group of doctors around the country that will dispense it.

Please note that this drug is NOT a human growth hormone that could cause the disease acromegaly if overdosing takes place. That hormone is hGH, *not* hCG. These two substances are completely different, but nonetheless are often confused for some reason.

## **What is OraThin?**

OraThin is NOT a product that Kevin Trudeau recommends, nor is [www.naturalcuresstore.com](http://www.naturalcuresstore.com) a Kevin Trudeau site, although they display his photo prominently on some of the webpages. OraThin is NOT hCG and therefore, obviously could not have the same effects. It is marketed as an herbal alternative to hCG. The ingredients can be verified at <http://www.rexxlabs.com/products.html> where they also make negative statements about hCG having dangerous side effects, but they do not back up those statements with any clinical studies or other documentation. Clearly, they would have a vested interest in convincing you NOT to use real hCG because they want you to use their pills that don't have hCG in them. My opinion is that it is just marketing FUD (Fear, Uncertainty, and Doubt) that they are trying to spread. The products also come with a pamphlet titled: The Alternative hCG Weight Loss Protocol Inspired By: A.T.W Simeons M.D.

## **What people are saying that have used OraThin...**

"I made the mistake of taking OraThin...because it looked like KT was recommending them from a web site named naturalcuresstore.com. I loved the plan with the pills...I lost 22 lbs in 20 days and my cravings were absolutely gone...amazing to me. However, I was not losing inches. I had lost only 1 ½ inches around my waist after losing 22 lbs and others on the 'real hCG' had lost 4-6 inches. It was then that I realized this was not 'real hCG'.

I ordered my 'real hCG'. It just arrived yesterday and I am loading today. I gained 14 lbs back from the 22 lbs lost...in the 22 days I have been waiting for my hCG. I am excited about beginning my journey with the 'real hCG' and look forward to losing inches and pounds."

## **Another experience:**

"I tried OraThin hCG Alternative. I took the pills and used them for two weeks. I did lose a pound a day, however, I felt hungry all the time. The first two days of engorging I felt full and I thought, "Oh, this should be easy" and was looking forward to the 500 calorie diet. But as I said by the fourth day I was hungry all the time, lightheaded, and did not feel well. As soon as my hCG injections came, I am on my 4th day - I felt better - no hunger, energy back and still losing a pound a day. My suggestion - go for the real stuff and don't waste your money."

## ***Is there any way to avoid injections, but still be using real hCG?***

One alternative is a mixture that is taken sublingually (under the tongue), because blood cells are very close to the skin there. Therefore, they are able to absorb anything put under the tongue. For example, sublingual Vitamin B12 is on drugstore counters. Most mixtures are designed to be held under the tongue for 30 to 45 seconds and then swallowed. You can do the same for the hCG. This method of taking remedies is not new, although many drugs are just being formulated this way. Homeopathic tinctures have been given sublingually for centuries.

Releana is a sublingual form of real hCG available to purchase from <http://www.releana.com>. A bottle containing a one-month supply costs \$250 at the time of publication, including a month of potassium pills. There is also a list of doctors that make it available to their patients ([http://releana.com/index.php?option=com\\_content&task=view&id=20&Itemid=51](http://releana.com/index.php?option=com_content&task=view&id=20&Itemid=51)). Releana uses Dr. Simeons' food plan except for the omission of the grissini/melba and the inclusion of broccoli, cauliflower, and 2 diet sodas a day. Over the past 8 years, patients have reportedly stayed on Releana for months, never showing immunity and with continued weight loss. Releana is reported to have a 60-day expiration from the time of purchase (not the time of opening), but must be kept cold. Therefore, they ship it overnight in insulated cooled containers.

Kevin Trudeau also provides a source for “oral” hCG in his book, Dr. Daniel Belluscio of Argentina, who has the website <http://hcgobesity.org/index.html> and is reported to have developed an effective melt-away tablet used sublingually.

If you are needle-phobic, some members of my support group have tested different sublingual recipes and have found even the simplest method to be effective, although the time that the potency of various mixtures remains effective seems to vary. For those who would like to make their own sublingual solution, you can find a simple way to “mix your own” in the back of this eBook in the Reference section.

### ***Are there any clinical studies on using this method of weight loss?***

Yes, these can be found at:

[http://www.releana.com/files/hcg\\_clinical\\_study.doc](http://www.releana.com/files/hcg_clinical_study.doc)

Dr. Daniel Belluscio, Dr. Leonor Ripamonte, and Dr. Marcelo Wolansky  
**Utility of an Oral Presentation of hCG (human Choriogonadotropin) for the Management of Obesity: A Double-Blind Study**

<http://indexmedico.com/obesity/hcg.htm>

Daniel O. Belluscio M.D. and Leonor E. Ripamonte M.D.

**Utility of an oral formulation of hCG for obesity treatment: A Double-Blind study**

<http://www.ajcn.org/cgi/reprint/12/3/230.pdf>

Leela S. Craig, Ruth E. Ray, Samuel H. Waxlerm, and Helen Madigan

**Chorionic Gonadotropin in the Treatment of Obese Women**

Am. J. Clinical Nutrition, Mar 1963; 12: 230 - 234.

A study that failed to reproduce good results because non-protocol foods and 550 calories were used.

<http://www.ajcn.org/cgi/reprint/13/3/197-a.pdf>

A. T. Simeons

**Chorionic Gonadotrophin in the Treatment of Obese Women**

Am. J. Clinical Nutrition, Sep 1963; 13: 197 - 198.

Dr. Simeons' own rebuttal of the Craig study results.

<http://www.ajcn.org/cgi/reprint/14/3/133.pdf>

Barry W. Frank

**The Use of Chorionic Gonadotropin Hormone in the Treatment of Obesity A Double-Blind Study**

Am. J. Clinical Nutrition, Mar 1964; 14: 133 - 136.

A study that concluded that hCG doesn't have significant impact on weight loss, but used 200 IU and 1030 calories instead of doing the proper protocol.

<http://www.ajcn.org/cgi/reprint/16/2/277.pdf>

James H. Hutton

**The Use of Chorionic Gonadotropin in the Treatment of Obesity**

Am. J. Clinical Nutrition, Feb 1965; 16: 277.

A Letter to the Editor explaining why the Frank study failed to get good results and affirming good results in Chicago using the original protocol.

<http://www.ajcn.org/cgi/reprint/15/3/188.pdf>

A. T. W. Simeons

**Chorionic Gonadotrophin in the Treatment of Obesity**

Am. J. Clinical Nutrition, Sep 1964; 15: 188 - 190.

Dr. Simeons' own rebuttal of the Frank study results.

<http://www.ajcn.org/cgi/reprint/22/6/686.pdf>

Harry A. Gusman

**Chorionic Gonadotropin in Obesity: Further Clinical Observations**

Am. J. Clinical Nutrition, Jun 1969; 22: 686 - 695.

A positive article based on clinical work with hCG and obesity, as well as explanations for why six studies failed to reproduce good results with hCG.

<http://www.ajcn.org/cgi/reprint/22/6/681.pdf>

Margaret J. Albrink

**Chorionic Gonadotropin and Obesity?**

Am. J. Clinical Nutrition, Jun 1969; 22: 681 - 685.

A negative review of the Gusman article that found hCG to be effective in weight loss.

<http://www.ajcn.org/cgi/reprint/23/3/243-a.pdf>

James H. Hutton

**Chorionic Gonadotropin and Obesity**

Am. J. Clinical Nutrition, Mar 1970; 23: 243 - 244.

A Letter to the Editor refuting the Albrink article.

<http://www.ajcn.org/cgi/reprint/26/2/211.pdf>

W. L. Asher and Harold W. Harper

**Effect of human chorionic gonadotrophin on weight loss, hunger, and feeling of well-being**

Am. J. Clinical Nutrition, Feb 1973; 26: 211 - 218.

An hCG study with positive results.

<http://www.ajcn.org/cgi/reprint/26/10/1039.pdf>

Jules Hirsch and Theodore B. Van Itallie

**The treatment of obesity**

Am. J. Clinical Nutrition, Oct 1973; 26: 1039 - 1041.

Letter refuting the Asher and Harper study results.

<http://www.ajcn.org/cgi/reprint/27/5/450.pdf>

W. L. Asher and Harold W. Harper

**Human chorionic gonadotropin treatment for obesity: a rebuttal**

Am. J. Clinical Nutrition, May 1974; 27: 450 - 455.

Response to Hirsch and Vitallie's re-examination of their study.

<http://www.ajcn.org/cgi/reprint/29/9/940.pdf>

**ORIGINAL RESEARCH COMMUNICATIONS:**

M. R. Stein, R. E. Julis, C. C. Peck, W. Hinshaw, J. E. Sawicki, and J. J. Deller, Jr.

**Ineffectiveness of human chorionic gonadotropin in weight reduction: a double-blind study**

Am. J. Clinical Nutrition, Sep 1976; 29: 940 - 948.

An attempt to duplicate the Asher and Harper study that failed to do so.

<http://www.ajcn.org/cgi/reprint/30/5/649.pdf>

**COMMENTARY:**

P. Bradley

**Human chorionic gonadotropin in weight reduction**

Am. J. Clinical Nutrition, May 1977; 30: 649 – 654.

Letter to the Editor refuting the Stein study results.

<http://www.ajcn.org/cgi/reprint/30/5/652.pdf>

**REVIEW ARTICLES:**

M. R. Stein, R. E. Julis, C. C. Peck, W. Hinshaw, J. E. Sawicki, and J. J. Deller, Jr.

**Human chorionic gonadotropin in weight reduction: a reply**

Am. J. Clinical Nutrition, May 1977; 30: 652 - 653.

Rebuttal of Dr. Bradley's article.

No PDF available

**REVIEW ARTICLES:**

M. R. Stein, R. E. Julis, C. C. Peck, W. Hinshaw, J. E. Sawicki, and J. J. Deller, Jr.

**HCG clarification: a reply**

Am. J. Clinical Nutrition, Jan 1978; 31: 3 - 4.

No PDF available

**COMMENTARY:**

P. Bradley

**HCG clarification**

Am. J. Clinical Nutrition, Jan 1978; 31: 3 - 4.

<http://www.ajcn.org/cgi/reprint/55/2/538S.pdf>

**SUPPLEMENTS:**

G.A. Bray

**Drug treatment of obesity**

Am. J. Clinical Nutrition, Feb 1992; 55: 538S - 544S.

Mentions hCG negative studies in the Miscellaneous section.

<http://www.ajcn.org/cgi/reprint/7/5/514.pdf>

Ezra Sohar

**A Forty-Day—550 Calorie Diet in the Treatment of Obese Outpatients**

Am. J. Clinical Nutrition, Sep 1959; 7: 514 - 518.

An hCG study that did not follow the exact protocol, but did get weight loss results.

<http://www.ajcn.org/cgi/reprint/26/8/845.pdf>

Ezra Sohar and Ephraim Sneh

**Follow-up of obese patients: 14 years after a successful reducing diet**

Am. J. Clinical Nutrition, Aug 1973; 26: 845 - 848.

Follow-up that showed that Sohar's group of hCG patients regained the weight.

Before and after photos from a successful clinical study on hCG:

<http://indexmedico.com/english/obesity/hcgbengl.htm>

Another successful study with before and after photos:

[http://hcgobesity.org/research/Vogt\\_Belluscio\\_article.pdf](http://hcgobesity.org/research/Vogt_Belluscio_article.pdf)

This is a link that you should share with your doctor:

[http://hcgobesity.org/international\\_workshop/hcg\\_obesity\\_physiology.pdf](http://hcgobesity.org/international_workshop/hcg_obesity_physiology.pdf)

### ***I want to do this, but my significant other disagrees. What can I do?***

You are ultimately the one responsible for your own health and what you do concerning your own body. A true partner in love will understand and honor that. Sometimes, it is difficult for a partner to recognize your autonomy, especially if he/she fears for your well-being. Taking the time to show your partner the research in this book can help him/her to let go and trust that you are capable of looking out for your own best interests. Remind your partner that remaining overweight or obese is a health risk that you already bear and that this protocol has the potential to remove that risk from your life for good. Ask him/her not to make this process more difficult for you by opposing you and instead, request that he/she provide you the partnering, encouragement, love, and support that can be so critical for someone beginning a transformational adventure such as this. You might want to put all of this in a sweet letter.

### ***What should I tell people who ask me what I am doing?***

This diet can be difficult for others to understand because they have not done the research and verified for themselves that it is safe and effective. You may wish to avoid discussing it until your obvious success and good health are undeniable. One way to do this is to explain that you are following a plan designed by medical doctor who researched it for many years.

I heard that one person is using the creative and humorous reply that he had alien liposuction during an abduction. That seems guaranteed to change the subject...!

### ***Is hCG natural or synthetic?***

Novarel is manufactured by Ferring Pharmaceuticals, Inc. and Pregnyl is manufactured by Organon. Both brands are natural, derived from pregnant female urine, NOT placenta, just as Dr. Simeons requires. Pregnyl is only available in 10,000 IU ampoules in the U.S. Both should be refrigerated after mixing in sterile solution. The labels state that potency remains for 30 days (some state 60 days) refrigerated, but some have reported loss of potency earlier.

### ***Can my teenaged son or daughter do this diet?***

Anyone past puberty is probably old enough to do this diet. Dr. Simeons actually treated teenagers and this is what he states on page 54 about that: "While on the question of menstruation it must be added that in teenaged girls the period may in some rare cases be delayed and exceptionally stop altogether. If then later this is artificially induced some weight may be regained. Late teenage girls who suffer from attacks of compulsive eating have by far the worst record of all as far as relapses are concerned."

### ***Can I do this diet if I am vegetarian?***

Dr. S states that vegetarians will lose about half as much weight per day as meat-eaters, but he does give the alternatives of low-fat cottage cheese or three egg whites with one whole egg if fish as well as meat is not eaten (p. 63).

### ***Can diabetics use this diet?***

Dr. S states on page 43: "In an obese patient suffering from a fairly advanced case of stable diabetes of many years duration in which the blood sugar may range from 300-400 mg, it is often possible to stop all anti-diabetes medication after the first few days of treatment. The blood

sugar continues to drop from day to day and often reaches normal values in 2-3 weeks. As in pregnancy, this phenomenon is not observed in the brittle type of diabetes, and as some cases that are predominantly stable may have a small brittle factor in their clinical makeup, all obese diabetics have to be kept under a very careful and expert watch. A brittle case of diabetes is primarily due to the inability of the pancreas to produce sufficient insulin, while in the stable type, diencephalic regulations seem to be of greater importance. That is possibly the reason why the stable form responds so well to the HCG method of treating obesity, whereas the brittle type does not. Obese patients are generally suffering from the stable type, but a stable type may gradually change into a brittle one, which is usually associated with a loss of weight. Thus, when an obese diabetic finds that he is losing weight without diet or treatment, he should at once have his diabetes expertly attended to. There is some evidence to suggest that the change from stable to brittle is more liable to occur in patients who are taking insulin for their stable diabetes.”

***I am not overweight, but my body is not shaped the way I want. Will this work for me?***

It is a good protocol for anyone with abnormal fat deposits. Even people who only need to lose 15 to 20 pounds can use hCG to reshape. Dr. Simeons describes this in the manuscript in the section about the emaciated lady on page 32.

***Should I have blood tests run before starting the diet?***

Many doctors and clinics require them and it might afford you some peace of mind that you don't have a condition that needs attention. If you're looking for an inexpensive resource for getting a full "before" blood work-up, <http://www.lef.org/bloodtest/> offers a complete blood panel. "Chemistry Profile and Complete Blood Count" is number 6 on the list of products, and the price is \$35 for members (\$75 membership) or \$47 for non-members. Another source for a CBC is: <http://www.directlabs.com/>

***What dosage of hCG should I take?***

It is a personal decision. On page 41, Dr. Simeons states that, "Though a pregnant woman can produce as much as one million units per day, we find that the injection of only 125 units per day is ample to reduce weight at the rate of roughly one pound per day, even in a colossus weighing 400 pounds, when associated with a 500-Calorie diet." In fact he writes on page 84 that "125 I.U. ... is the standard dose for all cases and which should never be exceeded." On page 49 he states, "If the daily dose of HCG is raised to 200 or more units daily its action often appears to be reversed, possibly because larger doses evoke diencephalic counter-regulations." KT and many clinics using the protocol recommend 175 IU or 200 IU daily because of the assumption that general deterioration of food quality and system-wide toxins require a higher dose to produce the same result in the modern age. The results in my support group haven't necessarily supported that theory. People have been successful at dosages ranging from 125 IU to over 200 IU. Variation in dosage does sometimes change people's level of hunger, however. Some of the largest did fine on 150 IU. Dr. Belluscio, whom KT cites in his book as the greatest living hCG expert, said he never uses any dose other than 125 IU in his practice. There are some people who have reported starting at very high doses and lowering it and getting better results. With hCG, more isn't necessarily better. Sublingual hCG requires a dosage of 250-333 IU because less is absorbed using that method of administration. Subcutaneous injections are usually given in a larger dose. One clinic even uses 250 IU subcutaneously, but some of their patients in my support group have gotten better results by lowering that dose to 200 or 175 IU.

### ***What method of hCG administration should I use?***

Some use intramuscular (IM) injections and some prefer subcutaneous (SC sometimes referred to as SQ) shots. Some use sublingual (SL) under the tongue. Each person has to choose which way they prefer, based on what works for them. Dr. Simeon suggested only IM, but many of us have found equal success using the other two methods. I have tried all three and believe that they all work equally well.

### ***Can I keep taking my vitamins or supplements during the diet?***

Dr. Simeons addresses taking vitamins in his book. He writes on page 65 that there are enough stored in our fat cells to sustain us as they are released during fat loss:

“Vitamins and anemia

Sooner or later most patients express a fear that they may be running out of vitamins or that the restricted diet may make them anemic. On this score the physician can confidently relieve their apprehension by explaining that every time they lose a pound of fatty tissue, which they do almost daily, only the actual fat is burned up; all the vitamins, the proteins, the blood, and the minerals which this tissue contains in abundance are fed back into the body. Actually, a low blood count not due to any serious disorder of the blood forming tissues improves during treatment, and we have never encountered a significant protein deficiency nor signs of a lack of vitamins in patients who are dieting regularly.”

That being said, I would not take any vitamins or supplements, lest they contain any oils or other substances that could affect your weight loss.

### ***Can I continue to take my medications?***

Neither Dierdra Tuntland, who created Releana eight years ago, nor Dr. B, who has treated hCG patients for over 20 years, require that anyone discontinue any medication. I would consult with my health care practitioner before discontinuing any medication. In my support group, people have had success either way. Simeons did allow thyroid medication when the thyroid had been completely or partially removed.

### ***What people are saying...***

“I no longer have a thyroid gland, due to thyroid cancer 15 years ago. I continue to take my synthroid each day. I completed Phase 2 1 week ago, and I am down 28.2 pounds. I've been feeling really great since my clothes are so much looser. I seem to have been using my thyroid condition as an excuse for the weight gain. So far, into the 1st week of Phase 3, my weight has been very stable. I'm actually 2 pounds lower than my last injection weight. (which includes a visit from aunt flow yesterday). So I am thrilled with my results.”

“Since going on the hCG protocol I have not taken any thyroid at all and all of my symptoms, (cold, brittle hair, brittle nails, high blood pressure etc...) have disappeared. I am now on phase 4 and will be going back on phase 2 within 2 weeks and I still have no symptoms.”

”Dr Simeons said in "Pounds and Inches" that people on Thyroid meds had loss issues. However, I'm on Armour Thyroid and I lost!”

### ***Can I take birth control pills while doing the hCG injections?***

Dr. Simeons states that oral contraceptives may be used during treatment.

***Should I be concerned about drug testing for a job interview, or standard bloodwork at my checkup, if I am taking hCG at the time?***

Job interview drug testing, unless it includes a pregnancy test, and it shouldn't, won't show the hCG is in your system.

Your yearly physical could show higher than normal Cholesterol levels while you are taking hCG, according to Dr S:

"Cholesterol

The exact extent to which the blood cholesterol is involved in hardening of the arteries, high blood pressure and coronary disease is not as yet known, but it is now widely admitted that the blood cholesterol level is governed by diencephalic mechanisms. The behavior of circulating cholesterol is therefore of particular interest during the treatment of obesity with HCG.

Cholesterol circulates in two forms, which we call free and esterified. Normally these fractions are present in a proportion of about 25% free to 75% esterified cholesterol, and it is the latter fraction which damages the walls of the arteries. In pregnancy this proportion is reversed and it may be taken for granted that arteriosclerosis never gets worse during pregnancy for this very reason.

To my knowledge, the only other condition in which the proportion of free to esterified cholesterol is reversed is during the treatment of obesity with HCG + diet, when exactly the same phenomenon takes place. This seems an important indication of how closely a patient under HCG treatment resembles a pregnant woman in diencephalic behavior.

When the total amount of circulating cholesterol is normal before treatment, this absolute amount is neither significantly increased nor decreased. But when an obese patient with an abnormally high cholesterol and already showing signs of arteriosclerosis is treated with HCG, his blood pressure drops and his coronary circulation seems to improve, and yet his total blood cholesterol may soar to heights never before reached.

At first this greatly alarmed us. But then we saw that the patients came to no harm even if treatment was continued and we found in follow-up examinations undertaken some months after treatment that the cholesterol was much better than it had been before treatment. As the increase is mostly in the form of the not dangerous free cholesterol, we gradually came to welcome the phenomenon. Today we believe that the rise is entirely due to the liberation of recent cholesterol deposits that have not yet undergone calcification in the arterial wall and therefore highly beneficial."

***Do I have to get a postal scale as Dr. Simeons states?***

No, food scales are now electronic and accurate enough to use. I got the Salter Digital Scale Model #1008 from Bed Bath & Beyond, which can switch back and forth between grams and ounces. They also have one that tells you all the nutritional info about whatever food you're weighing, which is helpful and really cool, but it's \$100. I bought the \$50 model using the 20% off coupon.

***Won't you lose weight on 500 calories a day, without hCG?***

Here are some reasons why a 500 calorie diet without hCG is NOT the way to go:

- o Without hCG, you will be extremely hungry because your body will be starving for nutrients. Simeons tells us that hCG causes over 2000 calories to be released from your

abnormal fat stores into your bloodstream daily, so although you are eating 500 calories, your nutritional needs are served by the total calories in your bloodstream.

- Without this effect, your basal metabolism would become even slower, causing you to gain weight the minute that you resume normal eating.
- Because your body will be starving without hCG, it will attempt to store everything you eat as fat.

If you take the time to research the effects of a 500 calorie diet without hCG, I believe you will find that attempting a VLCD without hCG is going to harm your health, possibly in a permanent way.

### ***Don't I need to exercise to lose weight?***

Some people have reported that they get better results with exercising, but Dr. Simeons does not state that it is necessary. Many members have reported satisfactory weight loss without it. One hCG clinic actually asks that patients wait until they are down to within 10 or 20 pounds of their goal weight before beginning any impact or strenuous exercise:

<http://www.gatewaymedassc.com/matrix.cfm>

### ***How can you be sure what you order online is really hCG?***

hCG is a generic commodity pharmaceutical produced in plants all over the world and widely available everywhere, in many countries without a prescription. It's also not very expensive compared to most other pharmaceuticals, especially the patented ones. At the end of the day, if someone's being a pirate, they'd be wasting their time selling fake hCG – faking other more expensive drugs would be much more profitable. Also remember that hCG is a sideline for some of these online pharmacies - their primary business is selling illegal steroids to American bodybuilders. Within that community, if any of them developed a reputation for selling fake products, they'd be out of business. It's just not worth it. Finally, not one of my support group members has said that what they got wasn't hCG - we're talking hundreds of active customers of these pharmacies, all of whom lost weight when using the hCG as Simeons prescribed. The only complaints about ineffective hCG came from one person who was using hCG that had expired over a year ago, and several people whose hCG lost potency after sitting in the refrigerator for a few weeks. I would not worry about this issue; if they send you anything at all, it will be real hCG.

### ***Does hCG have any side effects or contraindications?***

Yes, according to Dr. S, brittle fingernails may become normal and professional singers may note an improvement in their voices. Blood pressure tends to normalize, cholesterol readings become normal, and arthritis symptoms are lessened. No adverse reactions to the injections at these low doses have been experienced in my support group. hCG side effects listed on the package insert are for the prescribed dose for fertility treatments – which are at least 5,000 IU in one shot and can go up to 10,000 IU. I doubt that our almost homeopathic dose would cause any of those symptoms. At the larger doses used for fertility treatments, the side effects and contraindications are listed at this link:

<http://www.medscape.com/druginfo/dosage?drugid=6990&drugname=Pregnyl+IM&monotype=default> You may also check for drug interactions at this link:

<http://www.medscape.com/druginfo/druginterchecker?src=google>

I think that to keep this in perspective, you must consider the dosage that is in our bodies, somewhere between 125 IU and 200 IU TOTAL, and that is NOT a level per ml of blood. The pregnancy levels are given below in IU per ml of blood.

According to the Department of Obstetrics And Gynecology at the University of New Mexico, a pregnant woman produces a peak hCG level at about 10 weeks gestation, when the median hCG concentration in serum or plasma samples is near 60,000 mIU/ml. Wide variations are found in different subjects, however, with concentrations that can vary from 2,000 to 50,000 mIU/ml. See the chart below for ranges of levels at various stages of pregnancy:

Weeks from the Last Menstrual Period (LMP)	Amount of hCG in mIU/ml
3	5 - 50
4	3 - 426
5	19 - 7,340
6	1,080 - 56,500
7-8	7,650 - 229,000
9-12	25,700 - 288,000
13-16	13,300 - 254,000
17-24	4,060 - 165,400
25 - 40	3,640 - 117,000

**What people are saying...**

“The side effects for me have been reduced depression, discovery of a new wardrobe in my own closet in the form of smaller items that I can wear again, better lab results when I have my checkups, an optimistic outlook and a new feeling of self-determination and control over my future that I haven’t had for years. Additional hCG-associated phenomenon include softer skin and fewer PCOS and fibromyalgia symptoms, as well as wardrobe malfunctions in the form of too-large clothes no longer staying in place when I didn’t move to a smaller size in time.”

**Here’s one from an OB/GYN...**

“Some people are asking me if this is a healthy way to diet. My response has been, ‘Is it healthy to be obese?’ I am a vet of every diet out there and am sick of mediocre results that take forever to achieve. So far this is a God-send. Now I can walk the talk...my best advertising.”

***What do I do while I am waiting to receive my hCG?***

This is a good time to continue your research and study of the protocol so that you will be ready to begin when you have all the materials required. You can also read the labels on all of the processed food items in your pantry and refrigerator, to eliminate any with obesity-promoting additives such as MSG, high fructose corn syrup, and so forth, since you won’t want to eat these foods after you have lost weight, in order to avoid regaining. Many people begin Phase 1 with some natural herb cleanses and colonics. Consider using this time to plan out a week or two of menus for Phase 2.

### ***Isn't Kevin Trudeau a convicted criminal?***

KT pleaded guilty to larceny in 1990 in Massachusetts after being charged with depositing \$80,000 in worthless checks. In 1991, he pleaded guilty to credit-card fraud in federal district court and was sentenced to nearly two years in prison. He has paid his debt to society. The details are available for your reading pleasure at:

<http://www.thesmokinggun.com/archive/0826051trudeau1.html>. Most of us in my support group found this protocol from seeing a Kevin Trudeau infomercial or buying his book in a store. I for one am eternally grateful that he brought this to the masses. He opened my mind to doing the research to find my support group and Dr. Simeons. He didn't create the protocol or for that matter any cleanses or health tips, but he put them all together into a comprehensive recommendation for health. I believe my life was changed as a result of purchasing his first book several years ago. I don't follow everything he promotes, I still eat shellfish, and am not likely to convert to Scientology anytime soon, but I switched to organic, do cleanses and colonics, and walking for exercise. I've never felt better in my life. Many of us in my support group do a combination of KT and Dr. S. When in doubt regarding this diet, Dr. Simeons rules.

Kevin has also had his troubles with the FTC because of his marketing practices on TV commercials and in fact currently has a case pending against him for his TV infomercial promoting [the book](#) that he wrote about this diet. You can see KT's infomercials anytime at <http://www.itvventures.com/shows/weight-loss-cure.asp>.

### ***What are the Phases? I don't see them in the Simeons manuscript.***

There are four Phases that were added by KT in his book. They did not exist in Dr. Simeons' manuscript as such. He just mentions what to do during injections and what to do for three weeks after, corresponding to KT Phases 2 and 3.

- Phase 1 – KT believes that our bodies are toxic now and need cleansing for 30 days or longer before the cure. See <http://www.hcgweightsolution.com/phase-1>.
- Phase 2 – Dr. Simeons' hCG injection protocol as described in his manuscript.
- Phase 3 – The first 3 weeks after your last 500 calorie day, which is 72 hours after your last injection. This is CRUCIAL as this is the part that stabilizes your weight. You are to have no sugar or starches and weigh every morning to make sure that you haven't gained more than 2 pounds above your LIW (Last Injection Weight) or LSDW (Last Sublingual Dose Weight), or 2 pounds less. Steak days are used if you go above the 2 pounds; if you go below the 2 pounds, you must eat more calories to return to within 2 pounds of the LIW or LSDW.
- Phase 4 – After the first three weeks and beyond, you can eat whatever you want, but you must weigh every morning. I personally feel you will gain again unless you avoid food additives and concentrate on non-toxic, organic food and products.

### ***Do I have to do all of Kevin's MUST DO's?***

Please don't let KT's list of "MUST DO's" stand in your way of using this diet. They are really not MUSTs at all. If I had thought that I had to do everything in KT's book, I would have said to myself, "Well, that's just not going to work for me. I can't afford to even try this diet plan." In fact, I found that it is affordable and easily can be done on a middle class income, especially when you consider that less food is needed while on Phase 2.

That being said, although you don't need to follow all of KT'S recommendations and still will lose weight, going back to eating and doing exactly the same things that put on the pounds is highly likely to cause the same conditions that contributed to the onset of obesity to occur again. I

suggest trying some of it, particularly the switch to organic foods and avoiding food additives such as MSG and high fructose corn syrup. See the Organic and MSG sections for more information on the reasons that these are good ideas.

### ***Why does KT say not to use microwave ovens?***

I believe that it might stem from this article that I have not been able to verify is accurate: <http://www.mercola.com/article/microwave/hazards.htm>

### ***Women only: How will my period affect this diet?***

Some clinics advise continuing hCG during the menses and many have done so without problems. You may not lose during this time, however.

Here is exactly what Dr. Simeons says:

"Starting treatment

In menstruating women, the best time to start treatment is immediately after a period. Treatment may also be started later, but it is advisable to have at least ten days in hand before the onset of the next period. Similarly, the end of a course should never be made to coincide with onset of menstruation. If things should happen to work out that way, it is better to give the last injection three days before the expected date of the menses so that a normal diet can be resumed at onset. Alternatively, at least three injections should be given after the period, followed by the usual three days of dieting. This rule need not be observed in such patients who have reached their normal weight before the end of treatment and are already on a higher caloric diet." p. 59

Here is another section where he addresses stopping the hCG when you get your period:

"Menstruation

During menstruation no injections are given, but the diet is continued and causes no hardship; yet as soon as the menstruation is over, the patients become extremely hungry unless the injections are resumed at once. It is very impressive to see the suffering of a woman who has continued her diet for a day or two beyond the end of the period without coming for her injection and then to hear the next day that all hunger ceased within a few hours after the injection and to see her once again content, florid and cheerful." p. 54

### ***Do I have to stop the hCG injections while I am menstruating?***

It is a personal decision. Dr. Simeons states to do so, presumably to prevent a heavier flow. Many group members have not done so, with no ill effects.

### ***Do I have to skip a dose one day a week to prevent immunity?***

Not if you are only doing a 23-day course of hCG. Skipping an injection 1 day per week is recommended on the 43-day protocol in order to lessen the potential for immunity, and the skipped day should always remain on the same day of the week. You will know if you reach immunity because you will become ravenously hungry.

### ***Is immunity forever if it happens to you?***

Dr. S states, "After 40 daily injections it takes about six weeks before this so called immunity is lost and HCG again becomes fully effective." p. 53

***I just got my hCG. It looks like it is liquid. Why does everything mention powder?***

hCG is shipped as powder, but in glass ampoules along with more ampoules of liquid solvent, which are the same size as the powdered hCG. You may be looking at the solvent, or not looking closely enough at the powder to realize that it isn't liquid in the glass ampoule. Unless you have Novarel, DON'T USE THE SOLVENT. It isn't enough liquid to make your doses. Use a 30 ml vial of bacteriostatic water instead (which is shipped with Novarel), which you can order with your syringes and needles.

***Do I have to load/gorge the first two days of hCG administration?***

YES! Otherwise, you risk serious hunger problems during the first week of VLCD. Eat LOTS of FAT, rather than lots of sugar, though. Don't worry; the load weight will come off very quickly.

***What does VLCD mean?***

Very Low Calorie Diet

***How many ounces is 100 grams for the protein serving?***

100 grams equals 3.5273962 ounces.

***Are foods weighed raw or cooked to measure the portions?***

You weigh it raw, but not frozen, so you count the calories based on that. Yes, you are eating it cooked, but the cooked weight would be different and you would have to use calories per cooked ounce rather than calories per raw ounce. Cooking doesn't alter the calories. What I mean is, if you get 104 calories for your 100 g of meat raw, after you cook it, it will have the same amount of calories as it did raw. It will weigh less, but have the same number of calories, which explains why cooked meat has more calories per gram or ounce than raw does. For example, 100 grams of RAW chicken weighs 86 grams after cooking and 106 grams when frozen, so different caloric counts are given per ounce for different states.

***Why can't we eat turkey on Phase 2?***

The short answer is: Because you will not lose weight with it. It will stall your reducing and you might even gain. All of us have found that out from experience, but if you don't believe Dr S's 40 years of experience when he wrote the manuscript, have at it. You will find out the same that we did. Dr S is right. He didn't explain he reasons for every single rule he had, but those rules came from actual experience with patients on the diet. If I were to make a guess, the thing that turkey has a lot of and that chicken does not, is tryptophan. That could be it.

***What are considered white fish that ARE allowed in Phase 2?***

Ayr, Catfish, Cod, Coley, Flounder, Flying fish, Haddock, Hake, Halibut, Hoki, John dory, Kalabasu, Ling, Monk fish, Parrot fish, Plaice, Pollack, Pomfret, Red & grey mullet, Red fish, Red Snapper, Rohu, Rock Salmon/Dogfish, Sea bass, Sea bream, Shark, Skate, Sole, Tilapia, Turbot, and Whiting Cod

***What are considered fatty fish NOT allowed in Phase 2?***

Anchovies, Bloater, Cacha, Carp, Eel, Herring, Hilsa, Jack fish, Katla, Kipper, Mackerel, Orange roughly, Pangas, Pilchards, Salmon, Sardines, Sprats, Swordfish, Trout, Tuna, and Whitebate

### ***Can I eat shellfish in Phase 2 or will it stall my weight loss?***

Lobster, crab, and shrimp are clearly allowed by Simeons in the original manuscript and I have eaten them without incident. KT left them out for other reasons, not weight loss reasons.

### ***Should I eat the grissini or Melba toast that Dr. Simeons allows, but that Trudeau does not?***

Many are not eating the melba toast/grissini. It's a personal choice. Some have problems with starch and don't want to deal with eating a small quantity of it because it triggers their cravings. Someone else said they didn't feel satisfied until they added the grissini/melba toast to their daily intake. Some don't eat it because they would rather eat other things using those calories.

### ***How many ounces of vegetables can I have per day?***

There really is no limit on the veggies, even though KT stated to eat a "handful" at each meal. The only limit is the total of 500 calories/day. So you can have a huge amount of veggies (since they are so low in calories) to make up the difference, up to a total of 500 calories for the day. Use the calories found in your two proteins, your two fruits, your two Melba toasts or grissinis (if chosen) and then subtract that from 500 and make up the rest in vegetables.

### ***"Pounds and Inches" states NOT to mix vegetables, but "Weight Loss Cure" states DO?***

The Weight Loss Cure book has a typographical error. A couple of pages later he says you can't. He put the word CAN in capital letters and it appears he meant to add the word NOT to it. That said, some people have reported mixing vegetables without a weight loss stall occurring.

### ***Can I eat cherry tomatoes and grape tomatoes instead of regular tomatoes?***

Those varieties are sweeter and have different nutrient counts than heirloom tomatoes. An ounce of tomato has 1.1 grams of carbs, .7 grams of sugar and 5 calories. But, an ounce of grape tomatoes has 2 grams of carbs, 1 gram of sugar and 8 calories; and an ounce of cherry tomatoes has 1.7 grams of carbs, 1 gram of sugar, and 8 calories. You may stall on these types.

### ***Do I have to eat all 500 calories each day?***

According to Dr. Simeons on page 61, "Those not uncommon patients who feel that even so little food is too much for them, can omit anything they wish." That said, some people have reported better results when eating the entire 500 calories, especially the vegetables allowed each day, rather than omitting them. One person kept waiting for the burst-of-energy feeling that everyone says they get from the injections. It hadn't happened. As a matter of fact, she felt awful. She was very weak and tired all the time. She found out after a trip to the doctor and blood tests why she felt so awful. She hadn't been eating enough and had made herself anemic. I don't think that Dr. Simeons meant to omit entire meals, two days at a time. Some of us have discovered that if you eat less than 400 calories, you won't lose, but if you eat more than 500 calories, you won't lose. It has to be right there in the 400 to 500 calories range.

### ***How much water is optimal for this weight loss protocol?***

One of the members of my support group has tested this on two people. Both noticed a weight loss rate increase when they cut down from a gallon a day to between 2 and 2.5 liters a day. According to <http://www.naturopodoc.com/library/nutrition/water.htm>, "Proper water intake is a key

to weight loss,' says Dr. Donald Robertson, medical director of the Southwest Bariatric Nutrition Center in Scottsdale, Arizona. 'If people who are trying to lose weight don't drink enough water, the body can't metabolize the fat adequately. Retaining fluid also keeps weight up.' You need more water if you exercise a lot or live in a hot climate. And overweight people should drink in an extra glass for every 25 pounds they exceed their ideal weight. Your intake should be spread throughout the day and evening. You may wonder: 'If I drink this much, won't I constantly be running to the bathroom?' Yes. But after a few weeks, your bladder tends to adjust and you urinate less frequently but in larger amounts."

### ***Can I try eating "x" while on Phase 2? It has the same calories as "y."***

If you haven't already, read the Simeons protocol, in which he addresses trying to substitute one food for another based on calories. Page 62 states: "The most tiresome patients are those who start counting Calories and then come up with all manner of ingenious variations which they compile from their little books. When one has spent years of weary research trying to make a diet as attractive as possible without jeopardizing the loss of weight, culinary geniuses who are out to improve their unhappy lot are hard to take." I agree with him.

Dr. S goes on to say that, "Every item in the list is gone over carefully, continually stressing the point that no variations other than those listed may be introduced. All things not listed are forbidden, and the patient is assured that nothing permissible has been left out."

I hope this explains why I will not answer questions about deviating from the diet given in Dr. Simeons' protocol. Please don't email to ask that kind of question.

On this subject, my friend Kay Fielding said most eloquently, "Some of us (including me most of the time) are somewhat purists. We have weight issues, and we know that our hypothalamus is important to reset so that we can take off the excess pounds and keep them off. Nearly every three days or more often, someone asks if a person can deviate from the diet. Simeons is adamant about NOT deviating, and we are concerned that we will not reset our hypothalamus (and others will be led into not resetting) and that they will have to use hCG forever to keep their weight off.

Many of us believe that the reason we put on the weight and got a messed up hypothalamus is because of the chemicals added to our food. So we worry that those who keep adding chemicals will not reset and will say the diet is worthless because "I just gained it all back after I quit hCG." We also worry that you, because we really are a very caring bunch, we worry that you will use it and be unsuccessful.

It is our concern that makes us somewhat pushy. When you know something works really good the way it is given to be used, and someone suggests that they try alternatives, you get concerned. We had one lady that did the hCG, created her own diet, and she didn't lose anything and kept complaining to us all that she was not losing and the diet didn't work. Well, the diet of HER creation didn't, but the hCG couldn't because it didn't have a chance. Many of us believe that the diet is meant to be followed exactly because we have had experiences that it doesn't work well, if at all, when alternatives are put in place.

Dr. Simeons spent 40 years of his life in trial and test to make the hCG and diet work in sync. (We all believe him to be a genius.) He knew that the body, with hCG, will burn about 2,000 calories. He also knew that the body needed certain foods and calories in order to stay balanced while it was starving off the pounds with the 500 calorie diet. So he created those

foods in a list, particularly discouraging anything off the list, so that we could use the diet to lose the weight that we needed to lose.

We who have been on the diet for months (I only a few) know that those who don't follow the diet exactly have varying success rates from GAINS to partial losses that do not equal those losses that are had when using the diet without changing it. So in order to help, we try to tell people not to change it. However, we get twice a week or more often asking if the diet can be changed and still get results. We don't believe it can and still get the same great results that will happen if the diet is followed to the letter.

I personally have found that just a small deviation from the diet of 10 kernels of buttered popcorn have caused me to gain 1.5 pounds in a day. Another deviation from the diet (eating turkey burger instead of chicken one meal) caused me to gain 1.5 pounds. Another deviation (suggested by a person on the diet and who was going through a clinic) said green beans were okay. I ate them, and would have normally lost at the very least .6 a day, but I only lost .2.

Although there are clinics that say it is okay to eat 800 calories and lose, and some folks DO seem to lose, most of us don't see the same results as we see when the Simeon diet is used exclusively. So we believe that, if you want to lose fast and have it work right, you need to do exactly as Simeon suggested.

Others have had similar, negative results in losing (and even gaining) by eating different veggies than recommended by Dr. Simeons. They have had similar, negative results by eating different meat. They have had similar, negative results by eating two veggies in one meal. They have had similar, negative results by eating other fruits than recommended. Others have just cheated and lost five days off the diet. That means that they had to use the hCG five days before they got back to the weight of the morning that they cheated. Five days in a course of 40 is a lot to most of us. Since you must take off six weeks after the first set of 40, and eight weeks after the second, and far longer after the third, we want the hCG to be most effectively taken and used.

Of course, you can cheat. It is your hCG, your money, and your time. I really don't love the restriction of eating such a limited fare myself. So for me, a cheat is really a negative experience, a great loss of money (I originally bought from GHI and my original hCG cost me about \$14 a shot after all they required), and a great loss of time. The time factor is that I have to stay on the VLCD (Very Low Calorie Diet) for longer and might even have to purchase another round of hCG to get the weight off of me. It just is too costly to cheat or change the diet."

Please don't ask questions that have already been answered in this eBook, such as "Can I eat this or that?" or "Can I use this product or that?" and especially not "Can I use this medication or that?" I am a dieter, not a doctor, and pretty much of a purist where this protocol is concerned.

### ***How do I find organic foods?***

<http://www.eatwellguide.org> should tell you where there are local places to eat and shop. Also, if you have the time, watch the Meatrix videos. It spoofs the Matrix, but is about farming practices: <http://www.themeatrix.com/>. A chiropractor in Texas has also posted some help with this on his website: <http://www.hcgweightsolution.com/wp-content/uploads/2007/05/price-comparisons.pdf>. Keep in mind that this list contains all foods, not just those that are allowed while taking hCG

injections. When on Phases 1, 3, or 4, those other food listings could be helpful to find organic sources. I include a section on organic foods later in this eBook.

### ***Is there a cookbook to help with recipes for Phase 2 (hCG injection phase)?***

Yes, my friend Tammy created a fantastic one as an eBook. It is available at [wlconline.hcgrecipes.hop.clickbank.net](http://wlconline.hcgrecipes.hop.clickbank.net).

### ***My fat is getting soft and flabby where it used to be tight. ???***

We have all seen this. It is the fat being mobilized for removal. You will notice it feels and looks different, squishy, sort of. It's a GOOD THING, and it goes away once you discontinue the hCG.

### ***How do I calculate the average daily weight loss?***

Dr. S says that the average loss of weight is calculated on the number of effective injections and therefore we use the weight reached on the day of the third injection which may be well above what it was 2 days earlier when the first injection was given. That is your weight on the first VLCD day of 500 calories after the load days. The bonus Weight Tracking Chart spreadsheet does this calculation automatically for you.

### ***What if I have to stop the protocol unexpectedly?***

In Dr. Simeon's book on page 79, he says that if you have to go away or be social for a few days, you should stop injections 3 days before you go away so that you can do 72 hours of VLCD after your last injection, but that if you have not taken at least 20 effective injections (22 injections total), you are more likely to regain the weight.

### ***Help! I need motivation to keep from cheating.***

The motivation that's kept me from cheating on this plan is threefold:

1. I'm really not that hungry (and this coming from someone who used to eat 3000-5000 calories a day).
2. I see results every morning on the scale.
3. It's relatively short term in any one course - I know that before long I'll be able to have a lot more (and different) food than I am on the VLCD.

Another link to help with daily motivation: <http://www.52best.com/Seinfeld.asp>

Another motivator is using a ticker in your email signature to remind you of how far you have come. [www.tickerfactory.com](http://www.tickerfactory.com) has free tickers that you can use. Here are some instructions: When using Yahoo email, I set my email setting to Rich Text (to the right of the Subject Line). Then I go to Options (above the email tab, between Mobile and Help) then Mail Options. Next, I select Signature, then select Rich Text for the Signature, then I copy in the HTML code under my signature CC and Save Changes. Every few days, I update the ticker by clicking on my ticker in a previous email to go to the website, enter my password, and update my weight, which automatically updates any previous signature as well.

### ***Can I just do this plan a few days a week?***

One of the members of my support group, M Paige, answered this question in these awesome words: "I'm wondering what you're feeling that motivated you to ask a question like that? I know the program looks very restrictive (and in many ways it is) and you may be thinking NO WAY

could I do that consistently for 43 days. I think it's a fair question, because the key to success of any kind, be it personal, professional, or in this case, health-related, stems from the ability to be consistent. And if you're like me, you've **been** consistent before and seen **NO results**. And you have probably also been consistent before and seen only **temporary** results. So, in light of past experiences, maybe you're feeling like you can't (psychologically) take another let down. Maybe you feel like you're tired of being **gung-ho** about one more diet that you figure doesn't work in the long term. Maybe you're tired of getting all wound up and psyched up for something **again** without the long term outcome you want. Whatever it is. I think most of us probably understand you at that exact level. **BUT**, all that being said, I will say this to you about this particular plan: The HCG diet is not easy but it is simple. If you decide to do it, and do it properly, you will learn so much about yourself, you'll have **no doubt** that your results will be permanent. It's about **way more** than losing weight. You will discover that as you go. You'll notice that LOTS of deeply seated emotional issues and dependency issues come to the forefront. It is precisely because of the calorie restriction and the commitment to stay true to the protocol that many of us must deal with the issues for which we'd normally use food to mood-alter ourselves. But I learned and came to terms with the new role of food in my life. We're all finding better and different coping skills to deal with a hectic and stress-filled world. As we get closer to mastering these skills after just a few weeks on the protocol, we **know** in our deepest beings, that we will never go back to being obese again. EVER. We just know. You can have that, too. But if you give yourself a few days off every week, you not only won't get the physical result that you desire, but also, and worse, you won't ever reach that place emotionally that will free you from using food to mood-alter. I hope you continue to consider it carefully. I think your question was legitimate. But I also think it's an indication of fear of failure (Can I really do this?!?) and possibly some concern over having to let go of something as wonderful and meaningful and dependable (displaced as it is) as food has been for some of us, in terms of comfort and stress relief. Think it over. Carefully. This is a life-changing protocol. Those who start should be prepared for all the changes it will bring, both physical and emotional."

I have to totally agree.

### ***Does the weight stay off?***

I'll answer that by stating that I have no problems whatsoever keeping the weight off in Phases 3 and 4 so far. I am not at my goal weight yet, but what I have taken off so far has stayed off with little effort. I'm eating a lot more than I used to be able to without gaining.

### ***What we can take for constipation?***

For those who want to do something to produce a BM instead of just waiting for it to eventually happen on its own, try Smooth Move tea, magnesium, digestive enzymes, or any laxative-type tea that comes with the detox cleanses.

However, if you are eating only 500 calories a day, Dr. S says that you will only need to have a BM every 4 or 5 days (Simeons, p. 72). Are you sure you need to go when you start to worry and your weight isn't dropping like normal? In other words do you feel the pressure to go or is it that you think it's time you need to do something about it?

### ***What if I think that I am retaining water?***

Drink Cornsilk tea for water retention in Phase 2. For Phase 3 water retention (hunger-edema caused by protein deficiency), eat two eggs for breakfast, a huge steak at lunch, and another

huge steak plus a large helping of cheese for dinner to bring your protein level higher for that day and then continue P3, but with more protein than you were eating.

### ***My hair has started to fall out. ???***

Off the top of my head (excuse the pun), hair loss can be triggered by pregnancy or any stressful event such as the rapid weight loss that occurs on this diet. It peaks about 4 months after the event and you can lose up to 20% of your hair. The good news is that it's not permanent. One thing that might stop it is to use Burdock Root tea as a hair rinse.

### ***I'm having very strange feelings...***

It could be a flashback caused by toxins being released by the melting fat in your body. In fact, I've read, and experienced personally, that when the body puts on a pound of fat (for example) it takes a "snapshot" of the chemicals and hormones present in the body at that time. Emotions leave chemical tags in the body. Therefore, upon the body losing fat stores, it "re-experiences" the feelings you had when that pound of fat was put on. That is why one week, I had 3 days of really "irritable" fat to push through. Just think of it as an emotional cleansing as well as a physical one, and try to deal with the emotions that come up and try to remember when that pound of fat went on. It's a reverse type of therapy. The body is cleansing itself of not just the fat. If, at the time, some of the weight I gained was due to emotional issues/stress, now finally I would be releasing those negative things along with my fat! How great is that? The fat (a negative) is converted into energy for us to use (a positive) and the rest is let go of, released, a flushing of fat and baggage. This way when we arrive at our new body, we will be ready to really have a brand new life.

### ***Should I be concerned about lightheadedness, weakness, tiredness?***

My first 3 days on VLCD I was really tired and took a nap every day when I came home from work. Now I'm fine. The quickest way to get over this is to take a couple of 99 mg tablets of Potassium. Wal-Mart has it in the vitamin section. You will only need to take it for a short time. Your potassium level can plummet right at first because of all the water your body is losing. It's very common to feel a little fuzzy and maybe light-headed or dizzy early on. Many have felt the same and this is the fastest fix. If your potassium is too low, it can also cause headache, tiredness, muscle weakness, and mental confusion. Too much potassium can also cause your heart to stop. But, in a healthy body, your kidneys should regulate your levels and excrete any extra you might have in the urine.

If potassium doesn't work, try eating a couple of heaped teaspoons of sugar (Simeons, p. 82).

### ***I'm having leg cramps. What can I do?***

Potassium works for this problem, too.

### ***Why don't my muscles feel as strong as they did before I started?***

In Dr. S's book on page 80, he mentions that as fat leaves the muscles, you may go through a period where it feels like your muscles have to work harder because they can't shrink in length fast enough to make up for the volume of fat loss.

***Dr. Simeons states not to use oils except mineral oil. I'm a massage therapist, nail technician, cosmetologist and have to apply creams and oils to my clients all day. What can I do?***

"...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," according to Simeons. Either use nitrile gloves or a no-oil massage gel such as [www.IncrEdibleEarth.com](http://www.IncrEdibleEarth.com), which has only white clay and seaweed as ingredients. Purple nitrile exam gloves made by McKessen or Kimberly Clark are a little thicker, they don't spin around on your hand, don't breakdown and tear from chemical or oils, and you don't lose the sensitivity that you need. <http://www.dontheglove.com/nitrilegloves/>

***Why am I having headaches, itchy skin or a rash?***

These are probably toxins being released from the fat that you are losing. They will last as long as you don't provide other pathways for them to exit your body. One way to do this is to take a cleansing bath in the evening. Add 2 cups of Epsom Salts to a tub with water as hot as you can stand it and get in for 20 minutes. Make sure it comes up to your belly button or higher. Another way is through coffee enemas or colonics with a certified colon hydrotherapist. Go to [www.i-act.org](http://www.i-act.org) and find one in your area. Make sure that they use the LIBBE system. There are several websites with recipes for coffee enemas that can be located with a search engine if you opt for that solution. An ionic foot bath is another cleanse that can be done during the diet, but most of the electrolyte replacement drinks have ingredients that we cannot have during Phase 2, so it isn't optimal to do the foot baths without replacing the minerals that they deplete. The very best way to cleanse from toxins being released during fat loss is a product called Natural Cellular Defense (NCD) liquid Zeolite. You can obtain it from this link: [www.MyWaioira.com/672230](http://www.MyWaioira.com/672230).

***What can I do for my dry skin?***

I bought a pair of those loofah gloves that take the dry skin off, which you can find in the body care section of most drug stores or variety stores. Just use your regular soap in the shower with the gloves to slough off the dead skin. I've done it for years and it really helps. Most report that their skin is more supple and hydrated while on hCG, but if you must use something, try oil-free moisturizers, such as plain "Aloe Vera" that contains Vitamin E and grapefruit seed extract. I put it into a spray bottle and spritz my lips, face, neck and elbows periodically and upon waking and before bedtime. [Aubrey Organics - 100% Pure Aloe Vera Gel, 4 fl oz](http://www.AubreyOrganics.com). Another suggestion is to use Pretty Feet and Hands to remove dry dead skin before spraying the Aloe. You can also try [Alba Oil-Free moisturizer](http://www.AlbaSkincare.com), or [TwinLab na-PCA](http://www.TwinLab.com), which many have used without a stall.

***Is there anyone with a past heart attack using hCG successfully without problems?***

Here is exactly what Dr. Simeons says on page 87:

"The Heart

Disorders of the heart are not as a rule contraindications. In fact, the removal of abnormal fat - particularly from the heart-muscle and from the surrounding of the coronary arteries - can only be beneficial in cases of myocardial weakness, and many such patients are referred to us by cardiologists. Within the first week of treatment all patients - not only heart cases - remark that they have lost much of their breathlessness

Coronary Occlusion

In obese patients who have recently survived a coronary occlusion, we adopt the following procedure in collaboration with the cardiologist. We wait until no further electrocardiographic

changes have occurred for a period of three months. Routine treatment is then started under careful control and it is usual to find a further electrocardiographic improvement of a condition which was previously stationary.

In the thousands of cases we have treated we have not once seen any sort of coronary incident occur during or shortly after treatment. The same applies to cerebral vascular accidents. Nor have we ever seen a case of thrombosis of any sort develop during treatment, even though a high blood pressure is rapidly lowered. In this respect, too, the HCG treatment resembles pregnancy.”

### ***Why are my gallstones acting up?***

According to Dr. S, “Small stones in the gall bladder may in patients who have recently had typical colics cause more frequent colics under treatment with HCG. This may be due to the almost complete absence of fat from the diet, which prevents the normal emptying of the gall bladder. Before undertaking treatment we explain to such patients that there is a risk of more frequent and possibly severe symptoms and that it may become necessary to operate. If they are prepared to take this risk and provided they agree to undergo an operation if we consider this imperative, we proceed with treatment, as after weight reduction with HCG the operative risk is considerably reduced in an obese patient. In such cases we always give a drug which stimulates the flow of bile, and in the majority of cases nothing untoward happens. On the other hand, we have looked for and not found any evidence to suggest that the HCG treatment leads to the formation of gallstones as pregnancy sometimes does.” p. 87

### ***Why do I feel so much better while on hCG?***

Commercial preparations of hCG contain beta-endorphin. This neuropeptide has been demonstrated to affect the function of limbic-emotional circuits. Therefore, the beta-endorphin fraction present in commercial preparations of hCG could account for the mood control activity.

### ***Help! What do I do about hunger during the first few days on hCG?***

My first round of Phase 2 I was hungry the first week. I am now in my second round of Phase 2 and I am RARELY hungry. What is the difference between the two rounds? The only thing I can think of is that I did a yeast cleanse between rounds one and two which I did not do before starting this diet.

Another factor might have been that I did not eat a lot of fats on my two-day gorgefest, but instead had a lot of sugar and starch. Big mistake! Eat FAT on your loading days to avoid the experience that I had the first time, which seemed like a brush with starvation at first.

The hunger is probably psychological and there may be lots of reasons for it. It lasted about a week and I had to do some real soul-searching. But I'm glad I did. If you're not writing in a journal every day, try it. It may help you understand why you want to eat even though you're not hungry and you've been SO SUCCESSFUL on this diet. During that week, I learned about food's role in my life up to that point and had to assign it a different, more minor role. I encourage you to stick through this tough period. This is a time to learn something and grow, if you take advantage of it.

One other factor that could come into play: If you are doing subcutaneous injections or even if you think you are doing IM injections, but you are using a needle shorter than 1” and could in reality be getting SC instead, you may not have built up a sufficient hCG level to really start

mobilizing the abnormal fats for energy yet. Subcutaneous absorption is slower. The original plan assumes it takes two days to build up hCG levels doing IM injection, so that you can start your VLCD. If you are doing subcutaneous, it could take more than two days.

Also, your body can tell you that you are hungry when in fact, you are not: [http://www.time.com/time/photogallery/0,29307,1626481\\_1373607,00.html](http://www.time.com/time/photogallery/0,29307,1626481_1373607,00.html). The smell of nearby food is one of those things that can induce the insulin secretion that makes us think we're hungry. Sharron Dalton, nutrition professor at NYU asserts, "Smell and sight alone activate the appetite cascade."

Are you using powdered Stevia that has maltodextrin in it? Change to liquid Stevia, a brand that does not contain alcohol and has only the non-licorice-tasting parts: [Stevita Stevia Clear Liquid Extract, 3.3-Ounce Container \(Pack of 3\)](#) or the purse-size: [Stevita Liquid Stevia Extract, 1.35 fl. oz bottle](#).

The other thing I've fought with is "empty stomach" vs. actual hunger. There are times I think I'm hungry, but my tummy is just completely empty.

One recipe was helpful to not feel as hungry:  
100 grams of chicken breast or lean beef  
½ a small head of cabbage cut into bite sized pieces  
1 - 2 tablespoons of vinegar  
1 tsp minced garlic  
salt and pepper

Stir fry the meat dry over medium heat, stirring frequently to keep it from burning because there is NO oil used. If the meat starts to stick, add a small amount of water. Add cabbage, after rinsing it while it's still wet, and all other ingredients. Then stir frequently until cabbage is soft. Now, this isn't really a deviation from the diet and it will make you feel FULL. It was the only thing that made me feel satisfied during that week. You could also do this with beef and add spices like onion, tomatoes (count it as a fruit), and chili powder and cayenne pepper for chili.

On this protocol, you cannot afford to let yourself get hungry. I have only cheated when I have not planned ahead and had the right food available when I needed it. For some reason, drinking the Yerba Mate tea during the day and an ACV cocktail (glass of water with some Apple Cider Vinegar and a little liquid Stevia if you can't take the tartness) at night when I feel hungry really helps me.

### ***Where can I find more information on the Callahan technique / EFT to help me with cravings or needle phobia?***

A free manual is available at: <http://www.emofree.com/downloadeftmanual.asp>

### ***What if I need to travel during the diet?***

I'll let my support group members answer this one:

"I've traveled and easily took my hCG with me. The first time, I stopped at a store and bought a large cup of ice and kept my needles in it. Another time, I had an empty shoe box in the car and put a Wal-Mart sack inside it, poured ice in it, and laid my needles inside. I've since purchased a small ice chest. It was easy for me to stay on the diet while traveling. I bought one of the little

plastic bottles in the cosmetic department at Wal-Mart and filled it about half full of AVC and carried it in my purse.”

“I would mail (overnight or 2nd day air) it ahead to the hotel (or wherever) and mix it when you get there. This is where a 1500 IU ampoule will come in handy. Just make arrangements for them to hold your package at the desk until you arrive.”

“I also travel quite frequently and have had no issues traveling with either the hCG injectable or Releana. I simply take a small insulated bag with two gel packs (hard plastic) and ask the TSA agent to hand check the items. They have not asked for a prescription, only once did I get any objection from the agent and that was in objection to the hand check, said it wasn't a prescription so why did I want it hand checked (Releana did not look like a prescription) . After a brief explanation, I didn't want my medications to go through the x-ray machine, I had checked all the rules and this was a valid request, he went ahead and hand checked the items for me. As for the syringe, you are supposed to have a prescription to carry them on a plane; I simply put them in my checked luggage.”

### ***Help! I lost 10 pounds the first week, but now I'm not losing 1 pound every day anymore. What am I doing wrong?***

Nothing. Dr. S states on page p. 51 “...the duration of treatment can be roughly assessed on the basis of an average loss of weight of a little less than a pound, say 300-400 grams - per injection, per day. It is a particularly interesting feature of the HCG treatment that in reasonably cooperative patients this figure is remarkably constant, regardless of sex, age and degree of overweight.” And on page 67, “There may be no drop at all for two or three days and then a sudden loss which reestablishes the normal average. These fluctuations are entirely due to variations in the retention and elimination of water, which are more marked in women than in men.” And again on page 68 “A plateau always corrects, itself, but many patients who have become accustomed to a regular daily loss get unnecessarily worried and begin to fret.”

Please quit panicking over something that is to be expected. Relax! Some of the possible reasons for this are explained in the next section.

### ***If you are not losing or (heaven forbid) gaining, but don't believe that you are cheating...***

It's interesting that strange things can stall you or even make you gain.

From Dr. S:

Page 77:

“Apart from diet and cosmetics there can be a few other reasons for a small rise in weight. Some patients unwittingly take chewing gum, throat pastilles, vitamin pills, cough syrups etc., without realizing that the sugar or fats they contain may interfere with a regular loss of weight. Sex hormones or cortisone in its various modern forms must be avoided...”

Page 67:

“Patients who have previously regularly used diuretics as a method of reducing, lose fat during the first two or three weeks of treatment which shows in their measurements, but the scale may show little or no loss because they are replacing the normal water content of their body which has been dehydrated. Diuretics should never be used for reducing.”

## Sleep

Dr S states on page 78: "Occasionally we allow a sleeping tablet or a tranquilizer, but patients should be told that while under treatment they need and may get less sleep. For instance, here in Italy where it is customary to sleep during the siesta which lasts from one to four in the afternoon most patients find that though they lie down they are unable to sleep."

However, beware of real sleep deprivation. Losing too much sleep means that your hormones are not released as they would be normally. Weight loss seems to occur in the last 3 hours of sleep IF you get your 6 to 8 hours. I have found that the amount of sleep I get affects my weight loss the next morning. If I get 8 or more hours, I am on track; anything less and I get stalled. So be sure to get enough sleep! Several clinical studies now link sleep deprivation with weight gain:

<http://www.cnn.com/2006/HEALTH/09/29/sleep.health/index.html>

<http://www.startribune.com/1244/story/1362038.html>

[http://www.usatoday.com/news/health/2004-12-06-sleep-weight-gain\\_x.htm](http://www.usatoday.com/news/health/2004-12-06-sleep-weight-gain_x.htm)

## Four Types of Stalls in Weight Reduction

Most hCG dieters lose more the first week, but then level out to a pound OR LESS a day thereafter. Five pounds for a week is great after the first week.

1. On page 67, Dr S explains how we lose the weight, which also could explain a stall in loss: "The weight registered by the scale is determined by two processes not necessarily synchronized. Under the influence of HCG, fat is being extracted from the cells, in which it is stored in the fatty tissue. When these cells are empty and therefore serve no purpose, the body breaks down the cellular structure and absorbs it, but breaking up of useless cells, connective tissue, blood vessels, etc., may lag behind the process of fat-extraction. When this happens the body appears to replace some of the extracted fat with water which is retained for this purpose. As water is heavier than fat the scales may show no loss of weight, although sufficient fat has actually been consumed to make up for the deficit in the 500-Calorie diet. When then such tissue is finally broken down, the water is liberated and there is a sudden flood of urine and a marked loss of weight. This simple interpretation of what is really an extremely complex mechanism is the one we give those patients who want to know why it is that on certain days they do not lose, though they have committed no dietary error."

2. Dr. S. says that you can do an apple day if you suspect water retention and need a psychological boost. From Pounds and Inches, pages 68-69: "The second type of interruption we call a "plateau". A plateau lasts 4-6 days and frequently occurs during the second half of a full course, particularly in patients that have been doing well and whose overall average of nearly a pound per effective injection has been maintained. Those who are losing more than the average all have a plateau sooner or later. A plateau always corrects, itself, but many patients who have become accustomed to a regular daily loss get unnecessarily worried and begin to fret. No amount of explanation convinces them that a plateau does not mean that they are no longer responding normally to treatment.

In such cases we consider it permissible, for purely psychological reasons, to break up the plateau. This can be done in two ways. One is a so-called "apple day". An apple-day begins at lunch and continues until just before lunch of the following day. The patients are given six large apples and are told to eat one whenever they feel the desire though six apples is the maximum allowed. During an apple-day no other food or liquids except plain water are allowed and of water they may only drink just enough to quench an uncomfortable thirst if eating an apple still leaves them thirsty. Most patients feel no need for water and are quite happy with their six

apples. Needless to say, an apple-day may never be given on the day on which there is no injection. The apple-day produces a gratifying loss of weight on the following day, chiefly due to the elimination of water. This water is not regained when the patients resume their normal 500-Calorie diet at lunch, and on the following days they continue to lose weight satisfactorily. The other way to break up a plateau is by giving a non-mercurial diuretic for one day. We use 1 tablet of hygroton.

This is simpler for the patient, but we prefer the apple-day, as we sometimes find that though the diuretic is very effective, on the following day it may take two to three days before the normal daily reduction is resumed, throwing the patient into a new fit of despair. It is useless to give either an apple-day or a diuretic unless the weight has been stationary for at least four days without any dietary error having been committed.”

3. Another type of stall is identified by Dr S as well on page 69: “The third type of interruption in the regular loss of weight may last much longer - ten days to two weeks. Fortunately, it is rare and only occurs in very advanced cases, and then hardly ever during the first course of treatment. It is seen only in those patients who during some period of their lives have maintained a certain fixed degree of obesity for ten years or more and have then at some time rapidly increased beyond that weight. When then in the course of treatment the former level is reached, it may take two weeks of no loss, in spite of HCG and diet, before further reduction is normally resumed.”

4. The last type of stall he discusses on page 70 and it applies only to women: “The fourth type of interruption is the one which often occurs a few days before and during the menstrual period and in some women at the time of ovulation.”

Troubleshooting questions:

Did you use oils or lotions on your skin?

Did you get fats on your skin while preparing meals for others?

Did you eat chicken that is not breast meat or ground meat with added fillers or fat?

Did you eat any kind of turkey, any kind of smoked meat/fish, wrong types of fish?

Did you eat any meals out that might have had some unknown/hidden fat?

Are you cooking with Pam? Stop. It stalled one of the folks in my support group.

Are you using powdered Stevia that has maltodextrin or lactose in it? Change to liquid Stevia.

Are you getting at least 8 hours of sleep per night, preferably continuous?

Are you weighing your raw protein CAREFULLY for each/every meal?

Are you measuring your water to ensure intake of two liters or 64 ounces daily?

Are you only eating foods on Dr. Simeons' list? Sometimes, it helps to write out exactly what you ate and drank, to identify the problem.

Is it close to your menses or ovulation?

Are you at a weight that you maintained for an extended time in the past?

Suggestions:

Drink MORE teas and try eating apples and ½ grapefruit instead of strawberries.

Try to walk at least a little more.

Try fresh spinach as your vegetable.

Eat nothing but organic.

Check your spice labels for hidden sugar or oil.

Drop the dosage to 125 IU. If that doesn't work, try increasing it in increments, but no more than 200 IU, unless injecting subcutaneous, and then the limit is 250 IU. Sublingual dosage should not exceed 333 IU per day, divided into 2 doses approximately 12 hours apart.

Start drinking an ACV cocktail 1-2 times per day.  
Cut back on tomato consumption if you are eating them every day.  
Try omitting the allowed grissini/melba toast each day.  
Try eating meals earlier in the day.  
Eat at least one meal each day with a large green salad.  
If you are drinking a gallon or more of water, drink less water, but at least 64 oz daily.  
Omit black tea and scallops if you are consuming them.  
Try less fruit.

Here is a controversial suggestion: Take some real cream in your coffee, or some other small form of fat when you are on a stall. Don't try this two days in a row, but it can work to get your weight loss going again when used on just one day.

Hang in there. I promise that you will start losing again. I once stalled for 14 full days at a former long-term weight, just as Dr S says, and it ENDED just like he said it would. Yours will, too.

### ***I'm vegetarian. How can I do a "Steak Day"?***

What do you do on a steak day if you don't eat steak? Try another high protein source. One such person in our support group only ate fish, so she used that. Well, it worked. She ate nothing all day and had cod with tomatoes for dinner – drank lots of liquids and the next morning was below her LIW. Three days later, she was only .4 lb above her last LIW.

### ***When does the hypothalamus reset to heal?***

KT's book made it sound as though the hypothalamus (formerly called the diencephalon) resets in P3. Let's turn to Dr. S again for the answer. Doesn't this sound like it resets in P2?

"We never give a treatment lasting less than 26 days, even in patients needing to lose only 5 pounds. It seems that even in the mildest cases of obesity the diencephalon requires about three weeks rest from the maximal exertion to which it has been previously subjected in order to regain fully its normal fat-banking capacity. Clinically this expresses itself, in the fact that, when in these mild cases, treatment is stopped as soon as the weight is normal, which may be achieved in a week, it is much more easily regained than after a full course of 23 injections." p. 51

If that doesn't sound like the hypothalamus resetting during Phase 2, I don't know what does. It seems prudent to be particularly vigilant with regard to NOT cheating during the first 21 days of the VLCD for this reason.

However, to avoid creating the conditions under which obesity happened originally, the avoidance of starch and sugar for an additional three weeks in what KT calls Phase 3 is also necessary to stabilize at the lowered weight, according to Dr. Simeons.

### ***Isn't coconut oil one of the worst saturated fats?***

You are thinking of the old style hydrogenated coconut oil. Virgin coconut oil is very healthy for you. Coconut oil has some truly unique qualities. It contains medium chain fatty acids, which are easier to digest and can be used directly by the body as an energy source. In addition, it may stimulate the metabolism and benefit weight management. Coconut oil is excellent for cooking and baking, and is also used externally as a skin moisturizer and hair conditioner. Do NOT use on P2, however! Lots of research and peer-reviewed articles: <http://www.coconutoil.com/>

### ***I am hungry during the last few days of hCG. What could be wrong?***

If you find that you are still hungry when eating the recommended amount of calories and foods for the protocol, you should try checking your hCG by putting some on a pregnancy test. If it is good, if you are really ravenous, you could be experiencing immunity.

### ***Must I take a six-week break after 40 injections or 34 pounds lost?***

It is a personal decision. Dr. Simeons states that you must in order to avoid developing immunity to hCG; however, he also adds that "The only exception we make is in the case of grotesquely obese patients who may be allowed to lose an additional 5-6 lbs. if this occurs before the 40 injections are up." The Releana oral protocol does not require it. Their clinic in California has had people there that have NOT stopped at the 6 week/40 dose point and never experienced immunity. One person lost 90 lbs in 4 months by going straight through. In addition, Dr. Belluscio in Argentina found, when they did studies of their oral product in the 90's, that there was no immunity and no need to stop at 6 weeks/40 doses. Some people are testing this method. Dr. Simeons states that if you are developing immunity, you will know it, because you will have ravenous hunger, indicating that the hCG is no longer working to suppress hunger.

### ***Shouldn't I be worried about sagging skin after such rapid weight loss?***

I'll let people from my support group answer this:

"I've lost over 100 pounds now and have NO loose skin."

"I have lost 47 lbs so far, almost halfway to my goal. NO hanging skin and MUCH less cellulite."

You don't lose structural fat with this diet, which is why the skin does not sag. The normal fat stays intact. However, if you are still concerned, dry brushing is also supposed to be good for preventing loose, slack skin from weight loss. [http://www.naturalhealthtechniques.com/HealingTechniques/Dry\\_Brushing\\_Technique.htm](http://www.naturalhealthtechniques.com/HealingTechniques/Dry_Brushing_Technique.htm)  
<http://www.epicureantable.com/articles/adrybrush.htm>

### ***How do I know how many calories I should be eating on Phases 3 or 4?***

Use <http://www.caloriecontrol.org/calcalcs.html> to determine how many calories you should eat to maintain your LIW reached in Phase 2.

### ***How do I determine my body frame size?***

Wrap your thumb and fingers around your smallest part of your wrist. If your longest finger overlaps your thumb, you have a Small Frame. If your fingers barely touch, you have a Medium Frame. If your fingers don't touch, you have a Large Frame.

### ***How can I calculate my ideal weight?***

Calculate your body's frame size as described above and determine your ideal weight by using <http://www.lifesteps.com/gm/Atoz/tl/cl/healthyweight/healthyweight.jsp>

### ***What do I do if I gain weight in Phase 3?***

Dr. S states on pages 92-93:

“As long as their weight stays within two pounds of the weight reached on the day of the last injection, patients should take no notice of any increase but the moment the scale goes beyond two pounds, even if this is only a few ounces, they must on that same day entirely skip breakfast and lunch but take plenty to drink. In the evening they must eat a huge steak with only an apple or a raw tomato. Of course this rule applies only to the morning weight. Ex-obese patients should never check their weight during the day, as there may be wide fluctuations and these are merely alarming and confusing.

It is of utmost importance that the meal is skipped on the same day as the scale registers an increase of more than two pounds and that missing the meals is not postponed until the following day. If a meal is skipped on the day in which a gain is registered in the morning this brings about an immediate drop of often over a pound. But if the skipping of the meal - and skipping means literally skipping, not just having a light meal - is postponed the phenomenon does not occur and several days of strict dieting may be necessary to correct the situation. Most patients hardly ever need to skip a meal. If they have eaten a heavy lunch they feel no desire to eat their dinner, and in this case no increase takes place. If they keep their weight at the point reached at the end of the treatment, even a heavy dinner does not bring about an increase of two pounds on the next morning and does not therefore call for any special measures. Most patients are surprised how small their appetite has become and yet how much they can eat without gaining weight. They no longer suffer from an abnormal appetite and feel satisfied with much less food than before. In fact, they are usually disappointed that they cannot manage their first normal meal, which they have been planning for weeks.

#### Losing more Weight

An ex-patient should never gain more than two pounds without immediately correcting this, but it is equally undesirable that more than two lbs. be lost after treatment, because a greater loss is always achieved at the expense of normal fat. Any normal fat that is lost is invariably regained as soon as more food is taken, and it often happens that this rebound overshoots the upper two lbs. limit.”

Concerning steak days, they are easier if you eat the apple for lunch and then the steak for dinner, which still seems to work as well as waiting for dinner for both.

#### ***Can I have any alcohol on Phase 3?***

Simeons allows an occasional glass of wine with a meal on Phase 3.

#### ***Do I do the loading days on subsequent courses after the first?***

Yes, you do. Simeons never stated otherwise, and he was very specific about everything else that should be different on subsequent courses or “rounds” of hCG. In addition, he states on page 79: “If an interruption of treatment lasting more than four days is necessary, the patient must increase his diet to at least 800 Calories by adding meat, eggs, cheese, and milk to his diet after the third day, as otherwise he will find himself so hungry and weak that he is unable to go about his usual occupation. If the interval lasts less than two weeks the patient can directly resume injections and the 500-Calorie diet, *but if the interruption lasts longer he must again eat normally until he has had his third injection.*” This clearly indicates that subsequent rounds of hCG after breaks of longer than two weeks require loading again, or at the very least, interpreting what Dr. S said very literally, eating a normal amount of food instead of the VLCD for the first two days of injections. I really believe that he meant to load the same way as for the

first course or round since he states “must again,” which implies to do the same as the first time, plus he mentions waiting until the third injection to resume the 500-calorie diet.

### ***What are the legal issues surrounding this diet?***

hCG is a prescription drug in the United States. Although it can be obtained from other countries or overseas without one, obtaining it legally in the US requires that you go to a physician and get a prescription. And while hCG is approved for several uses (for instance, infertility), the FDA has not approved it for the uses outlined in this eBook. I should also note that it is legal for a doctor to prescribe any non-scheduled drug for any condition for which he or she feels it would be beneficial. hCG is not a federally scheduled or controlled substance, and falls into this category; a physician could prescribe it for the uses described in this eBook, although they are not FDA approved uses.

According to Rick Collins of [www.steroidlaw.com](http://www.steroidlaw.com), *Human chorionic gonadotropin* (hCG) is mistakenly classified as an “anabolic steroid” and a controlled substance (illegal distribution is a felony) in the following states: California, Colorado, Connecticut, Idaho, Indiana, Louisiana, Nevada, New York, North Carolina, Pennsylvania and Rhode Island, although it is not listed as a federally controlled substance. This is because it is used by steroid-using bodybuilders in doses much higher than used for this diet to restart their natural testosterone production again after steroid use.

This eBook is for informational, educational, review, and entertainment purposes only and does not advocate or promote any illegal activity.

In the late 1980s, the FDA put a new policy into place which allowed US consumers to import up to a 90-day supply of prescription drugs for personal use (i.e. not for resale). This policy was designed to allow AIDS patients and others who suffered from chronic illnesses to import drugs which had not yet undergone FDA approval. However, with the emergence of the Internet, many companies began to offer the US consumers less expensive prescriptions from abroad. The FDA then asserted that the policy only applied to non-FDA approved drugs (which protects US pharmaceutical manufacturers from foreign competition and keeps prices artificially high). The US Congress responded by authoring a plethora of bills stating that the FDA should not prohibit the importation of prescription drugs from abroad as long as such drugs are for personal use (i.e. in no larger than 90-day quantities). While the official FDA policy has not yet changed, the agency has not interfered with importation for personal use as long as the purchaser has a prescription for the drugs being imported. In fact, some [local and state governments](#) in the US have begun to buy prescription drugs for their public employees from abroad in order to cut costs, and many more have stated their intentions to begin doing so. Illinois created a [website](#) which allows its residents to import prescription drugs from abroad. Wisconsin, Kansas, Vermont and Missouri have now joined the site. (Other Recent Developments -- [1](#), [2](#), [3](#), [4](#), [5](#).) Importing prescriptions has become a very hot topic in the last few years, receiving a lot of attention in the presidential primary debates, a feature story on [60 Minutes](#) and other major news programs, and lobbying campaigns for senior advocacy groups such as [AARP](#). The debate still rages on. For further information on current legislation and the legalities of importing prescription drugs for personal use, see these links:

Congressional Legislation:

[Amendment to Allow for Importation of Prescription Drugs](#)

[Affordable Medicine Safety and Access Act](#)

[Preserving Access to Safe, Affordable Canadian Medicines Act](#)

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[Importation of Prescription Drug Bill #H.R.1  
Prescription Drug Parity for Americans Act  
Save Our Seniors Act](#)

FDA Statements:

[Personal Importation Policy](#)

[Statement on Vermont's Lawsuit on Importing Prescription Drugs from Canada](#)

[July 27, 2005 Letter from the FDA to Greg Abbott of Texas regarding prescription importation](#)

[Consumer Education: Buying Medicine from Outside the United States](#)

FDA, "Information on Importation of Drugs," prepared by Marvin A. Blumberg, Division of Import Operations and Policy, Office of Regulatory Affairs, FDA, HFC-170, April 3, 1998, at

<http://www.fda.gov/ora/import/pipinfo.htm>

FDA, "Coverage of Personal Importations," *Regulatory Procedures Manual*, Office of Regulatory Affairs, FDA, January 11, 2003, at

[http://www.fda.gov/ora/compliance\\_ref/rpm\\_new2/ch9pers.html](http://www.fda.gov/ora/compliance_ref/rpm_new2/ch9pers.html)

If a person ordered a personal supply of hCG from an overseas or internet pharmacy, my understanding is that customs can confiscate it and, if so, they would receive a letter notifying them that it had been detained by customs. If that person had a prescription, then they might claim it. However, without a prescription, a person would NOT want to claim it, as there would be no proof that they ordered it unless they did try to claim it. Without any proof, it seems unlikely that anyone would be charged with anything. Hopefully this hypothetical person would have ordered from one of the companies that will reship the order if confiscated by customs.

According to <http://drugs.about.com/b/a/000009.htm>, "October, 2006 President Bush signed the [Department of Homeland Security Appropriations Act](#), which included a clause prohibiting US Customs and Border Protection from seizing personal prescription drug supplies (up to a 90-day supply) from individuals bringing drugs across the Canada-US border into the US. On the same day, the Department also announced that it would [stop seizing mail-ordered prescription drugs at the Canada-US border](#) on their way into the US. These conciliations were a response to a year of protests by individuals, state governments, and congressmen about the government's crackdown on drug importation from Canada, which resulted in many individuals unexpectedly having their medications confiscated.

**Both practices remain illegal, however the Department of Homeland Security has made it clear that it does not intend to enforce the laws that apply. This was seen as a sign that full-fledged legalization of prescription drug imports is just around the corner.** Opponents of legalization of importation include drug companies (who have an obvious conflict of interest) as well as many congressmen who argue that the closed regulatory system governing drug production and consumption in the US is critical for the protection of US residents. Most recently, May 7, 2007 a [bill that would legalize personal-use drug importation was killed in the Senate.](#)

According to the [USPS](#), these are the guidelines for sending medicine through the mail:

"Many medications are not mailable through the mail by individuals. If you are at all unsure as to whether or not the medicine you have is mailable, you should contact your local Post Office for further assistance.

All prescription, nonprescription, and patent medicines and related items, including solicited and unsolicited samples of such items, that are not considered to be controlled substances, are permitted to be mailed as follows:

- For prescription medicines containing a nonnarcotic drug(s), the mailer must be a registered practitioner or dispenser mailing to the ultimate user.
- Effective February 2, 2006, consumers may mail prescription drugs if/when returning them to drug manufacturers or their agents, pharmacies, and other authorized dispensers and only when the authorized entity provides the consumer with a mailing container bearing a merchandise return service permit indicia.
- For nonprescription medicines, the mailer must meet all applicable federal, state, or local laws that may apply.”

### ***Are there other FAQs out there that answer other hCG questions that I might have?***

<http://www.hcgweightsolution.com/faq>

<http://www.slimming-methods.org/txtfaq5u.html>

<http://www.hcgdietinfo.com/HCG-Weight-Loss-FAQ.htm>

<http://www.hcginfoonline.com/Tips%20and%20Tricks.htm>

<http://hcgobesity.org/faq.htm>

## **Health Improvements**

Dr. B states that his hCG research center has a proven track record from over 8,000 treated patients which supports claims that the hCG diet protocol:

- Assists patients in shedding between 8 and 15 Kgs (20-35 lbs.) over a four week period.
- Assists in the reduction of cholesterol and blood sugar levels
- Dramatically reduces the appearance of cellulite.
- Results in the disappearance of food cravings.
- Increases energy levels.
- Reduces blood pressure.
- Improves skin elasticity.
- Is safe and healthy.
- Reduces the risk of heart attacks.
- Creates a sense of well being.

### ***hCG and Cancer Prevention/Treatment***

<http://www.foxnews.com/story/0,2933,153964,00.html>

#### **Human chorionic gonadotropin (HCG) induction of apoptosis in breast cancer.**

Definition of Apoptosis: A form of cell death in which a programmed sequence of events leads to the elimination of cells without releasing harmful substances into the surrounding area.

[http://www.asco.org/portal/site/ASCO/menuitem.34d60f5624ba07fd506fe310ee37a01d/?vgnnextoid=76f8201eb61a7010VgnVCM100000ed730ad1RCRD&vmview=abst\\_detail\\_view&confID=40&index=y&abstractID=34924](http://www.asco.org/portal/site/ASCO/menuitem.34d60f5624ba07fd506fe310ee37a01d/?vgnnextoid=76f8201eb61a7010VgnVCM100000ed730ad1RCRD&vmview=abst_detail_view&confID=40&index=y&abstractID=34924)

Scientists at the Massey Cancer Center at Virginia Commonwealth University have validated prior laboratory research showing the efficacy of human chorionic gonadotropin (hCG) in treating cancer. Using prostate cancer cell lines, hCG was shown to radiosensitize cancer cells

as well as facilitate apoptosis, or normal cell death.

<http://molpharm.aspetjournals.org/cgi/content/abstract/71/1/259>

Prior work by Milkhaus Laboratory yielded similar results for breast cancer cell lines.

<http://www.springerlink.com/content/e1wdnqd8g779phi7/>

**Newsweek November 4, 1996** AIDS' Achilles' heel? (pregnancy hormone 'human chorionic gonadotropin' found to eliminate Kaposi's sarcoma) <http://www.encyclopedia.com/doc/1G1-18815782.html>

<http://www.encyclopedia.com/doc/1G1-19485292.html>

<http://www.ralphmoss.com/gallo.html>

<http://www.fccc.edu/news/2005/Pregnancy-Related-Hormone-hCG-04-19-05.html>

<http://www.breastcancertreatments.cn/?p=3>

<http://www.wipo.int/pctdb/en/wo.jsp?wo=2000035469>

<http://jcem.endojournals.org/cgi/content/full/86/11/5534>

<http://content.karger.com/ProdukteDB/produkte.asp?Aktion=ShowPDF&ProduktNr=224164&Ausgabe=228438&ArtikelNr=63378>

[http://www.obgyn.net/newsheadlines/womens\\_health-Breast\\_Cancer-20040810-30.asp](http://www.obgyn.net/newsheadlines/womens_health-Breast_Cancer-20040810-30.asp)

<http://query.nytimes.com/gst/fullpage.html?res=9B0DEFD81330F937A15753C1A960958260&sec=&spon=&pagewanted=print>

<http://www.patentstorm.us/patents/5877148-description.html>

<http://www.freepatentsonline.com/5677275.html>

<http://www.freepatentsonline.com/5997871.html>

<http://breast-cancer-research.com/content/5/S1/31>

<http://www.freepatentsonline.com/6805882.html>

<http://www.thebody.com/content/art31492.html>

<http://www.patentstorm.us/patents/6319504-description.html>

<http://www.wipo.int/pctdb/en/wo.jsp?IA=US1997011202&DISPLAY=DESC>

**What people are saying...**

"I lost 15 pounds in 10 days and my wife lost 9 pounds. This thing really works. I lost 3 inches around my waist, my pants went from size 34 to size 31 and my blood pressure is 120/82. My blood pressure before the hCG diet was 145/91. This is the best move I ever made."

"My cholesterol (familial history of familial hyperlipidemia) went from 240 WITH 40 mg of Lipitor daily and 10mg of Zetia daily to 185 WITH NO MEDS! My body fat went from 28 to 18 and BMI from 33 to 27 and BP from 150/110 to 118/70 (using salt!). There is NO downside to the cure!"

"This may be of interest to new people who aren't sure about this program, or are concerned that it might damage your health. I saw my doctor last Friday to get her okay to go off of my high blood pressure medication - which she was fine with, my blood pressure is now great (I don't credit the HCG, per se, but the lost weight). At the time, I told her I was going to start another Phase 2 shortly, and I wanted to have a full blood panel with every test she could think of to make sure there had been no obvious signs of damage to my health from the HCG Protocol. She agreed, and I got the results back this morning. My blood panel is perfect. Well, okay, I'm about a point lower on HDL (the good cholesterol) than they like, but everything else falls into the normal range on the sheet, and when there were changes from my numbers last October (the last time I did a full workup), they were almost always for the positive. So, for people considering this protocol - I lost 51 lb. on Phase 2 in 31 days (now 54.5 lb. lost after Phase 3), my high blood pressure disappeared, and my blood work indicates that I'm in excellent health for someone my age (or any age), and remarkable health for someone who's still seriously overweight. If your physician who's not familiar with the protocol says it may damage your health, here's one data point contradicting that. I'm looking forward to starting my next Phase 2 any day now (I'm just waiting for Tammy's cookbook to start..;->)."

## Cleanses for Phase 1

### *Candida*

#### **I'm craving sweets during Phase 2. What can I do?**

Kevin Trudeau writes about this problem in his books. Sugar and carbohydrate cravings are caused by an overgrowth of Candida yeast fungi. Did you do a Candida cleanse in Phase 1? You can do some free home testing for Candida overgrowth with an easy test found at: <http://www.significanthealing.com/FreeTests.htm>. It's simple, fast, and slightly disgusting.

An overgrowth of Candida yeast fungi can only occur if the body is out of balance, having a diminished microflora. Microflora is the good bacteria that lives in your digestive tract, from your stomach to your anus. Our diets, before the chemical revolution, were rich in good bacteria. When we ate an apple, cabbage, drank raw unpasteurized milk, etc. we were consuming loads of good bacteria, as nature intended. Most people are unaware that good bacteria is supposed to be in our diets! Herbicides, pesticides, pasteurization, radiating food, and other farming practices have greatly diminished the amount of bacteria that is available in our diets. A healthy digestive tract has 5 to 7 pounds of good bacteria. These colonies of good bacteria have many functions, including synthesizing one vitamin into another, cleaning the colon lining, eradicating parasites, among other functions. For instance, Vitamin B-12 is not readily available in the diet and is easily damaged by stomach acids when consumed. Vitamin B-6 is rich in our diets, and one of the functions of microflora is to transform B-6 into B-12. Now, if a person does not have a healthy microflora, they are likely to experience some of the deficiency symptoms of B-12, which include a tightness around the chest, depression, fatigue, a feeling of heaviness, among other things, to varying degrees.

There are a couple of supplements that will help to lower the Candida yeast fungi population; although, the only real way to make sure that the Candida does not overgrow again is to provide the body with sufficient amounts of good bacteria to renourish the microflora. Such things as antibiotics, chlorine, steroids, stress, chemotherapy, excess sugar consumption, and medications are some of the most common causes for an overgrowth of Candida yeast fungi, because Candida is a natural inhabitant, but it is not natural to have large colonies of Candida. Candida can overgrow if the microflora is compromised, and Candida always wrecks havoc on good health.

The challenge is to find the right kind of supplement to address an overgrowth of Candida. You see, our federal government did some testing on nuclear bombs and intentionally exposed various living organisms. The nuclear bombs killed all life, except for Candida yeast fungi. The yeast survived by morphing into another form. This is what occurs when one takes most herbs and it initially appears to 'work.' Typically, within two to three weeks, the cravings and symptoms return.

Two supplements that do not kill the Candida, but instead affect it in another way include Threelac, which actually eats it, and Candida-G, which disables the Candida reproduction mechanism. Remember, these are just tools to lower the Candida population, but do nothing to renourish the microflora and restore the natural balance of the body.

Just as hCG will help to reset the hypothalamus, probiotics will help to restore the microflora. Probiotics are nutritional supplements that provide the body with good bacteria. NuFerm is a probiotic that reproduces and colonizes, once consumed. The bacteria in this probiotic superfood is grown in vegetables, is gluten, casein, and milk free, with naturally occurring vitamins, minerals, and amino acids. Some people do well using NuFerm during Phase 1 only, but others find that they improve digestive health more by continuing it during Phase 3 and 4.

My friend Victoria can help you, regardless of how mild or severe your cravings and other Candida-related symptoms are. Through years of research and much trial and error, she has developed a protocol that works every time. She works with people around the world to get rid of an overgrowth of Candida. [www.CandidaExpert.com](http://www.CandidaExpert.com) is her website. I have worked out a discount for all HCG dieters who buy my e-book, of \$5 off of their first order over \$50 and free shipping on-going. Check out her website and webstore, and upon checkout, use the coupon code CCHCG.

I used to recommend other products, but eventually found out that they provided only temporary results, and those results lasted longer than usual while on the 500 calorie diet, just because of the nature of the food list that we can eat. When we don't eat sugar and carbohydrates, we eliminate the food source for Candida, which is not a bad way to lower the Candida population; however, the most important part of eradicating Candida once and forever is to renourish the microflora. This way, as you move from P2 into P3 and P4, the sugar, carbs, and processed foods just don't taste as good, further supporting your long term weight loss maintenance by supporting good eating habits. I see in my support group that when people return to their old eating habits as they move into P4, that this is probably why. If they have nurtured a healthy microflora and have gotten their Candida under control, they don't even want a candy bar, chips, and so forth and in fact, if they do try them, they can 'taste' the added chemicals in these foods because their bodies are in balance.

## ***Liver***

[Liver Cleanse, 1 Kit.](#)

[LiverCare - Liver Cleanse Formula](#)

## ***Kidney***

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[Kidney Cleanse - 90 caps., \(Health Plus\)](#)

[Kidney Cleanse. 1 Kit.](#)

## ***GallBladder***

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[Standard Process - Cholacol 90 Tablets](#)

[Gall Bladder Formula](#)

[Gallbladder - To help stimulate bile stored and released by the gallbladder, 2 oz., \(Health Herb\)](#)

## ***Colon/Parasite***

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[Colonix - Internal Cleansing Program \(Liver, Kidney, Colon, And Parasite Cleanse\)](#)

[Ultimate Colon Cleanse 3 Part System with Free Probiotics Wow!!!](#)

[Oxy-Powder Colon Cleanse - Money Back Guarantee - FREE US Shipping on 2 or more](#)

## ***Heavy Metal***

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In Phase 2, while we are losing weight, toxins that were stored in the fat that we are losing, including heavy metals, are being released into our bodies. Some of the treatments to remove these, for instance heavy metal chelation (such as DMSA or IV pushes) typically pose some problems. Each has its drawbacks and dangers. As an example, they chelate minerals that we need, they stir up sequestered toxins, toxins can redistribute in tissue, making the end result worse than before treatment.

To my knowledge, the only detox product that is okay to take to clean this up during Phase 2 is Natural Cellular Defense (NCD), a liquid zeolite dietary supplement. NCD can absorb the toxins and carry them out of our bodies. It has the ability to help remove environmental toxins such as heavy metals from the body to detoxify the body. It has the ability to support and stabilize a healthy immune system. It has the ability to balance and stabilize a healthy pH level in the body. No minerals that we need are removed. No redistribution occurs. It works 100 per cent of the time. And it works passively, because it does not stimulate the release of any stored toxins. Instead, it moves with blood flow, attracting and binding toxins irreversibly within a cage-like structure to eliminate them from the body.

Think of Zeolite as a combination of a sponge and a magnet that has a negative charge. When it attracts and binds enough positively charged toxins to become net neutral charged, the body

simply eliminates the now-toxic zeolite cage. It is 100 per cent natural, non-toxic, and safe for long-term use. In fact, Zeolite is listed as having FDA GRAS status: <http://www.gsaresources.com/PDSZK406H.htm> under 21 CFR Part 582.2729.

Zeolites are natural volcanic minerals with a unique, complex crystalline structure. Its honeycomb framework of cavities and channels (like cages) works at the cellular level trapping, heavy metals and toxins. In fact, because it is one of the few negatively charged minerals in nature, zeolites act as magnets drawing toxins to it, capturing them in its cage and removing them from the body.

It's important to understand that there are more than 100 different zeolites. As an example, asbestos is a zeolite and causes cancer when inhaled as a fine powder. The zeolite used in the Natural Cellular Defense is naturally-occurring non-fibrous clinoptilolite and is considered to be extremely safe and entirely non-toxic (even when inhaled). A study published in 1993 concluded that "clinoptilolite type zeolite had no carcinogenic activity." (Tatrai E, Ungvary G. Study on carcinogenicity of clinoptilolite type zeolite in Wistar rats. *Pol J Occup Med Environ Health*. 1993;6(1): 27-34.)

In fact, the type of zeolite [clinoptilolite] used in NCD was utilized after the Chernobyl incident in Russia to remove radioactive strontium and cesium because normal excretion of radioactive compounds has been shown to be up-regulated with zeolite. In three separate studies specifically analyzing the ability of clinoptilolite to aid in the excretion of radioactive cesium particles, the zeolite was found to accelerate the excretion of Cs-137 from sheep's bodies. The whole effect resulted in 15 to 50 times lowering of the equilibrium concentration of the radiocaesium. (Jandl J, Novosad J. [In vivo reduction of radiocaesium with modified clinoptilolite in sheep] *Vet Med (Praha)*. 1995 Aug; 40(8): 237-41.)

This paper has information with photos concerning zeolite properties and uses: <http://www.pubmedcentral.nih.gov/articlerender.fcgi?artid=34179> (Mumpton, Frederick A. [*La roca magica*: Uses of natural zeolites in agriculture and industry] *Proc Natl Acad Sci U S A*. 1999 March 30; 96(7): 3463–3470.)

You can order NCD Zeolite from [www.MyWaiora.com/672230](http://www.MyWaiora.com/672230) at a discount by becoming a distributor.

NCD does help with Candida to some extent, but for a full Candida protocol to eliminate it forever, I suggest working with Victoria, who has graciously given me a discount code for her web store, [www.significanthealing.com/cart](http://www.significanthealing.com/cart), for free shipping and \$5 off of your first order over \$50 for all of us HCG dieters. The code is CCHCG to use when checking out. This site offers many cleansing products, including NCD Zeolite, but if you order your NCD Zeolite from [www.MyWaiora.com/672230](http://www.MyWaiora.com/672230) at a discount by becoming a distributor, you can get a free extra bottle of NCD Zeolite when you order a minimum of three. This offer is for new distributors only.

There is a coupon on the last page of this eBook for you to use to get the free bottle mailed to you after you place your minimum three-bottle NCD Zeolite order as a new distributor at [www.MyWaiora.com/672230](http://www.MyWaiora.com/672230).

## Sources for hCG and other supplies

### ***hCG Suppliers***

The alternatives for obtaining hCG are to go to a doctor or clinic, take a trip to Mexico or another country in which a prescription is not required at a pharmacy, or to order it from overseas and do it yourself.

When purchased out of the country, it has to go through customs. Some make it through; some don't. Hypothetically, a person would want to be sure to purchase from a place that in the event of a confiscated shipment will re-send the product at no additional charge.

### ***Scam Prevention***

If you are concerned about providing your credit card information to buy hCG online, you can go to any CVS pharmacy or Wal-Mart and buy a prepaid Visa or MasterCard to use online. It's \$5 or so, for a \$100 prepaid VISA card. You use it exactly like a normal credit card except that after you've charged all \$100 on it, you throw it away. No credit check, no annual fees, no nothing. To get a list of stores in your ZIP code that sell these prepaid VISA cards, visit <https://www.greendotonline.com/AcctMgmt/Content/Common/AddFunds/Retailocator.aspx?siteid=mymccard>

This website has a list of scammers reported by their customers: <http://www.steroids-shop.net/scammerslist.html>

From Jeni, the editor of [www.hcgdietinfo.com](http://www.hcgdietinfo.com):

"hcgdietinfo.com's hCG Provider Directory has recently received a growing number of requests from websites AND individuals (mostly from South America) claiming to sell HCG via mail order, requiring bank or Western Union wire transfers for payment.

Before you order hcg or supplies from abroad, contact your credit card company ahead of time and make sure you will be covered in the event the company does not follow through. A new ring of fraudulent HCG prescription websites have sprung up, requesting Western Union payments or bank wire transfers as payment with no intention of shipping orders. Using PayPal, MasterCard, or Visa protects you from this sort of scam, but **DO NOT SEND MONEY TO INTERNATIONAL PHARMACIES VIA WIRE TRANSFER - EVER!**"

### Sources of hCG List

Sources of hCG	Description	Cost	Website / Payment Accepted	Comments
<b>Recommended</b> <b>Top Choice</b> <b>Drug Delivery</b>	3 x 1500 IU 1 x 5000 IU 6 x 1500 IU	\$30.00 \$59.00 \$89.95 \$30.00 s&h	<a href="http://www.drugdelivery.ca/s33559-s-HCG-PREGNYL-96304-s.aspx">www.drugdelivery.ca/s33559-s-HCG-PREGNYL-96304-s.aspx</a> Visa/Amex/DinersClub  Excellent Customer Care 800 Number Online Chat Discreet Packaging Email Confirmations And what could be the most important: *Guaranteed Reshipment If Confiscated*	Use Coupon Code <b>96304</b> for a Free Gift! 10% off if doubling an order, so put half of what you want in your cart, then double it at the end to get a discount. 3% discount ordering with a check from your bank, but could delay shipment. They do NOT refund, but if it is confiscated, you get notified, and then you contact the company and tell them you don't have it, and they reship it. Contact them and tell them when it has been over a month, and they will give you a \$10 coupon and check on your order for you. <b>Delivery: 8 to 21 days.</b>
All Drugs Online	3 x 5000 IU	\$59 w/s&h	<a href="http://www.medoutlet.net">www.medoutlet.net</a> <a href="http://www.fitnessmed.net">www.fitnessmed.net</a> <a href="http://www.all-drugs-online.com">www.all-drugs-online.com</a> <a href="http://www.viagra-vitamins.com/">http://www.viagra-vitamins.com/</a> Visa	Use the third website to order less than \$110. Delivery: 2 to 4 weeks.
Anabolic Pharmacy	1 x 1500 IU 6 x 1500 IU 1 x 5000 IU	\$16 \$114 \$24 \$18 s&h	<a href="http://www.anabolic-pharma.com">www.anabolic-pharma.com</a> Visa/Mastercard	Delivery: 12 days Does NOT reship if confiscated
AnaSteroid	1 x 1500 IU 1 x 5000 IU	\$15 \$27 \$20 s&h	<a href="http://www.anasteroid.com/pro-duct-19.shtml">http://www.anasteroid.com/pro-duct-19.shtml</a> (Money Gram) money order or wire transfer	Delivery: 10 days Claims 0% confiscation rate except in New Zealand
Axio Labs Gear	4 x 5000 IU 1 x 1500	\$62 \$7 \$27 s&h	<a href="http://www.axiolabsgear.com/search/hcg">www.axiolabsgear.com/search/hcg</a>	Delivery: 10-20 days
Cheap Anabolic	3 x 5000 IU	\$45 \$15 s&h	<a href="http://www.cheap-anabolic.com/other/pregnyl.html">http://www.cheap-anabolic.com/other/pregnyl.html</a>	\$100 minimum order.

Sources of hCG	Description	Cost	Website / Payment Accepted	Comments
Eurobolic	1 x 1500 IU 3 x 5000 IU	\$17 \$105 \$20 s&h	<a href="http://www.eurobolic.com">www.eurobolic.com</a> Visa	Delivery: 7 to 9 days.
Fitness Med	3 x 5000 IU	\$53.98 \$5.50 s&h	<a href="http://www.fitnessmed.net">www.fitnessmed.net</a>	Delivery: 10 business days.
Hcg Mail  hCG in 175 IU doses, syringes and needles	1 (23-day) kit 2 kits 3 kits 4 kits 5 kits	\$155 \$290 \$425 \$550 \$660 \$15 s&h	<a href="http://www.hcgmail.com">www.hcgmail.com</a> Bank Transfer only	Delivery: 10 working days. Sends the package by registered mail.
Med Outlet	3 x 5000 IU	\$53.99 \$5.50 s&h	<a href="http://www.medoutlet.net">www.medoutlet.net</a>	Minimum \$110 order Delivery: 10 days
Med Phamacare	1 x 5000 IU	\$17.00 \$8.00 flat s&h	<a href="http://www.medpharmacare.com">www.medpharmacare.com</a>	Minimum \$200 order Delivery: 10 days
Sport Pharma	1 x 1500 IU 1 x 5000 IU	\$15 \$23	<a href="http://www.sport-pharma.com">www.sport-pharma.com</a> Visa/Mastercard/Western Union	Delivery: 8 to 14 days. Hands your order off to a drop- shipper and therefore canNOT verify whether the order was shipped or give tracking information.
Steroids Pharmacy	2 x 1500 IU 1 x 5000 IU	\$30 \$39 \$25 s&h	<a href="http://www.steroidspharmacy.net">www.steroidspharmacy.net</a>	Slow shipping, refused to re- ship, and ignores email.
Sustanon Deca	6 x 1500 IU	\$116	<a href="http://www.sustanon-deca.com">www.sustanon-deca.com</a>	Delivery: 7 to 10 days.
United Pharmacy	1 x 1500 IU 5 x 1500 IU 10 x 1500 IU	\$15.60 \$62.40 \$109.20 \$26 s&h	<a href="http://www.united-pharmacy.com">www.united-pharmacy.com</a>	Delivery: 13 days.

**List of Sources of Injection Supplies or Cleanses**

<b>Suppliers of Injection Supplies or Cleanses</b>	<b>Description</b>	<b>Cost</b>	<b>Website Address / Forms of Payment Accepted</b>	<b>Comments</b>
AndroUSA	needles, syringes, vials, bacteriostatic water	\$9.59 s&h	<a href="http://www.androusa.com">www.androusa.com</a> Amex/Discover/Visa/Mastercard	Fast delivery. Great customer service, very knowledgeable.
GPZ (Got Pinz)	Injection supplies	Varies	<a href="http://www.gpzservices.com">www.gpzservices.com</a> Amex/Discover/Visa/Mastercard	Fast delivery.
Hcg Supplies (does not sell hCG)	hCG-specific Kits with: syringe, needle, alcohol pads, vials, larger syringes for mixing.	Varies by kit. Priority Mail is FREE	<a href="http://www.hcgsupplies.com">www.hcgsupplies.com</a> Amex/Visa/Mastercard	Most convenient way to get started. Fast delivery. Great customer service, very knowledgeable. Free downloadable instructions for dosages and mixing.
Hulda Clark	Cleanses, Zappers	Varies	<a href="http://www.huldaclark.com">www.huldaclark.com</a>	Fast delivery.
QNL Labs	Cleanses and other Phase 1	\$59 w/ s&h	<a href="http://kevintrudeau.qnlabs.com/">http://kevintrudeau.qnlabs.com/</a>	Fast delivery.
Research Supply	Syringes, needles, vials, bacteriostatic water	\$52.00 12 week supply	<a href="http://www.researchsupply.net">www.researchsupply.net</a> Amex/Discover/Visa/Mastercard/Western Union	Fast delivery. E-mail notification of shipment/tracking.

## Clinic Reviews

### ***Native Healing Ways (NHW)***

[www.hcgdiet.com](http://www.hcgdiet.com)

A description of the process from someone who used them: This clinic is run by a Native American, Noka Noble. They provide prefilled frozen syringes with 150 IU dosing, except the 5th injection each week before the 2-Day weekend break has 300 IU. The small shot taken Monday-Thursday is premixed with .6 cc in it. The large shot taken on Friday is premixed and has 2 cc in it. You put a week's worth in the refrigerator and put the rest in the freezer. Kathy at NHW said that in their 17 years of business, they have used both Pregnyl and Novarel and have had NO problems with freezing either.

NHW provides 10 weeks of injections per course. They believe that because they take a 2 day break instead of 1 day as Simeons did, that it will delay onset of hCG immunity. For the same reason, NHW suggests that you can wait only 2 weeks between injection phases. NHW says that if you aren't really losing then you should stop. But if you still lose then keep going. With NHW, they require ONLY a CBC panel lab. The start up fee and talking to Kathy and Noka anytime is \$149.00. The first six week protocol is \$426.50. Anything past that is \$59/week plus \$28.50 per shipment (whether it's one week or six). One person reported \$711 total for a 10-week round, including the required lab.

So it depends on if you really want to work with a clinic or if you could do it on your own. Many people in my support group have gone through this company, NHW (Native Healing Ways). It IS more costly than doing the program on your own, but some people are more comfortable going through an "official" program, or at least starting that way. One word of caution, though, the diet they provide for you to follow is very different from that specified by Dr. Simeons. So you will benefit if you decide up front which eating plan you will use so as to avoid confusion. NHW says NO beef the first 2 weeks, and then if eaten, only 1 time in a week. Fish no more than 3 times weekly. Instructions from NHW say each meal is to include 2 veggies, 1 fruit, and 1 meat. Many people use NHW to get their HCG shots, but then stick to the Simeons protocol (except for only injecting 5 days per week).

#### Another review:

"These ladies are the best. They have helped me alot. The HCG is already mixed and in bags ready to use. I have lost 24 lbs in 4 weeks. if you need to talk, Natasha will answer any questions you can come up with. Just give them a try..."

#### One more, with a tip:

"I bought from Native Healing Ways and they did not pressure me into doing it long term at all. I bought 4 weeks up front but would suggest you buy 2 weeks at a time as they tell you to freeze the weeks you are not using and freezing causes the HCG to lose some of its potency. This is my 4th week and my tummy has been grumbling which is a first. I find that I am getting hungry earlier in the day. I just re-ordered a couple more weeks yesterday and then I am going to brave it and mix my own."

## **GHI Medical**

<http://www.ghihrt.com/weight.htm>

A clinic in Florida that allows you to go to any of 1700 labs across the nation to do advance bloodwork, reviews the labs, and then prescribes the hCG for you to administer to yourself.

Here's a comprehensive explanation as to the process at GHI, from someone who used them:

“The problem I had was that from the time my package was submitted and fully signed to GHI, the pharmacy did not respond in a timely manner. GHI told me that the pharmacy was busy and to be expecting a call in a few days. I waited two weeks for the call and then contacted GHI. They then provided the pharmacy's number to me and then after I called the pharmacy it was another 7 days to receive the product. I think the pharmacy dropped the ball for a bit. GHI was very professional and on top of things.

There is another issue with GHI that should be mentioned. After you have completed the blood work, you fill out a package on your medical history, which you need to take to your doctor for signature. The page that the doctor signs mentions the hCG. I knew my doctor would not sign this as hCG is not approved by the FDA in the US for weight loss. I had just had an exam in the month prior and provided my vitals which I had faxed over from my doctor. This was enough to satisfy GHI and allowed me to get the process completed.”

Another comment: “Too bad you went to GHI...no need to spend \$400 on blood work and wait forever only to call them and have them tell you, DON'T YOU KNOW WE SEE MORE THAN 100 NEW PATIENTS A DAY. It's like trying to get a reservation in a Beverly Hills restaurant tonight...you'll get laughed at. I agree with the other person...call John at the pharmacy and he will get you dialed in fast. Get the number from a SALES person at GHI and if you DO need to talk to them, talk to sales.”

Here's a different experience from another person:

“I want to say that I had a great experience with GHI. Of course, we all need to be savvy and advocate for ourselves to get things done. The medical questionnaire and script for the lab tests arrived from GHI via E-mail within 24 hours after my payment via credit card. If not for some personal errors, I could have received the hCG in a week and a half or less. It took me two weeks from the time I went in for the lab tests to the arrival of the hCG via Fed Ex. My delay was because I did not read the directions carefully and unknowingly set up delays! I misread the paperwork and thought I had to have my physician sign the approval for the blood test. Later, I found that the signature on the page was for the GHI physician who reviewed my blood tests!) In hindsight, I should have gone directly to a Lab Corp blood draw station and got the blood test done as soon as the lab order arrived from GHI via E-mail. The first priority is to get the blood tests processed and the results to GHI. I lost another day by getting my blood drawn in the early afternoon on a Friday and losing the time during the weekend. Then, I lost two days waiting for my physician to research hCG and for the signature certifying that I had a basic physical. Again, it was my error. I should have gone in with written information regarding the hCG protocol for my physician to review at the time of my physical. He would not sign the verification that I had a physical until he understood the hCG protocol. I know that he was just being protective. If I had gone in with written information for him to see, I could have better articulated the protocol and saved time by getting his signature during my appointment. I personally like the fact that GHI is a US organization and that they require a full blood panel and a physical before they will sell hCG to a customer. The blood tests required by GHI are much more comprehensive than what my physician would have ordered - he told me that! I received a copy of the blood test results

from Lab Corp and it was reassuring to find I was so healthy. It is just another layer of consumer protection. Sometimes we consumers have to be protected from ourselves! After my lab work was done and everything faxed to GHI, I called several times and talked to customer service reps, who researched my order and expedited my lab test results. I also talked to someone in the pharmacy and he was great! He explained everything to me and was very patient with my many questions. I found that GHI is very organized and efficient – every person I spoke with did his/her job effectively and routed me to the correct person I needed to speak with to expedite my order. I'm not sure what happens if I have to do another round and what I would need to go through GHI as a returning customer. At this point, I would consider paying a little extra to go through GHI to assure the customer service (really nice people) and quality of the product. My best advice for newcomers is to review everything that GHI sends carefully, read the entire Dr. Simeon manuscript, and then call and talk to a customer service rep to review and fully understand their process. The best you are informed, the better you can take care of yourself through this protocol. Then, call and make sure GHI knows you want the hCG ASAP!"

### ***Transformations Medical Weight Loss***

<http://www.transformationsmedicalweightloss.com> 5 injections/week for \$25.

### ***Millennium Day Spa (Releana)***

[www.releana.com](http://www.releana.com) provides sublingual hCG through affiliated doctors.

### ***Daniel Oscar Belluscio, M.D.***

The hCG Obesity and Research Clinic in Argentina has been using a sublingual melt-away tablet with over 8,000 patients. To see results that he has gotten:

<http://www.hcgobesity.org/slideshow.htm>

### ***Weight Control of Texas***

[www.weightcontroltx.com](http://www.weightcontroltx.com) will give you shots to do at home. They say gorge for the first two or three days. The start up cost was \$225.00 and another \$60.00 to the doctor and then \$50.00 a week for shots. They have been doing this for 35 years. 210-614-9533 or Mary Myers at 512-847-2727. Requires lab work and an EKG. They follow Dr. Simeons' Protocol, but with a couple of minor changes. The doctor from the clinic went to Harvard, and she made the small changes. Instead of injecting 6 days out of the week, you only inject M-W-F with 250 IU and instead of 500 calories per day, you eat 750 calories per day. The nurse from the clinic said that they made these changes 15 years ago and everyone loses the same amount of weight as they would with the daily injections and 500 calories per day meals. I have not been able to verify that this assertion is true with any group members that have gone to this clinic so far.

### ***The Weight Loss Solution***

<http://www.hcgweightsolution.com> is a chiropractic practice that provides hCG through a partnership with a doctor. Husband and wife have both lost with hCG.

### ***Body Solutions Rx***

[http://bodysolutionsrx.com/weight\\_loss.htm](http://bodysolutionsrx.com/weight_loss.htm) hCG providing clinic in Colorado Springs, CO, called (95% of the clients are out of state) 1-877-873-4561

### **Dr. Grant Williams**

[www.thelifebalancecentre.com](http://www.thelifebalancecentre.com) This doctor added hCG to his practice because his wife lost 40 pounds on it, all from the right places.

### **Releana on the Internet**

[www.releana.com](http://www.releana.com)

Another clinic that offers Releana: <http://www.skinsuave.com/OralHCG.html>

## **Quick Clinic Comparison Chart**

<b>Differences/Clinics</b>	<b>NHW</b>	<b>GHI</b>	<b>Transformations</b>	<b>Releana</b>
Cost of hCG	Premixed injections, The start up fee and talking to Kathy and Noka anytime is \$149.00. The first six week protocol is \$426.50. Anything past that is \$59/week plus \$28.50 per shipment (whether it's one week or six). One person reports \$711 total for a 10-week round, including the required lab.	Premixed injections, \$305 for 6 weeks	\$50 a week for hCG and appetite suppressants  \$25 a week for hCG only	Premixed Sublingual, \$250 for 30 days
Cost of Required Labs	Cost of a CBC panel	\$250 labs and \$200 doc review	\$130	Unknown
Freeze hCG?	Yes	Yes	No, they don't even state to refrigerate.	No, but they do state to refrigerate.
Brand of hCG	Novarel	Abraxis	Unknown	Unknown

## Quick Program Comparison Chart

Differences/Programs	Simeons	Trudeau	NHW	GHI	Transformations	Releana
Calories per day allowed	500	500	800, three day load, or load for two days, then take one day off (still eating anything) then begin daily shots again, different food plan	No food plan, you eat what you want.	800, No load, different food plan with fat free foods, processed foods, margarine, and artificial sweeteners. NO coffee or tea. Also, they allow 1 can of diet soda a day, and frozen yogurt.	No-calorie drinks, 3.5-oz lean protein for lunch and dinner, a 3.5-oz serving of approved vegetable for lunch and a different one for dinner, 2 approved fruits per day. No starch, sugar or fat of any kind.
Grissini/Melba	Yes	No	No	Yes	Yes	No
Oranges	Yes	No	Yes	Yes	Yes	Yes
Shellfish	Yes	No	Yes	Yes	Yes	Yes
Broccoli/Cauliflower/Zucchini	No	No	Yes	Yes	Yes	Yes
Mix Vegetables	No	No, major typo in first edition	Two per meal	Yes	Yes	Yes
Organic	No	Yes	No	No	No	No
Cleanses	No	Yes	No	No	No	No
Skip a Day	Yes	Yes	Yes, two days	No	Yes, two days	No
Daily Dose	125IU	175-200IU	175IU	250IU	125IU	166IU twice
Stop During Period	Yes	Yes	Yes	Yes	No	No
Administration method	IM injection	IM injection	SC/SQ injection	SC/SQ injection	SC/SQ injection	Sublingual
Per Course Loss Limit	34 lbs or 40 lbs if obese	None	None	None	None	None
Per Course Day Limit	40 injections	40 injections	52 injections	40 injections	40 injections	None
Break length	6 weeks 8 weeks 12 weeks	3 weeks	2 weeks	2 weeks	3 weeks	None

### ***Blogs of people on this diet:***

<http://theprogressofbiz.blogspot.com/>  
<http://hcgweightlossresults.blogspot.com/>  
<http://hcgwillworkforme.blogspot.com/>  
<http://iamworthit.blogspot.com/>  
<http://fromfat2fab.blogspot.com/>  
<http://amyshcgjourney.blogspot.com/>  
<http://fatkidgoesskinny.blogspot.com/>  
[http://amiehcg.blogspot.com](http://amiehcg.blogspot.com/)  
<http://hcgrecipes.blogspot.com/>  
<http://hcg4lili.blogspot.com/>

## Ordering information

hCG is sold under many brand names. It may be known as: Choragon, Choriomon, Corion, Choron, Dinaron, Endocorion, Gonacor, Gonic, Hucog, Novarel, Ovidrel, Ovitrelle, Pregnyl, Profasi, Profasi HP, or Pubergen, APL. Here's a list of brand names for hCG:

<http://www.medclick.com/drugmanual/ShowBrands.asp?GenericID=371&Flag=0>

Brands of hCG from India would be Corion or Profasi made by Serono. Pregnyl, made by Organon is ordered from Europe/Greece. Lepori, made by Farma-Lepori, is from Spain. IBSA Choriomon is NOT made in Mexico, but is available at pharmacies there. It is from Switzerland.

### **Ordering information for hCG**

hCG for a 23-day round with dosage of 125 to 200 IU: 3 1500 IU ampoules

hCG for a 45-day round with dosage of 125 to 200 IU: 3 5000 IU ampoules OR  
6 1500 IU ampoules

### **Ordering information for IM injection supplies**

You may omit the extra needles in the orders listed below, if you wish. Because the needle will be dulled by the rubber stopper on the vial when you withdraw the hCG, many prefer to have extras so they can change to a new needle before injecting.

#### **For 5000 IU ampoules:**

- 1 box (100) of 25g-30g x 1" 3cc luer lock syringe and needle combo (The larger the needle gauge, the smaller the needle size). A smaller needle means less pain (25g-30g seems to be what most are going with).
- 50-100 extra luer lock 25g-30g x 1" needles
- 2 30cc sterile vials (amber preferred, but clear will do)
- 2 30cc syringes
- 2 30cc vials of bacteriostatic water

#### **For 1500 IU ampoules:**

- 1 box (100) of 25g-30g x 1" 3cc luer lock syringe and needle combo (The larger the needle gauge, the smaller the needle size). A smaller needle means less pain (25g-30g seems to be what most are going with).
- 50-100 extra luer lock 25g-30g x 1" needles
- 6 10cc sterile vials (amber preferred, but clear will do)
- 6 10cc syringes
- 2 30cc vials of bacteriostatic water

### **Ordering information for SC injection supplies**

#### **For 5000 IU ampoules:**

- 1 box (100) of 29g-33g x ½" 1cc luer lock syringe and needle combo (The larger the needle gauge, the smaller the needle size). A smaller needle means less pain (29g-33g seems to be what most are going with).
- 50-100 extra luer lock 29g-33g x ½" needles
- 2 10cc sterile vials (amber preferred, but clear will do)
- 2 10cc syringes
- 2 30cc vials of bacteriostatic water

**For 1500 IU ampoules:**

- 1 box (100) of 29g-33g x ½" 1cc luer lock syringe and needle combo (The larger the needle gauge, the smaller the needle size). A smaller needle means less pain (29g-33g seems to be what most are going with).
- 50-100 extra luer lock 29g-33g x ½" needles
- 6 10cc sterile vials (amber preferred, but clear will do)
- 6 10cc syringes
- 2 30cc vials of bacteriostatic water

The supplies above will provide you with enough materials to do one 45-day round. You can order less for a 23-day round.

For two 45-day rounds you will need to order:

- You should order the same amount of syringe/needle combos (100)
- 100 extra needles (instead of 50)
- Then double the amount of 10cc or 30ccc syringes
- Double the amount of sterile vials
- Double the amount of 30cc vials of bacteriostatic water

Ordering information for SL doses is found in the Sublingual section.

## Mixing hCG

### ***Helpful Notes Regarding the Preparation of hCG Diet Shots***

1 ml = 1 cc, which are both measures of volume, NOT a particular dosage of hCG

IU = international units, which are measures of dosage of hCG

Don't forget to keep hCG refrigerated after mixing. It can only stay potent for two or three days at room temperature.

### ***Preparing hCG injections for weight loss***

If your physician or clinic has given you a prescription for hCG for your weight loss protocol, this section may help with mixing and storing the hCG and self-administration of hCG shots.

### **On page 128 of Weight Loss Cure, KT states that hCG needs to be mixed fresh everyday. Is that true?**

No. It is impossible to mix daily unless you are sharing what you mix among many people. The ampoules don't come in small enough doses. The hCG stays potent at least 30 days after mixing, as long as it is kept refrigerated. KT is the only one to state that you must mix daily.

### **Can I reuse syringes or needles?**

You can NOT re-use syringes. They're cheap, so don't scrimp when it comes to your health. Depending on where you live, you may be able to buy them at a pharmacy. There are other reasons to self-inject besides being a diabetic. I have a friend who gives herself B-12 injections every week and buys her needle/syringe combos at a pharmacy. At Costco, a box of 100 costs \$27.50. Buy enough to last. Also buy extra needles to change to after drawing up the hCG so that you are not injecting with a needle dulled by piercing the rubber top of the vial.

## How do I decide on a dosage?

Discuss the dosage amount for your protocol with your health provider. Dr. Simeons' original hCG diet protocol calls for 125 IU daily doses. Kevin Trudeau has published a different protocol, calling for 175 IU to 200 IU dependent on various factors, including the amount of weight that needs to be lost. This issue was discussed at length in the FAQ earlier in this eBook.

Skipping an injection 1 day per week is recommended on the 43-day protocol in order to lessen the potential for immunity, and the skipped day should always remain on the same day of the week. Each injection should be given as near to the same time each day as possible.

The hCG dry powder that you purchase is measured in IU. You can dilute it to any concentration you desire, depending upon how much solvent you add. All of the dilution measurements are in either cc or ml, which are one and the same. e.g. If you dilute the 1500 IU hCG with a total of 12 cc (ml) of solvent (bacteriostatic water) then you will have a concentration of:  $1500 \text{ IU} / 12 \text{ cc} = 125 \text{ IU per cc}$ . In reverse, if you have a 1500 IU vial and want to mix a certain dosage (based upon injecting 1 cc/day), let's say 150 IU per day, then you would just take  $1500 \text{ IU} / 150 \text{ IU/day} = 10 \text{ days}$ . That would mean you would need to add a total of 10 cc (ml) total to the dry powder (usually you dissolve the powder using 1 cc of solvent and then add the rest of the solvent to the sterile vial after that).

You can adjust your dosage up or down, depending on how your body reacts to the dosage. Use logic and pick a starting point. If you're losing weight, then that level is working for you. If you're not losing weight (absent other factors such as cheating, sneaky sugar, accidental exposure to fats, etc.), then you may need to up the dose, or if already high, possibly lower it for better results. When changing doses, wait 3 days before switching again because it takes 3 days to kick in.

Just realize that if you decide to do 125 IU or less per day, you might have to throw away part of your batch at some point as the hCG becomes less and less effective as it deteriorates over a period of time -- a good reason to mix your own so that you can have it as fresh as possible.

## **Mixing**

First, make sure you have enough hCG ampoules on hand to complete the number of days that you plan to do, although you won't be mixing it all at once. Running out of hCG in the middle of a 43-day round would be an awful surprise when you are on a roll with the weight loss going well! There should be an expiration date printed on the ampoule containing the freeze-dried powdered hCG. Always check this date first and replace it if expired.

Gather all of your supplies before you begin. Required mixing materials: hCG in freeze-dried powder concentrate, injection safe bacteriostatic water, syringes for mixing with replacement needles, alcohol pads, and an empty sterile glass vial. The hCG is normally provided with a 1 ml ampoule of liquid solvent to be mixed with it; however, this amount is not sufficient for the hCG weight loss shots and should be discarded, **UNLESS YOU HAVE NOVAREL**. Novarel does come with a 30 ml bottle of bacteriostatic water. If you are getting a 10,000 IU vial of Novarel from the local pharmacy, you should be getting bacteriostatic water with it. A vial of injection safe bacteriostatic water is required **FOR OTHER BRANDS**. Bacteriostatic water that is safe for injecting can be found at your pharmacy if you have a prescription or at the same web sites that sell supplies. Although not harmful, it is considered best not to mix the two types of solvent. It is also considered best not to mix your finished solution in the Bacteriostatic Water vial, which is made of plastic. A glass vial is recommended for your hCG. For 175 IU doses, 30 ml of water is

needed. Bacteriostatic water preserves the mixed hCG for up to one month, IF KEPT REFRIGERATED. If there is solution remaining after your entire cycle of weight loss is complete, discard it. Its potency will become depleted over time and the potency time of hCG once it has been suspended in solution is uncertain.

### **Mixing Preparation**

hCG weight loss shots are prepared in a sterile environment. The area should be cleaned with bleach or alcohol and left to *air dry*. Mixing materials should be laid out in the sterile environment and hands should be washed with anti-bacterial soap. Hands should be dried with paper towels.

### **Opening the glass ampoule of the hCG powder concentrate**

Clean the top of the ampoule with an alcohol pad. When breaking an ampoule, do not use great force and do not squeeze tightly. You want it to break cleanly in the smallest part of the neck. If you look at the ampoule, you should see a small black dot at the neck (the bumped-in spot between the upper portion and the lower bottle portion). Before I switched to an ampoule opener, I put mine in a washcloth (to protect my hands) and just positioned it so the black dot is in the front under my thumb and held the lower portion in one hand and the upper portion in the other hand and break the ampoule at that point by applying pressure on the upper portion in a backwards direction (away from the black dot). If you look closely, you'll see a little chip or cut in the glass there. They give you a start by making a weak point in the ampoule without violating its sterility. You just apply pressure so that it "snaps" at that point like a twig. The black dot is there to let you know where the "chip" or break point is. Gently snap the ampoule in half as if it were a twig, while taking great care not to allow any bits of glass to fall into the ampoule. This is easiest to do if you keep your thumb toward the **bottom end** of the ampoule. If I tried to put pressure too close to the "neck" of the bottle, it wouldn't break open. Once you get the first one open, you will get the hang of it. It really does just "snap" like a little twig. You can practice on the liquid ampoules that came with it, that you will not be using. Also, BE CAREFUL not to cut yourself with the opened ampoule! It has sharp edges. When handling the ampoule after opening it, use a small plastic bag for disposal, cover it for swirling the hCG and liquid around, and never apply much pressure. Ampoule openers are available from [www.gpzservices.com](http://www.gpzservices.com) for \$7.50.

Some recommend using a filter syringe during the mixing process in case any microscopic bits of glass got into the mixture. In my experience, it is not difficult to avoid having bits of glass fall into the solution. If you are concerned, I recommend the purchase of a filter syringe for \$4.00: <http://www.researchsupply.net/filtration.html>

You use a large 30 or 40 cc syringe for the mixing process. Using a larger gauge needle just for mixing makes it much easier to withdraw several ccs of bacteriostatic water. The needles of the other smaller syringes will be too short to get near the bottom of the ampoule when withdrawing the solution. Don't worry; you will not be using these larger syringe(s) for your injections.

- Flip the outer metal top off of the bacteriostatic water.
- Sterilize the rubber top of the 30 or 40 cc sterile bacteriostatic water vial with a new alcohol pad.
- Sterilize the rubber top of a new sterile glass vial with a new alcohol pad.
- Using a 30 or 40 cc syringe, draw the [indicated amount](#) of sterile bacteriostatic water into the syringe.
- Replace the needle.

- Inject only 1 cc of this sterile bacteriostatic water into the hCG ampoule, slowly down the side of the glass, not allowing the needle to touch the glass. If the needle touches the glass, replace the needle before continuing to the next step. The powder will dissolve almost immediately, with a gentle swirling of the vial. DO NOT SHAKE.
- With a new 3 cc syringe, draw the 1 cc of hCG out of the ampoule.

Here are some tips for doing this step:

When I went to withdraw the hCG, I quickly realized that the needle was too short to reach the bottom of the ampoule. The ampoules are 2" deep and I have 1" needles. So I had to tilt the ampoule on its side to get the mixture close enough to withdraw and it took some time to get it all in the syringe. You don't want to miss any because it will affect the dosage formula of the mixture. I discussed the issue with an RN and she confirmed that you CAN invert the ampoule (turn it upside down) WITH the hCG in it and the mix will not come out. It is simple physics. The design of the ampoule creates a vacuum in the ampoule that prevents the mix from draining out. It sounds crazy and it is scary to do because you don't want to lose the hCG. But it works. NEVER insert AIR into the ampoule like you do when you withdraw from a vial. The inserted air breaks the vacuum and all the liquid will come out very fast. Just put the point of the needle in far enough to be in the liquid. Then draw back VERY SLOWLY. At the end, you may need to tilt the ampoule to get the very last drops. Again, practice with the solvent ampoule FIRST until you are comfortable with the process.

- Withdraw every drop of the hCG solution and inject it into the empty glass vial.
- Inject the rest of the sterile bacteriostatic water from the large 30 cc syringe into the new sterile glass vial containing the 1 cc of hCG that you just finished mixing.
- Each day you will take a 1 cc injection from this vial until it is time to mix again or until you reach the last day of your round of injections.

### **How to mix different amounts:**

#### **200 IU injections with a 5000 IU ampoule of hCG:**

25 cc of sterile bacteriostatic water is used, which results in 25 doses of 1 ml each. 1 cc of the mixture is drawn into a sterile 3 cc syringe for each injection, providing the 200 IU dose.

#### **175 IU injections with a 5000 IU ampoule of hCG:**

28.5 cc of sterile bacteriostatic water is used, which results in 28 doses of 1 ml each. 1 cc of the mixture is drawn into a sterile 3 cc syringe for each injection, providing the 175 IU dose.

#### **150 IU injections with a 5000 IU ampoule of hCG:**

33.3 cc of sterile bacteriostatic water is used, which results in 33 doses of 1 ml each. 1 cc of the mixture is drawn into a sterile 3 cc syringe for each injection, providing the 150 IU dose.

#### **125 IU injections with a 5000 IU ampoule of hCG:**

40 cc of sterile bacteriostatic water is used, which results in 40 doses of 1 ml each. 1 cc of the mixture is drawn into a sterile 3 cc syringe for each injection, providing the 125 IU dose.

#### **200 IU injections with a 1500 IU ampoule of hCG:**

7.5 cc. of sterile bacteriostatic water is used, which results in 7 doses of 1 ml each. 1 cc of the mixture is drawn into a sterile 3 cc syringe for each injection, providing the 200 IU dose.

#### **175 IU injections with a 1500 IU ampoule of hCG:**

8.5 cc of sterile bacteriostatic water is used, which results in 8 doses of 1 ml each. 1 cc of the mixture is drawn into a sterile 3 cc syringe for each injection, providing the 175 IU dose.

#### **150 IU injections with a 1500 IU ampoule of hCG:**

10 cc of sterile bacteriostatic water is used, which results in 10 doses of 1 ml each. 1 cc of the mixture is drawn into a sterile 3 cc syringe for each injection, providing the 150 IU dose.

#### **125 IU injections with a 1500 IU ampoule of hCG:**

12 cc of sterile bacteriostatic water is used, which results in 12 doses of 1 ml each. 1 cc of the mixture is drawn into a sterile 3 cc syringe for each injection, providing the 125 IU dose.

### ***Which syringes are used for hCG weight loss shots?***

The larger the gauge number, the smaller the needle's diameter. For example, a 21 gauge needle is thicker than a 29 gauge needle. The type of needle to use depends on whether you are doing subcutaneous (SC or SQ) or intramuscular (IM) hCG shots.

### ***Which kind of injection should I use?***

Dr. Simeons used IM, but some people report success with SC as well. Following are several clinical studies that show the findings about the differences. Part of these studies is a measurement of hCG levels in follicular fluid, which is a fertility treatment issue and not something we're concerned with for weight loss. Blood (serum or plasma) levels and bioavailability are the most important things for us.

For drugs like epinephrine, which need to be absorbed quickly if someone is having a severe allergic reaction; IM in the thigh has been proven to give the highest level of plasma concentration of epinephrine.

In a study specifically done with hCG, they injected both obese and non-obese women with hCG. They first gave everyone subcutaneous injections, then 4 weeks later gave them IM injections. They found that the plasma concentration and bioavailability of hCG was much higher after the IM injections. <http://humrep.oxfordjournals.org/cgi/content/full/18/11/2294>

More references that IM is faster absorption: <http://www.jem.org/cgi/reprint/13/3/328.pdf> and <http://care.diabetesjournals.org/cgi/content/abstract/13/1/74>

However, this study found exactly the opposite results: **Subcutaneous versus intramuscular administration of human chorionic gonadotropin during an in vitro fertilization cycle** *Fertility and Sterility, Volume 79, Issue 4, April 2003, Pages 881-885*

James R. Stelling M.D., Emily T. Chapman B.S., David Frankfurter M.D., Doria H. Harris Ph.D., Selwyn P. Oskowitz M.D.

*Abstract:* Objective: To confirm that hCG levels in follicular fluid and serum would be comparable between IM and SC administration of purified hCG. Design: In a prospective study, serum and follicular fluid levels of hCG after an IM or SC injection of 10,000 IU of hCG were evaluated 36 hours after injection, that is, at the time of oocyte retrieval. Setting: This study was carried out in a university-affiliated IVF program. Patient(s): Forty women undergoing oocyte retrieval were entered into the study at the time of egg retrieval, that is, 36 hours after hCG administration. Intervention(s): SC or IM injection of hCG. Main outcome measure(s): Serum and follicular fluid concentrations of hCG were evaluated 36 hours after injection at the time of oocyte retrieval. Result(s): There was a significantly higher serum hCG level in the SC group ( $348.6 \pm 98$  IU/L) vs. the IM group ( $259.0 \pm 115$  IU/L) and a significantly higher follicular fluid hCG level in the SC vs. the IM group ( $233.5 \pm 85$  vs.  $143.4 \pm 134$  IU/L).

Conclusion(s): After purified hCG administration via the SC route, both serum and follicular fluid levels are greater compared with the IM route. Presented at 55th Annual Meeting of American Society for Reproductive Medicine, Toronto, Ontario, September 28, 1999.

[http://www.ncbi.nlm.nih.gov/sites/entrez?cmd=Retrieve&db=PubMed&list\\_uids=12749424&dopt=AbstractPlus](http://www.ncbi.nlm.nih.gov/sites/entrez?cmd=Retrieve&db=PubMed&list_uids=12749424&dopt=AbstractPlus)

And this one says that the absorption is the same:

<http://humrep.oxfordjournals.org/cgi/content/abstract/13/6/1461>

This one with men and hCG states that SC is slower absorption than IM, but that the half-life is longer, and the steroidogenesis (production of steroids by living organisms) responses make them equally effective for that purpose:

[http://www.ncbi.nlm.nih.gov/sites/entrez?cmd=Retrieve&db=PubMed&list\\_uids=1712735&dopt=AbstractPlus](http://www.ncbi.nlm.nih.gov/sites/entrez?cmd=Retrieve&db=PubMed&list_uids=1712735&dopt=AbstractPlus)

Here's an excerpt from a study about injections in general:

### **Pharmacokinetic Comparison of SC and IM injections**

Several factors affect the systemic absorption of a drug following parenteral injection. Among the most important factors is blood circulation to the site of absorption (Wilkinson, 2001). Increased blood flow caused by local application of heat or massage will increase the absorption rate. Conversely, decreased blood flow caused by various disease states or vasoconstrictive agents can decrease the absorption rate. Furthermore, the surface type exposed to drug (for example, stomach, intestine, airway/lungs, skin, subcutaneous tissue, muscle) influences where absorption occurs (Wilkinson, 2001). This area of absorption is determined by the route of drug administration.

The absorption rate with **SC** injection is constant and **slow** enough to allow a sustained pharmacodynamic effect (Wilkinson, 2001). Blood supply in the SC area affects absorption, so the more proximal the capillaries are to the site of administration and the more numerous the capillaries, the faster the absorption of the drug. All drug products cross capillary membranes at a faster rate than they cross other tissue membranes (Ansel et al., 2004).

While drugs may be absorbed **quickly** following **IM** injection, the absorption rate depends on blood flow at the injection site. Joggers, who have greater blood flow to their legs, may experience a much faster rate of absorption of a drug injected into the thigh than if the same dose were injected into another muscle (Ansel et al., 2004; Wilkinson, 2001). **The absorption rate of an aqueous drug administered in the deltoid or vastus lateralis generally is greater than that following injection into the gluteus maximus (Wilkinson, 2001).** Blood flow to a muscle can affect the absorption rate of drugs administered by IM injection. Decreased blood flow can reduce the absorption rate (DeWit, 2001; Perry & Potter, 2004). In addition, the decreased muscle mass of many older adults may result in faster absorption of drugs delivered by IM injection (AstraZeneca Oncology, 2003; DeWit, 2001; Perry & Potter, 2004).

#### References

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Source: [http://findarticles.com/p/articles/mi\\_m0FSS/is\\_2\\_14/ai\\_n17209134](http://findarticles.com/p/articles/mi_m0FSS/is_2_14/ai_n17209134)

<b>Comparison of Injection Methods</b>			
Abbreviation	SC or SQ	IM	IV
Full Name	SubCutaneous	IntraMuscular	IntraVeneous*
Absorption rate	slow	faster	nearly immediate
Gauge of Needles	29 to 33 gauge	25 to 30 gauge	N/A
Usual Length of Needles	1/2 inch	1 inch or 1 ¼ inch	N/A

\*hCG shots are NOT given intravenously.

<b>Subcutaneous Advantages</b>	<b>Intramuscular Advantages</b>
Greater area for target injection sites.	Can give greater volume of drug product (2 to 5 ml as compared to 1 ml for SC).
Fewer landmarks required for targeting injection sites.	Drugs irritating to SC tissue may be given IM.
Shorter needles can be used (3/8 to 5/8 inch compared to 1 to 2 inches for IM).	
Readily self-administered.	
Muscle mass not an issue.	
Less discomfort and inconvenience for patients with neurological disease or limited mobility.	
Better safety profile.	

### **Subcutaneous Injections**

SC syringes can be as small as 1 cc (ml). Needles are 29 to 33 gauge.

Needle angle should be 45 degrees, to inject into fat rather than muscle.

### **Intramuscular Injections**

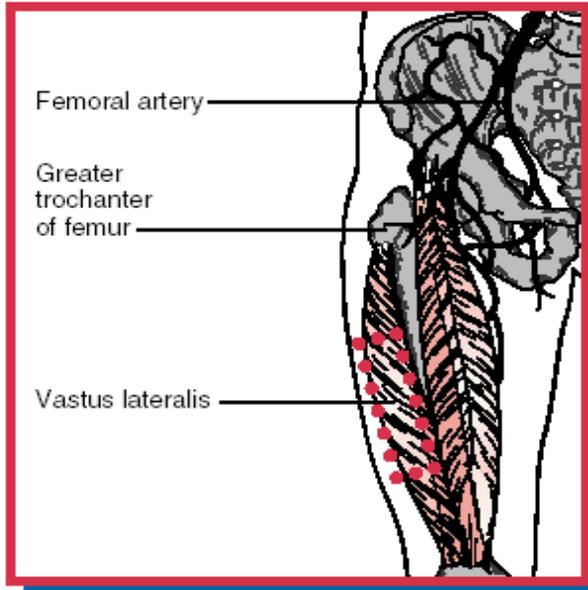
The IM syringe size needed is 3 cc (ml). Some people have reported less stinging with IM when using 25 or 27 gauge than with 30 gauge needles.

Needle angle should be 90 degrees, (straight in). Otherwise it is likely to enter subcutaneous tissues instead. (Length of the needle is chosen based on the amount of subcutaneous tissue that must be penetrated to reach muscle.)

Use only the following sites for IM. Stomach muscles are too thin (even in most muscle builders), calves may be large, but normal path of blood vessels and nerves are unpredictable.

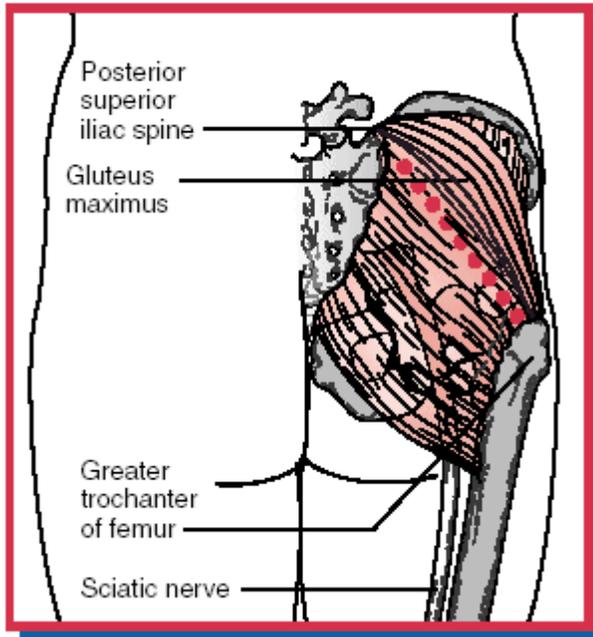
A 1 ½" needle for the arm or leg is quite long unless you have a good bit of subcutaneous tissue (fat) in that area. To check, pinch the fat on the front of leg and arm (not the back of the arm, the side of the arm, deltoid muscle) to see how much you have. If you can easily feel muscle, use a 1" needle, if you can pinch an inch or more of tissue and cannot feel muscle, then the longer needle is okay. You don't want to hit bone or blood vessels. Also, you don't have to insert the needle all the way to the hub of the needle. (For those that don't know what the hub is, it's where the needle meets the syringe).

Vastus lateralis site



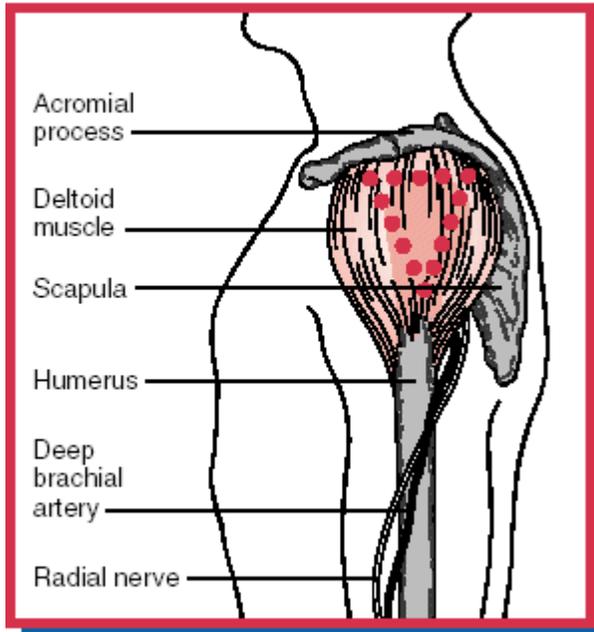
The outer thigh is the spot most used for self administered injections. Notice that the target muscle is at the outside of either thigh. Injecting in the top of the thigh could hit nerve, major blood vessel, or bone.

Dorsogluteal site



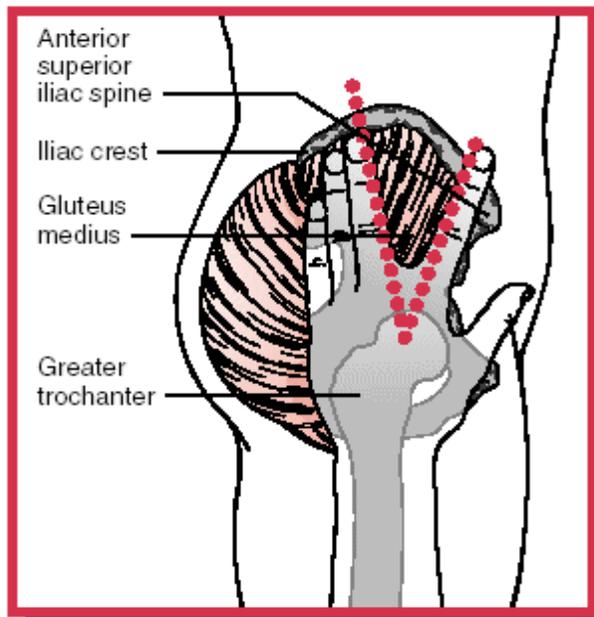
Upper outer quadrant of the gluteus maximus muscle is the largest muscle, so least likely to hit a nerve. But there is a very important nerve, (sciatic), running through it. So be sure to aim below the hip bone but still high and to the side of the hip. Shots in the hip should NOT be in the middle of the hip.

### Deltoid site



Deltoid site in upper arm is a triangle shaped area of muscle. This site is hard to use on yourself but one of the safest if you have some one to give the shot to you. Also, usually allows the smallest needle.

### Ventrogluteal site



Upper side hip, or ventrogluteal site, is a good site IF you can find the landmarks --- placing index finger on the hip bone at the front side of the hip, and the second finger at the hip bone nearer the back. The injection should only go inside the V shape your fingers make once in this position. Nurses hate using this site except on the most athletic and thin patients, so they are certain they are in the right place. **Not recommended for self injection.**

## Injecting hCG

If your clinic or physician has sent you home with pre-mixed hCG for your weight loss protocol, these tips may help with self-administration of your hCG shots. Most of us were nervous about self-injecting. And we all got over it once we did the first shot. It's far easier than we thought and most comment "It didn't hurt at all," or "I didn't even feel it."

What helped me was doing the EFT tapping for it since EFT works for phobias very well. Try [www.emofree.com](http://www.emofree.com) or search EFT on YouTube for videos that you can follow along with. It will decrease your anxiety tremendously! It takes only 5 minutes to learn it and use it for your needle/injection phobia and it was well worth the time.

Self-injection tips can also be found in the following PDF file, illustrations, and videos:

### PDF

These instructions are for fertility doses, so don't follow the mixing instructions:

[http://www.villagepharmacy.com/stuff/contentmgr/files/4d1875074c8b5fa1851730e53805051e/pdf/18\\_19\\_20.pdf](http://www.villagepharmacy.com/stuff/contentmgr/files/4d1875074c8b5fa1851730e53805051e/pdf/18_19_20.pdf)

### Illustrations for IM

Click on Thigh, Delt, and Glute only. <http://www.spotinjections.com/index3.htm>

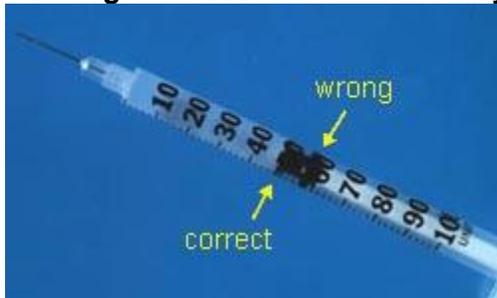
### Videos

SC: <http://www.mayoclinic.com/health/diabetes-treatment/MM00403>

IM: <http://www.operationalmedicine.org/Videos/IM.htm>

IM: <http://www.youtube.com/watch?v=VV04lvJaWWg>

### Reading the Measurement on the Syringe



I wasn't sure how to read the measurements on a syringe and this photo helped. You read from the line closest to the pointed end of the plunger. Pay no attention to the .5 cc (ml) dosage being measured in the photo, since you will most likely be injecting 1 cc (ml).

Try to minimize the time that the finished solution is left out at room temperature. When you prepare your daily injection, fill your syringe and replace the hCG vial back in the refrigerator quickly. Alcohol wipes are necessary for cleaning the top of the vials, the ampoules, and to clean the injection site.

The vial has a vacuum in it. You need to put as much air into the vial as the amount of liquid you want to draw out:

- pull back on the plunger to whatever dosage you are planning on using
- turn the glass vial of hCG upside down

- insert the needle into the center of the rubber top of the vial
- inject the air into the glass vial
- keep the vial upside down while you withdraw the solution
- draw out a bit more than what you need and then inject the excess back into the vial before withdrawing the needle
- do not touch the needle
- put the cap back on the needle
- let your dose warm up to room temperature

It is recommended that you change the needle after you draw out your daily injection from the hCG vial. This is due to the fact that the needle will dull up to 50% when it pierces through the hard rubber top of the vial. A new SHARP needle will cause you less pain when injecting.

Before switching needles:

- draw back a tiny bit to draw the solution out of the needle
- remove that needle while keeping the syringe tip pointed up
- pull back on the plunger to bring more air into the syringe
- flick the syringe while pointing the needle end at the ceiling to remove any bubbles or air
- push out all the excess air
- put on a new needle to use for injecting

### ***Easing the discomfort of hCG injections***

Allow medications that have been refrigerated to warm to room temperature before injection, for less pain. It helps to put the filled syringe under your arm for about five minutes to warm it more quickly. If you are too busy flailing around trying to get ready for work, and your armpit is not a safe place to warm the syringe, place the cap back on the needle to keep it sterile, and then rest the syringe on top of your warm coffee/tea cup and hop in the shower. When you get out of the shower, the hCG is a perfect temperature.

Clean the selected injection area with an alcohol swab in a circular motion, from center out. Allowing the alcohol to air dry before injecting will somewhat ease the discomfort of the shot so that it will sting less.

Pinching the skin and pulling it out gently can also provide distraction to your nerves so that you do not feel the needle.

Relaxing the muscles also reduces pain. Relax the muscles prior to injection. It is true that this is often difficult when injecting yourself because we tend to tense up. To relax the glutes, stand and put most of your weight on the opposite leg in a relaxed tip-toe stance or bend your leg slightly on the side where you are injecting. For the arm, hold it at a 90 degree angle. If you are injecting into your thigh, be sitting down.

You can also apply ice to numb the location prior to injection.

### ***Injecting procedure:***

1. Select a site and cleanse the area (about 2 inches) with a fresh alcohol pad, or cotton ball soaked in alcohol.
2. Wait for the site to dry.
3. Remove the needle cap.

4. Check for an air bubble. Point the needle straight up and flick the syringe with your finger to move any air bubbles to the top, and then slowly depress the plunger to remove any air. You will see the air travel up and then see a drop of solution form at the tip of the needle.
5. Hold the syringe the way you would a pencil or dart. Some people prefer the quick motion shot, while others prefer resting the needle on the pinched skin and pushing it through in a smooth motion. You do not need to insert the entire needle if not necessary to do so in order to reach muscle when doing IM. Insert the needle at a 90 degree angle for IM (using a longer needle) or 45 degree if SC. If you are doing it IM, then inject at 90 degrees to the skin (and either use a shorter needle or don't insert it as far).
6. Aspiration: Hold the syringe with one hand. With the other---if able, if not, use the one hand the best you can---pull back the plunger very slightly to check for blood. If you see blood in the solution in the syringe, do not inject. Withdraw the needle and start again at a new site with a "new" needle—change the needle. If you do not see blood, slowly push the plunger to inject the medication. Press the plunger all the way down. Inject the medication quickly or slowly, whichever is more comfortable for you.
7. Remove the needle from the skin and gently hold an alcohol pad on the injection site. Do not rub. It is not abnormal to see a small amount of bleeding at the injection site. Direct pressure with your finger or a cotton ball or swab will stop the bleeding and prevent bruising of the skin. Hitting little capillaries is easy to do and there are no side effects. If you bleed or bruise after the injection, that is usually because you pierced a very small blood vessel with the needle on the way to the muscle. It doesn't mean the tip of the needle was in the blood vessel when you injected. If you pull back on the plunger and no blood returns in the syringe, you are not in a blood vessel. Slight swelling, redness, burning, or itching is not uncommon and should subside shortly.
8. Immediately cap the needle and put the syringe/needle into the disposal container.

If you forget the aspiration step and put it in the vein by accident, it would be metabolized faster, and so maybe you wouldn't have a longer term (24 hour) effect. (This is the main reason you should be make sure you are not in a vein by aspirating for blood.) Second, IF you are in a vein, and you inject a WHOLE LOT of air (not just the tiny specks of bubbles, but multiple ccs of air), then the air in the vein could cause a problem in the heart. Finally, if you are unlucky enough to have a ventral septal defect in the heart (hole between the two bottom chambers) and inject air into a vein by accident, even in smaller amounts such as one whole cc of air, then it could go straight to the arterial system and to the brain, causing possible injury to the brain.

I'm not saying that you should ever intentionally inject air into your veins, but your body can absorb quite a bit. In fact, [www.emedicine.com](http://www.emedicine.com) states that more than 5 ml per kg is needed to cause significant complications, although it states that as little as 20 ml (around the amount of air in an unprimed IV line) has been reported to cause some problems. Large amounts (of between 100 to 300 ml) have allegedly been fatal.

I listed all of the very worst, very unlikely, possibilities. It's hard to even imagine a scenario in which you would have an accidental serious injury if you didn't aspirate and check for blood in the syringe (there's no way that you are going to be injecting a whole cc of air), but you do want to make sure the hCG goes where you intend so that you get the effect we want, based on the rate of absorption.

## Rotating Injection Sites

It is very important to rotate injection sites, to avoid [cellulitis](#) or [abscesses](#). Do not use the same site for injections each time. Rotate your injection sites in a regular pattern. You should be at least 1 ½ inches away from the last injection site. Jot down on your calendar where you gave you last shot. This will help prevent giving the shot in the same place too soon.

### What people are saying...

"I am an RN and I have a few items for advice. Abscesses are not only caused by bacteria, but also can be caused by repeated injections into the same area, known as a sterile abscess. This type of abscess has nothing to do with oil- versus water-based solution, pH, or viscosity of the solution. Although those things are to be considered when choosing an injection site, it is not the only factor! I have seen sterile abscesses form from repeated injections into the same site from insulin and even allergy injections! It is important NOT to inject into the center of the buttock as you could easily hit or damage the sciatic nerve."

## Storing hCG

The package inserts give storage temperatures for both the powdered hCG in and for mixed hCG. Once mixed, both Pregnyl and Novarel (the most widely available brands of hCG) are to be stored at 36-46 degrees.

### *How long is mixed hCG potent?*

The package inserts state 30 days if kept refrigerated.

[http://www.ferringusa.com/fertility\\_products/insert\\_novarel.htm](http://www.ferringusa.com/fertility_products/insert_novarel.htm)

[http://www.follistim.com/Images/New%20Pregnyl%20PI\\_tcm643-169249.pdf](http://www.follistim.com/Images/New%20Pregnyl%20PI_tcm643-169249.pdf)

However, probably the most reliable data would come from the ELISA standards for measuring free hCG used in controlled experiments. For storing hCG controls, the study designers state: "Reconstituted [hCG] standards should be stored sealed at 2-8 degrees C, (36-46 degrees F) and it will be stable for at least two weeks at that condition." Since these are controls, they have to have stable hCG levels, so we know it's good at least 14 days in a cool, dry place, probably only found in the refrigerator.

Mixed hCG is stored in a sterile sealed glass vial (amber is preferred to block the light) because elements DO affect the potency. Air exposure, light exposure, heat, and extreme cold (freezing) will damage the structure of the proteins in the hCG. It is not recommended, as some clinics do, to pre-fill syringes. Draw out your dosage just before you are ready for injection to minimize exposure to air and light. You can test your hCG solution by putting some drops of it on a pregnancy test to see if it is potent.

### *Can Pregnyl be frozen to prolong its potency?*

Pregnyl cannot be frozen. It states this specifically on the package insert. The Novarel insert does not include freezing temperatures in the storage instructions. Freezing can damage the protein. When a protein such as hCG is frozen or heated, the bonds are broken that hold the protein's shape, which disrupts the structure of the molecule, which causes the protein to become biologically inactive. One of my support group members learned this fact in pre-nursing courses. It was also brought up again in her pharmacology course in reference to insulin (which is also a hormone and a protein) and storage of it. It was taught that if it were frozen, it would need to be thrown away and a new vial that had not been frozen would need to be used. Once you freeze a protein, it's no longer viable. I have confirmed this information with both a doctor

and a pharmacist. Since hCG is a hormone with a specific molecular structure, freezing would fracture this structure and make it inactive. Another support group member had two separate stalls of more than 5 days because of frozen hCG, so I wouldn't chance it. I know that various companies and clinics that provide hCG instruct customers to freeze their pre-filled syringes and then thaw them for use, but this is in direct contradiction to the storage instructions for the drug. If you do decide to freeze your hCG, it is important not to thaw them at room temperature. Put them in the refrigerator to thaw. Freezing protein is a tricky business:

<http://pubs.acs.org/cgi-bin/abstract.cgi/bipret/1997/13/i05/abs/bp970081b.html>

<http://www.research.cornell.edu/VPR/CWC192-06/lib/pdf/tech.pdf>

Mixed hCG should be stored at refrigerator temperature (36-46 degrees Fahrenheit). Store the unmixed ampoules of powder at room temperature between 59-86 degrees away from light and moisture. If you are at all concerned about how long the hCG will last in the fridge, then here is a suggestion. After injecting on day 23, throw out the remaining mixed hCG and mix a new batch the next morning for the remaining days. This way each batch is only in the fridge for 23 days maximum. Since you are going to be using both ampoules anyway, and then throwing out what is left over at the end, this is a way to ensure potency.

### **Safety Tips for discarding syringes and needles**

**Consider using self-sheathing needles for your protection and others. DO NOT REUSE NEEDLES.** Needles should be disposed of in a safe manner. Puncture resistant containers, called Sharps containers, can be purchased online, through medical supply stores, and some pharmacies, including Costco.

Some cities offer free Sharps containers/disposal at certain centers. Check with your city on proper disposal. You can also get free sharps containers from here:

<http://iprc.mckesson.com/sharpsorder/ra/appSecSharpsOrderFormReq.jsp>

If Sharps containers are unavailable, place used needles in a thick container such as a plastic drink bottle or a liquid laundry detergent container, seal with a lid, label as a bio-hazard, and discard in the trash. **NEVER discard syringes with needles directly in the trash, as the needle cap could come off and cause a waste collector concern and an unnecessary HIV test.**

### **Eating Organic**

Here is what my hCG diet support group friend Kay Fielding says, and I agree with her: "There are some that believe as KT does that you need to use organic foods. Some do not believe in that. Although I have used some or mostly organic fruit and meat, I have found when I did not, I lost just as well. Of course, most people suggest that organic food is better for you because it lacks chemicals. But on the other hand, not doing the diet is worse than using non-organic because obesity is a great factor in heart attack and many other physical issues that cost years off your life. You don't have to eat organic, but some believe that you have a greater chance to reset your hypothalamus permanently if you do."

You won't find Dr. Simeons telling you to eat organic. You have to remember, he did this in the 50's, 60's, and 70's and in Rome. (At that time, even US food did not have all the toxins that it does today). Even today, the Europeans do not add all the hormones and antibiotics to their livestock and I believe that is one of the reasons why it is North Americans that are so obese. I believe that if you continue to ingest all the chemical pesticides, toxins, growth hormones, and antibiotics, you'll only gain back every thing you lost in a couple of years. After de-toxing and

losing the weight, I don't want to have to do it all over again. I am encouraged by the increased availability that I see now in organic foods, brought on, no doubt, by consumers demanding it. Regarding the increased costs of eating organic, the average cost increase is 15% - 30% depending on location.

I know that in this day and age it is impossible to eat only organic and there will be times that I will eat non-organic food, such as in restaurants, but why over stress my system on a regular basis? That being said, ultimately, it is your choice.

### ***What does organic mean?***

100% organic, that's the best. The next is probably certified organic, then organic and last would be made with organic, which means next to nothing.

### ***How can I tell if produce is organic?***

PLU Produce Codes [www.PLUcodes.com](http://www.PLUcodes.com)

[http://www.innvista.com/health/foods/plucodes\\_abc.htm](http://www.innvista.com/health/foods/plucodes_abc.htm)

9=organic; Add a '9' in front of the four digit PLU code. An organically grown standard yellow banana would be '94011'.

8=GE; Add an '8' in front of the four digit PLU code. A genetically engineered standard yellow banana would be '84011'.

[http://www.plucodes.com/docs/IFPS-plu\\_codes\\_users\\_guide.pdf](http://www.plucodes.com/docs/IFPS-plu_codes_users_guide.pdf)

### ***What is a GMO?***

A genetically modified organism (GMO) is a plant, animal or microorganism whose genetic code has been altered (subtracted from, or added to either the same species or a different species) in order to give it characteristics that it does not have naturally.

Scientists can now transfer genes between species that otherwise would be incapable of mating, for example, a goat and a spider. This is what we call transgenesis. Little is known about the long-term effects of such manipulations on humans, plants, animals and/or the [environment](#). And while some see GMOs as the way to the future, others believe that scientists have gone too far, tinkering with the essence of life.

### ***What is the difference between “all natural” and “organic”?***

**All natural** refers to no additives and *is based on testimony of the producer*. **Organic** means the product comes from at least 90% organic ingredients, but **100% organic** means 100% of the ingredients are organic. **Certified organic** must come from animals whose parents were certified raised organic and raised from birth on organic land. They must be fed organic crops. The land cannot have been sprayed with pesticides, herbicides, fungicides, or synthetic fertilizers for a minimum of 3 years prior to certification. No animal byproducts may be fed to certified organic animals. No genetically engineered organisms (GMOs) may be used in feed or the animals. The product to be certified must be documented from birth to purchaser for traceability and verification. Antibiotics cannot be used in organic meat.

### ***What is the difference between all the different types of meat?***

I did some research on meat and spoke to my butcher. This is the information that I received.

- **Regular beef** is usually kept very contained and fed hormones, antibiotics and supplements as well as grains, and ground-up animal by-products. Most of the animal by-products are

from animals that were sick and not fit for human consumption. (Cows are not supposed to eat meat!!) Since the animals are contained, they don't get any exercise and toxins aren't able to be released from their bodies.

- Some animals are given all the hormones, antibiotics, and supplements as well as the grains and animal by-products but allowed time to roam free. In my area this is called **free-range meat**.
- **All natural beef** starts its life as regular beef but is allowed to roam free in the fields and is not given any hormones, antibiotics, or supplements for at least the last few months of its life. It is still fed grains. It's better than regular beef.
- **Organic beef** is never given any hormones, antibiotics, supplements etc. Neither have their parents. They are never given any feed that is grown with the use of pesticides or chemical fertilizers. (The ground can't have been sprayed for at least 3 years where the feed is grown.) The animals are treated by natural methods if they become ill. If that doesn't work and the farmer needs to use an injection to cure the animal, it is labeled and sold as regular beef. These animals are free to roam their entire life. They are also fed grains.
- **Grass fed only organic beef** is never fed grains. They eat in the fields and are fed hay when weather doesn't permit them to free graze. The proven benefits of eating "Grass-Only Beef" include: less fat, fewer calories, more Omega-3 fatty acids, a healthier ratio of Omega-6 to Omega-3 fatty acids, more Conjugated Linoleic Acid (CLA), more Vitamin E and higher levels of beta-carotene. This is the best meat.

**Where to shop:** While superstores like Wal-Mart, Target, and KMart are continually expanding their organic foods sections, you will find larger varieties at all-natural grocery stores such as Whole Foods, Alfalfas, Wild Oats, and even local farmer's markets. Another option that dieters rarely think of, are international markets. Asian food markets often have extensive organic sections, as do Latin markets. You can also use this handy online resource to locate the purest foods in your area, hormone free meats, organic food etc:

<http://westonaprice.org/localchapters/index.html>

You also may be getting lots of toxins from [what you put on your skin](#). This article states that we absorb close to **five pounds** of chemicals a year from daily makeup. To assess a particular product's ingredients, you can use [www.cosmeticdatabase.com](http://www.cosmeticdatabase.com), which provides a grading on how harmful that ingredient might be in addition to any studies, side effects, complaints, and list of existing products where you find the ingredient in question.

Here is a tip for everyone not eating organic – use Veggie Wash. It is natural, grapefruit oil (which is allowed on the diet – but needless to say you wash it off anyway). It is supposed to remove something like 98% of all pesticides, etc. And while you are at it – tell everyone you know about it - especially those with children as their little bodies are even more sensitive to those chemicals. You can find it in grocery stores, health food stores, Wal-Mart – and online. [Citrus Magic - Veggie Wash 16 oz - Kitchen Products](#)

## Sweeteners

On page 63 of the original text, Dr. S says "In many countries specially prepared and low calorie foods are freely available and some of these can be tentatively used."

In fact, when the first support group for refined carbohydrate addiction was formed, it was believed that saccharin did not cause a reaction like refined carbohydrates. Specifically, it was believed that it did not trigger the pancreas to release insulin because saccharin does not convert to glucose in the bloodstream. However, Dr. Nancy Appleton, a prominent nutritionist, has a different view:

'In a number of laboratory tests, rats were given saccharin. Their bodies were fooled into thinking the sweetener was sugar, and they produced a boost of insulin. This is one reason why artificial sweeteners are poor aids for weight watchers and sugarholics; they are not good substitutes for sugar.' Appleton, Nancy, Ph. D., *Lick the Sugar Habit*. (Garden City Park, NY: Avery Publishing Group.1996) 178.

Xylitol is a sugar alcohol, like maltitol, mannitol, etc. I would think that it would be self-limiting, in that it will give you loose stools if overused. However, I would not use it for Phase 2, because it is not zero calorie, only low-glycemic. Same for erythritol, which is a better choice for Phase 3 in that it is the only sugar alcohol that doesn't have that side-effect with overuse.

### ***So what SHOULD we use for a sweetener?***

I use only Stevia as a sweetener-- it will really benefit you to give up Splenda, Aspartame, and MSG (in their many forms and hidden names on the label). They all make you hungrier and fuel addictions, not to mention other terrible effects: [Excitotoxins: The Taste that Kills](#)

### **Safety of Stevia**

Here's the most recent research to answer the question, "Is stevia toxic?" According to a study published in 2003 in the *Phytochemistry* journal, "Acute and subacute toxicity studies revealed a very low toxicity of Stevia and stevioside." [Read the abstract for yourself at PubMed.](#)

Scientists who have studied Stevia state that it is safe for human consumption. It is even safe for diabetics. Stevia is a dietary supplement that is "0" on the glycemic index because it contains fiber and is suitable for all people, including diabetics. This brief review of the Stevia plant and its worldwide uses in no way constitutes an endorsement of such uses. At this time the FDA permits Stevia to be imported, labeled and sold only for its approved use as a dietary supplement and in skin care.

Dr. Daniel Mowrey has a Ph.D. in experimental psychology and owns a company called American Phytotherapy Research Laboratory near Salt Lake City, UT, where the main activity is to investigate the medicinal properties of plant materials, their safety, and efficacy. He has written a book entitled [The Scientific Validation of Herbal Medicine](#).

From an article titled LIFE WITH STEVIA; HOW SWEET IT IS! by Dr. Daniel Mowrey, Health Store News - Rolling Press Feb/March 1994:

"Safety Information: One of the most obvious indications of the safety of stevia is that there have never been any reports of ill effects in over 1500 years of continuous use by Paraguayans. A similar indication of safety is the observation that despite over ten years of widespread use of

stevioside as a sweetening agent in Japan, years in which literally scores of tons of stevioside were ingested, not a single report of side effects of any kind has been reported. Compare that record to the track record of aspartame, which is the number one source of consumer food complaints made to the FDA." "Safety Data Conclusions: One might reasonably ask, based on these toxicological data, why efforts to make stevia the sugar substitute of choice in the United States and Europe have failed so miserably, and why, in fact, individuals who have attempted to produce high quality stevia liquid extracts in the United States have been threatened with prosecution. Here we have a plant, totally innocuous, posing no threat to human life and health, holding out in fact great hope for the production of a non calorie sweetener with the promise of incredibly important health benefits, yet is being systemically suppressed by bureaucrats who are apparently being backed by large money interests. Perhaps the time has arrived for consumers to begin insisting on their right to freely use this fine, delectable plant from Paraguay." Dr. Mowrey

<http://www.healthysopping.com/SweetLeaf/AllAboutStevia.asp>  
<http://www.healthysopping.com/SweetLeaf/SteviaSugarEquivalents.asp>

Stevia Cookbooks

[https://www.healthysopping.com/stores/cart.asp?itemnumber=SL\\_Recipes](https://www.healthysopping.com/stores/cart.asp?itemnumber=SL_Recipes)  
<https://www.healthysopping.com/stores/cart.asp?itemnumber=COOK-7>  
<http://www.steviasmart.com/stclfl.html>  
<http://steviasmart.com/inonapreye.html>

### ***Dangers of High Fructose Corn Syrup***

Read your labels and NEVER buy anything with this ingredient!

Bray, George et al. [Consumption of high fructose corn syrup in beverages may play a role in the epidemic of obesity.](#) *American Journal of Clinical Nutrition* Vol. 79, no. 4, p. 537-543, April 2004.

List of foods containing HFCS:

[http://www.accidentalthedonist.com/index.php/2005/06/09/foods\\_and\\_products\\_containing\\_high\\_fru](http://www.accidentalthedonist.com/index.php/2005/06/09/foods_and_products_containing_high_fru)  
[ct](#)

HFCS article: <http://sfgate.com/cgi-bin/article.cgi?f=/chronicle/archive/2004/02/18/FDGS24VKMH1.DTL>

You can also view Sweet Misery online here: [http://video.google.com/videoplay?docid=-566922170\\_441334340](http://video.google.com/videoplay?docid=-566922170_441334340)

List of HFCS-Free Foods: <http://no-hfcs.tripod.com/>

## MSG

### ***MSG Causes Obesity***

Do you know how researchers create obese rats for experiments? Well, it is pretty easy to do: you just give them MSG. Here are some research studies to show how common this knowledge is among scientists: <http://www3.interscience.wiley.com/cgi-bin/abstract/77004334/ABSTRACT>

The [monosodium glutamate \(MSG\) obese rat](#) as a model for the study of exercise in obesity. Gobatto CA, Mello MA, Souza CT, Ribeiro IA. Res Commun Mol Pathol Pharmacol. 2002.

Adrenalectomy abolishes the food-induced hypothalamic serotonin release in both normal and [monosodium glutamate-obese rats](#). Guimaraes RB, Telles MM, Coelho VB, Mori RC, Nascimento CM, Ribeiro Brain Res Bull. August 2002.

[Obesity induced by neonatal monosodium glutamate treatment](#) in spontaneously hypertensive rats: an animal model of multiple risk factors. Yamamoto M, Iino K, Ichikawa K, Shinohara N, Yoshinari Fujishima Hypertens Res. March 1998.

[Hypothalamic lesion](#) induced by injection of [monosodium glutamate](#) in suckling period and [subsequent development of obesity](#). Tanaka K, Shimada M, Nakao K, Kusunoki Exp Neurol. October 1978.

Did you notice that [hypothalamic lesion](#) caused by MSG? Dr. Simeons' theory that damage to the hypothalamus is what causes obesity is alive and well! And we know how to repair that damage, by tricking our bodies into thinking that they are pregnant.

Look at all the research showing that brain and nerve damage is repaired with pregnancy hormones:

September 2007: One Doctor's Lonely Quest To Heal Brain Injury: After 40 Years, Skeptics Back Hormone Therapy. <http://online.wsj.com/article/SB119076442562439330.html>

May 2007: Pregnancy hormone may help with brain injury. <http://www.reuters.com/article/healthNews/idUSHUN88089920070508>

February 2007: Pregnancy hormone may offer hope for MS patients. Mice study shows how prolactin can repair nerve cells damaged by the disease. <http://www.sciam.com/article.cfm?articleID=F0C97267-E7F2-99DF-3230A25CB13C55A4&sc=1100322>

February 2007: Hormonal Surge During Pregnancy Repairs Faulty Brain Signaling. <http://www.sciam.com/article.cfm?articleID=F0C97267-E7F2-99DF-3230A25CB13C55A4>

December 2006: Autism Cure? Pregnancy Hormone Offers New Hope. <http://www.foxnews.com/story/0,2933,234958,00.html>

January 2003: Pregnancy hormone triggers growth of brain cells. <http://www.cbc.ca/health/story/2003/01/03/prolactin030103.html>

October 2002: Pregnancy hormone estriol Reduces MS Lesions in Small Study.

<http://www.mssociety.ca/en/research/PT021021.htm>

September 2002: A hormone common in pregnant women shows promise as an easily administered treatment for people with early-stage multiple sclerosis (MS). A new study by UCLA neuroscientists shows for the first time in humans that estriol in oral tablet form can decrease the size and number of brain lesions.

<http://www.sciencedaily.com/releases/2002/09/020924072530.htm>

I can hear you now. "But I am very careful to avoid MSG. I look for it on labels before I buy packaged food. I look for 'No MSG' on the label and buy only those foods." That's what I said.

The bad news is that we were both wrong. Despite our good intentions, the food manufacturers were and are one step ahead of us. Remember: By FDA definition, all MSG is "naturally occurring." "Natural" doesn't mean "safe." "Natural" only means that the ingredient started out in nature.

First of all, the label might not state monosodium glutamate or MSG, but the food product could have MSG anyway. How can this be? The FDA, in their infinite wisdom, allows free glutamate to be included in a product and be labeled as an ingredient other than MSG:

<http://aromatherapy4u.wordpress.com/2006/10/09/hidden-sources-of-msg-in-regular-organic-foods/>

BEWARE! The new term for MSG is "Natural Flavors". Do not use a product that has "Natural Flavors" or a term on the label such as "Natural Strawberry Flavor". The unbelievable issue is that a company can legally say "There is no MSG in our product" as long as the MSG is a CONSTITUENT of an INGREDIENT such as the ingredient "Natural Flavors". This is extremely deceptive. If MSG isn't harmful, why is it hidden? [www.truthinlabeling.org](http://www.truthinlabeling.org)

Processed Chinese food is higher in MSG than American processed food. The following BBC article states that between 1985 and 2000, overweight and obesity in China's children has increased an extremely alarming 28 fold. <http://news.bbc.co.uk/2/hi/asia-pacific/5261946.stm>

<http://www.becomehealthynow.com/article/dietbad/32/>

You might find two studies published in 2005 particularly interesting: "[Obesity, voracity, and short stature: the impact of glutamate on the regulation of appetite](#)," and "[\[Effect of monosodium glutamate given orally on appetite control \(a new theory for the obesity epidemic\)\]](#)."

Dr. Russell Blaylock exposed this problem in one of his books:

<http://www.newsletterarchive.org/2006/11/24/80629-Holiday+Weight+Gain:+Be+Careful>

"One of the leading causes of obesity is being totally ignored by both by public officials and the media, despite the fact that there is tremendous scientific evidence confirming its role. In 1969, neuroscientist Dr. John Olney discovered that feeding newborn rats an excitotoxin called MSG (monosodium glutamate) caused them to become grossly obese. Each time he repeated the experiment, he saw the same thing. Subsequent studies have shown that this phenomenon occurred in most animal species, indicating that it wasn't something peculiar to the rat. The effects of MSG are now so well established that the substance is routinely used in experimental obesity studies on animals. In fact, scientists have also discovered how it was producing the obesity. For over fifty years, researchers knew that a pinpoint injury to certain parts of the hypothalamus portion of the brain would cause an animal to become grossly obese. What they

would later discover was that MSG itself actually destroys the same area in the hypothalamus. An intensive 1995 review of MSG toxicity by the Federation of American Societies for Experimental Biology (FASEB) concluded that infant formula contained a dose of glutamate (the toxic ingredient in MSG) in the form of caseinate (cow's milk protein) that would sufficiently produce the very same brain injury seen in experimental animals. Disturbingly, humans are five times more susceptible to MSG toxicity than even the most sensitive lab animal. And babies are four times more sensitive than adults. It is this early exposure to MSG and other excitotoxins that leads to gross obesity. Actually, the problem is much worse than that. Recent studies have shown that obese animals actually have the metabolic syndrome, which is now seen in 50 million adults in the United States. The metabolic syndrome is the cause of type-2 diabetes as well as hypertension and atherosclerosis. Essentially, science proves that excitotoxins can trigger the metabolic syndrome and obesity. And we know that the level of excitotoxins added to our food is at least equal to (and sometimes exceeds) the amount needed to produce the metabolic syndrome in animals. Yet only a handful of scientists are addressing this alarming association.”

I believe that this next information will be extremely helpful in our understanding of exactly how MSG causes obesity. An enzyme called AMPK was the focus of an Australian conference in 2005. AMPK is a protein kinase - it is released in the body during times of metabolic stress - like the ischemia that occurs during stroke. Basically the body is trying to limit its use of energy any way it can so the cells don't run out of energy and die from exertion. To do this, it activates AMPK, which is now linked to obesity because it affects our intake of food.

MSG, since it raises the amount of glutamate present in the bloodstream, will actually help to activate AMPK because it is an excitotoxin - it makes the cells use up too much energy - so its presence causes the cells to throw up the defense of activating this protein kinase to prevent the loss of more energy. So - MSG = activated AMPK = increased appetite = decreased energy expenditure = obesity. Here's a little quiz – guess which unprotected part of the brain is involved with this enzyme? The hypothalamus. According to the article: "Leptin inhibits AMPK in the hypothalamus," Kahn explains. This makes sense because the net effect of leptin is to make a person eat less and spend more energy, so inhibiting AMPK also leads to a suppression of food intake, Kahn says." One more side effect of AMPK activation, mice actually became "lazy". They reduced their activity 20-30%. There may be more to improving our energy when we kick MSG than simply not feeling bad.

Since in animal studies, MSG-treated mice became resistant to Leptin, perhaps leptin's effect as an AMPK suppressor just can't compete with MSG as an AMPK activator. Perhaps it has more to do with MSG simply counteracting leptin's effect on AMPK than it does on damage to the hypothalamus. In that case, then there is some hope. This whole AMPK issue explains why stroke victims are being treated with glutamate blockers. Glutamate causes the damage in stroke. Stroke causes ischemia which causes energy depletion, which also causes AMPK to be released as a protective measure. This also explains much better why CoQ10 helps mitigate an MSG reaction. CoQ10 helps the body withstand metabolic stress. The very stress that glutamate causes.

If the food industry is not held accountable for the continuing obesity epidemic, there is no justice in the world.

## ***Alzheimer's and MSG***

Michael Hermanussen, M.D., a pediatrician in Germany, says the amounts of glutamate found in nature aren't the problem; it's the glutamates we add to much of what we eat and drink that cause overeating. Hermanussen has been conducting a study using Memantine, a drug usually used to treat Alzheimer's disease, for weight control, and all of his subjects, he says, have lost weight easily.

Memantine is a member of the class of drugs called glutamate blockers, which keep MSG from reaching glutamate receptors in the brain.

Ajinomoto Company, Inc, is the inventor of, and the world's leading producer of, monosodium glutamate; producer of additional MSG-containing ingredients; and owner and manufacturer of aspartame, another excitotoxin.

Excitotoxins: The Taste That Kills

[http://findarticles.com/p/articles/mi\\_m0876/is\\_n71/ai\\_16535131](http://findarticles.com/p/articles/mi_m0876/is_n71/ai_16535131)

Here's something for all of you Conspiracy Theorists:

According to an article in the St. Petersburg Times (Lynn Stratton, September 25, 2005, St. Petersburg Times Perspective Online), "...the same company [Ajinomoto] that produces a food additive linked to neurological damage and obesity [monosodium glutamate] is also involved in producing a drug [Memantine] that can block the effects of that additive after we consume it."

According to the article, Ajinomoto's pharmaceutical arm, Ajinomoto Pharma, partners with a company called Daiichi Pharmaceuticals. Daiichi partners with Merz Pharmaceuticals. And Merz produces Memantine. That's right. Ajinomoto, the world's largest producer of free glutamic acid and also the world's largest producer of the food ingredient called "monosodium glutamate," has a financial interest in Memantine (Namenda), the first drug developed for people with advanced Alzheimer's -- a drug which, according to the AARP (AARP Bulletin / July-August 2004, p 13), "...blunts the brain chemical glutamate [glutamic acid] which can accumulate abnormally and kill brain cells."

Talk about creating your own market...!!! To learn more about Memantine: <http://www.antiaging-systems.com/a2z/memantine.htm>

## ***Depression and MSG***

Glutamate blockers can also treat long-term, drug-resistant depression. 250,000 people commit suicide in China each year. It is becoming a public health crisis in China:

<http://www.hindu.com/thehindu/holnus/003200609130358.htm>

Ketamine - a glutamate blocker that targets the NMDA receptors relieved depression in over 70% of patients treated within ONE DAY of treatment:

<http://www.forbes.com/forbeslife/health/feeds/hscout/2006/08/07/hscout534229.html>

## ***Autism, ADD, ADHD, and MSG***

<http://www.harmoniousliving.co.za/Wellbeing/Food-Drink/MSG-Nicotine-for-Food/>

***How can I avoid MSG if there are so many different names for it?***

**These ALWAYS contain MSG**

Glutamate	Glutamic acid	Gelatin
Monosodium glutamate	Calcium caseinate	Textured protein
Monopotassium glutamate	Sodium caseinate	Yeast nutrient
Yeast extract	Yeast food	Autolyzed yeast
Hydrolyzed protein (any protein that is hydrolyzed)	Hydrolyzed corn gluten	Natrium glutamate (natrium is Latin/German for sodium)
E621 (in Europe)		

**These OFTEN contain MSG or create MSG during processing**

Carrageenan	Maltodextrin	Malt extract
Natural pork flavoring	Citric acid	Malt flavoring
Bouillon and Broth	Natural chicken flavoring	Soy protein isolate
Natural beef flavoring	Ultra-pasteurized	Soy sauce
Stock	Barley malt	Soy sauce extract
Whey protein concentrate	Pectin	Soy protein
Whey protein	Protease	Soy protein concentrate
Whey protein isolate	Protease enzymes	Anything protein fortified
Flavors(s) & Flavoring(s)	Anything enzyme modified	Anything fermented
Natural flavor(s) & flavoring(s)	Enzymes anything	Seasonings (the word "seasonings")

**More tricks used to hide MSG**

The newest strategy is to label hydrolyzed proteins as pea protein, whey protein, corn protein, etc. If a pea, for example, were whole, it would be identified as a pea. Calling an ingredient pea protein indicates that the pea has been hydrolyzed, at least in part, and that processed free glutamic acid (MSG) is present. Relatively new to the list are wheat protein and soy protein.

The Dead Give away... If you see either disodium guanylate or disodium inosinate in a list of ingredients, the product probably also contains MSG. These are expensive food additives that work synergistically with inexpensive MSG. Their use suggests that the product has MSG in it. They would probably not be used as food additives if there were no MSG present.

### ***MSG in products other than processed foods***

MSG reactions have been reported to soaps, shampoos, hair conditioners, and cosmetics, where MSG is hidden in ingredients that include the words "hydrolyzed," "amino acids," and "protein."

Low fat and no fat milk products often include milk solids that contain MSG.

Drinks, candy, and chewing gum are potential sources of hidden MSG and of aspartame and neotame. Aspartic acid, found in neotame and aspartame (NutraSweet), ordinarily causes MSG type reactions in MSG sensitive people. Aspartame is found in some medications, including children's medications. Neotame is relatively new and I have not yet seen it used widely.

Binders and fillers for medications, nutrients, and supplements, both prescription and non-prescription, enteral feeding materials, and some fluids administered intravenously in hospitals, may contain MSG.

According to the manufacturer, Varivax–Merck chicken pox vaccine (Varicella Virus Live), contains L-monosodium glutamate and hydrolyzed gelatin both of which contain processed free glutamic acid (MSG) which causes brain lesions in young laboratory animals, and causes endocrine disturbances like OBESITY and REPRODUCTIVE disorders later in life. It would appear that most, if not all, live virus vaccines contain MSG.

Reactions to MSG are dose related, i.e., some people react to even very small amounts. MSG-induced reactions may occur immediately after ingestion or after as much as 48 hours.

AuxiGro® is MSG sprayed on crops to make them grow. On January 14, 1998 AuxiGro®, which contains processed free glutamic acid, was registered as a growth enhancer with the EPA (U.S. Environmental Protection Agency) and permission was granted to spray it on all agricultural products. AuxiGro® gives plants sprayed with it the false signal that they are under "stress." The plants respond by pulling additional nutrients from the soil and thus grow much larger, increasing yields. The recent huge potatoes and yams in the supermarket would appear to be a direct result of AuxiGro®.

<http://www.rense.com/general67/msg.htm>

## Recipes

### *hCG Phase 2 Recipes*

Eating this way doesn't have to be boring. Although calorie counts are not listed, most of the main dish recipes are about 140 calories per serving, leaving room for some afternoon snacks.

Any food listed in these recipes should be understood to be organic, to comply with that requirement if you are following it. The only sweetener that is listed is stevia, to comply with that requirement if you are following it. Broth should be nonfat and sugar-free. Water should be from a pure source. Apple Cider Vinegar should be raw, unfiltered with the "mother". Chicken is boneless and skinless. I have tried to avoid any mixing of vegetables, but a very few of the recipes do have more than one, in which case, I have indicated so. Some people have reported no affect on weight loss.

I use tomatoes as both vegetables and fruit, depending on the recipe, and it has not impaired my weight loss at all. Your mileage may vary.

T = Tablespoon  
t = teaspoon  
C = C

Don't miss my "Tips" section at the end!

### **Beverages**

#### **Simeon's Soda**

1 C Brewed Tea of choice  
1 to 2 C Ice Cubes  
1 Drinking Straw  
2 packets Stevia Powder  
1 - 1 1/2 C Mineral Water

Brew the tea. Add ice cubes to a large cup. Sprinkle stevia over the ice. Add cooled tea, fill the rest of the cup with mineral water and mix.

10 minutes

#### **Citrus Soda**

Juice of 1 Lemon  
1 or 2 C Ice  
2 packets Stevia Powder  
1 Drinking Straw  
1 - 1 1/2 C Mineral Water

Fill the cup with the amount of ice you desire. Squeeze the juice in the cup. Sprinkle stevia over ice and lemon. Add mineral water and enjoy.

#### **Strawberry Frappe**

5 - 6 Strawberries  
4 ounces Cold Water  
1 C Ice Cubes

\*Tammy's Cookbook can be found at: <http://wlconline.hcgrecipes.hop.clickbank.net>

1 C Mineral Water

3 teaspoons Stevia

Put all the ingredients in a good blender and mix well. Serve in a tall cup with a straw.

5 minutes

### **Lemonade**

Water

½ Lemon

Stevia

Squeeze half a lemon in a glass of water and add stevia to taste.

5 minutes

## **Dressings, Sauces, Salsas, Seasonings, and Marinades**

### **Basic Dressing**

3 T Bragg's Amino Acids

Apple Cider Vinegar

1 ½ packet Stevia

¼ t White Pepper

¼ t Cayenne Pepper

### **Another Basic Dressing**

Apple Cider Vinegar

Garlic, minced

Oregano

Basil

Stevia

### **Dressing for Veggies**

Dill Weed

Apple Cider Vinegar

Stevia

Sprinkle fresh dill on any veggie after marinating lightly in Apple Cider Vinegar. If needed, add a little stevia. This really brings out the natural flavor.

### **Dressing for Cucumbers**

Apple Cider Vinegar

Bragg's Amino Acids

Stevia

**Strawberry Vinaigrette Dressing \*A Tammy Recipe** (This is a recipe from my wonderful friend, Tammy. To get more of her great Phase 2 recipes, go to:

[wlconline.hcgrecipes.hop.clickbank.net](http://wlconline.hcgrecipes.hop.clickbank.net).

Strawberries

1-2 tablespoons apple cider vinegar

1 tablespoon lemon juice

Stevia to taste

Dash of salt

Dash of cayenne (optional)

Fresh ground black pepper to taste

\*Tammy's Cookbook can be found at: <http://wlconline.hcgrecipes.hop.clickbank.net>

Stevia to taste

Combine all ingredients in food processor. Puree until smooth. Pour over fresh arugala or green salad. Garnish with sliced strawberries and freshly ground black pepper. Variation: use as a marinade or sauce. Makes 1 serving (1 fruit)

### **Umeboshi Plum Paste Dressing**

This is a bit of a cheat, since pickled foods are not allowed on Simeons' protocol, but it is nice for a change of pace once in a while. Umeboshi are Japanese salted pickled plums in the macrobiotic section of Whole Foods. They are considered medicine for digestive disorders in old Japanese medicine. You can also get Umeboshi Plum Vinegar. Blend a tiny bit of the paste with quite a bit of water, a dash of Bragg's amino acids, plenty of stevia to taste, and some herbs and spices. You could add some cayenne to this for variety. It's also a great marinade or sauce for protein.

### **Onion Salad Dressing**

1T Chopped Onion  
1/4 Lemon, juiced  
1/4 t Basil  
1/4 t Oregano  
1/4 t Cumin  
Sea Salt  
Freshly Ground Black Pepper

### **Cocktail Sauce**

1 C Sugar-Free Tomato Sauce  
1/2 T Celery Salt  
1/4 T Paprika  
1 T Finely Chopped Onion  
1 T Stevia  
2 T Fresh Chopped Parsley  
1 T Worcestershire Sauce  
1 T Fresh Lemon Juice  
2 T Drained, Prepared Horseradish  
1/2 t Hot Sauce  
Cumin to taste  
Sea Salt to taste  
Freshly Ground Black Pepper to taste

### **Mexican Shrimp Cocktail Sauce**

Cold, Cooked Shrimp  
Sugar-Free Picante Sauce or Fresh Salsa  
Sugar Free Tomato Juice  
Cilantro  
Onion  
Lemon or Lime Juice

Mix the salsa into the shrimp, until the shrimp are covered. Thin the sauce with the tomato juice and add the other ingredients to taste. Use cayenne or Tabasco and add a little Stevia if you don't like it tart.

### **Homemade BBQ Sauce**

Liquid Smoke or 1 t Smoked Paprika or Chipotle Powder

\*Tammy's Cookbook can be found at: <http://wlconline.hcgrecipes.hop.clickbank.net>

1 Small Onion, Minced  
1 Clove Garlic, Minced or ¼ t Garlic Powder  
1 Small Can sugar-free (6 Oz) Tomato Paste  
Stevia to taste  
¼ C Sugar-Free Catsup (you can use the recipe in the Tips section for this)  
3 T Mustard  
1 T Worcestershire Sauce  
Pinch of Ground Cloves  
Hot Sauce to taste  
1/2 C of Water

Pan-fry the onion in the Liquid Smoke over medium flame for about 4 minutes. Add garlic clove and stir. Add the remaining ingredients, including the water. Stir. Allow to simmer for 20-30 minutes. Stevia will tone down the spiciness if needed.

**Homemade Salsa** (great for steak salad or "taco salad" dressing)

½ small Tomato  
2 slices Onion  
Oregano  
Chili Pepper  
Red Pepper  
Garlic Powder  
Sea Salt

Freshly Ground Black Pepper  
1 T Water

Add a dash of each spice to tomato and onion to taste and blend in food processor/blender with small amount of water. Don't forget that the tomato is your fruit serving.

5 minutes

**Homemade Salsa, Too**

Tomatoes  
Cilantro  
Cayenne  
Lemon Juice  
Apple Cider Vinegar  
Sea Salt

Blend the tomatoes and add spices.

**Green Salsa**

Green Tomatoes  
Salt  
Garlic  
Cilantro  
Water

Blanch tomatoes and peel off skin. Boil until tender. Use food processor or blender to mix.

**Beef Marinade**

Bragg's Amino Acids  
Any Spices you like

**Homemade Taco Seasoning for Taco Salad**

2 t Paprika

\*Tammy's Cookbook can be found at: <http://wlconline.hcgrecipes.hop.clickbank.net>

1 ½ t Sea Salt  
1 t Onion Powder  
1 t Chili Powder  
1 ½ t Cumin  
½ t Garlic Powder

For more kick, add a pinch of cayenne pepper. This is for one serving.

### **Blackened Chicken Seasoning**

2 t Paprika  
1 t Onion powder  
1 t Garlic powder  
1/4 t Cayenne (red) pepper  
1/2 t White pepper  
1/2 t Black pepper  
1/2 t Sea Salt  
1/2 t dried Thyme leaves  
1/2 t dried Oregano leaves

## **Vegetable Recipes**

### **Grilled Asparagus**

Asparagus  
Lemon Juice  
Sea Salt

Fresh Cracked Black Pepper

Season asparagus with salt and pepper. Sprinkle with lemon juice and grill.

10 minutes

### **Asparagus Guacamole**

12 spears Fresh Asparagus, trimmed and coarsely chopped  
4 Green Onions, sliced, if mixing vegetables  
¼ C Salsa (if mixing vegetables)  
½ T Cilantro, chopped  
2 cloves Garlic

Place the asparagus in a pot with enough water to cover. Bring to a boil, and cook 5 minutes, until tender but firm. Drain, and rinse with cold water. Place the asparagus, green onion and salsa if mixing vegetables, cilantro, garlic, and green onions in a food processor or blender, and process to desired consistency. Refrigerate 1 hour, or until chilled, before serving.

10 minutes, plus 1 hour refrigeration

### **Asparagus with Garlic and Lime**

Medium Green Onion, minced, if mixing vegetables, or Onion Powder seasoning if not

1 bunch Fresh Asparagus spears, trimmed

¼ Lime, juiced

Sea Salt

Fresh Ground Black Pepper

Heat garlic and green onions or onion powder in a large skillet over medium heat for 1 to 2 minutes. Stir in asparagus spears; cook until tender, about 5 minutes. Squeeze lime over hot asparagus, and season with salt and pepper.

25 minutes

### **Marinated Asparagus**

2 pounds fresh Asparagus, trimmed and cut into 2 1/2 inch pieces

1 1/2 C Balsamic Vinaigrette dressing with no oil

2 t grated Lemon zest

1/4 C chopped fresh Parsley

1/2 t Sea Salt

1/2 t Freshly Ground Black Pepper

Bring a large pot of salted water to a boil. Blanch asparagus just until tender, about 1 minute. Plunge into a bowl of cold water to cool. Drain asparagus and place in a large Ziploc plastic bag. Pour in vinaigrette and seal bag. Refrigerate at least 3 hours, turning bag occasionally. Just before serving, drain asparagus, reserving vinaigrette. Arrange on a serving platter and sprinkle with lemon zest, parsley, salt, and pepper. Serve reserved vinaigrette in a small dish on the side.

35 minutes, plus 3 hours refrigeration

### **Roasted Roma Tomatoes with Garlic**

8 Roma (plum) Tomatoes, halved

12 cloves Garlic, peeled

1/4 C chopped Fresh Basil Leaves

Sea Salt

Freshly Ground Black Pepper

Preheat the oven to 400 degrees F (200 degrees C). Place the tomato halves in a shallow baking dish in which they can all fit in snugly side by side. Insert the whole cloves of garlic in between the tomatoes. Sprinkle with basil. Season with salt and pepper. Bake uncovered for 35 to 45 minutes, until tomatoes have softened and are sizzling in the pan with the edges slightly charred. Serve while hot.

1 hour

### **Baked Cherry Tomatoes with Garlic**

1 pint Cherry Tomatoes

4 cloves Garlic, slivered

2 T Extra Virgin Olive Oil (Phase 3 only)

Kosher Salt (optional)

Preheat oven to 350 degrees F (175 degrees C). Cut a slit in one side of the cherry tomatoes, and insert a sliver of garlic into each. Arrange tomatoes in a single layer on a baking sheet. Drizzle with olive oil and sprinkle with salt. Bake tomatoes about 20 minutes in the preheated oven, until slightly shriveled. Serve warm.

30 minutes

### **Tomato Vinaigrette for Use on Meats**

1/2 C chopped Tomatoes

2 T White Wine Vinegar

1/2 t dried or fresh Basil

1/2 t dried Thyme

1/2 t ground Mustard

In a blender or small food processor, blend or process the tomatoes, vinegar, basil, thyme, and mustard on medium to high speed, about 25 seconds or until well combined. To store, transfer to a jar with a tight-fitting cover and refrigerate for up to 2 days. Shake well before serving.

10 minutes

### **Melba Toast Bruschetta**

Diced tomatoes

Onion

Cilantro

Balsamic Vinegar

Sea Salt to taste

Cut everything up, stir in balsamic vinegar and salt to taste. Top Melba toast with the mixture.

10 minutes

### **Baked/Grilled Onion**

1 large Onion, peeled

Seasoned Salt to taste

Garlic Pepper to taste

Sea Salt

Freshly Ground Black Pepper

Set peeled onion upright on a sheet of foil. Make several deep slices in the onion without cutting completely through the onion. Sprinkle with seasoned salt, salt, pepper, and garlic pepper.

Place the onion on a grill directly above a hot campfire or in the oven, and cook until the onion is soft, about 20 minutes.

25 minutes

### **Steamed Green Onions**

12 Green Onions, rinsed, ends trimmed

2 cloves Garlic, minced

Sea Salt

Freshly Ground Black Pepper (optional)

Preheat a grill for medium-low heat. Cut a sheet of aluminum foil to about 12x15 inches.

Arrange the green onions side by side in the center of the foil sheet. Sprinkle the onions evenly with the garlic, salt, and pepper. Keeping the green onions flat, fold the foil to make a sealed cooking pouch. Place the foil packet on the preheated grill away from the main heat source.

Allow the green onions to steam 5 to 7 minutes.

10 minutes

### **Cabbage Rice/Noodle Alternative \*A Tammy Recipe**

½ head of cabbage finely chopped into rice sized or noodle size pieces

Spices

1 cup of water or chicken broth

#### **Mexican style**

1 cup tomatoes chopped

3 tablespoons tomato paste

2 tablespoons minced onion

1 clove of garlic crushed and minced

¼ teaspoon cayenne pepper or to taste

Pinch of oregano

Dash of cumin to taste

Fresh chopped cilantro

Salt and pepper to taste

#### **Italian style**

1 cup tomatoes

3 tablespoons tomato paste

1/8 teaspoon fresh or dried oregano

\*Tammy's Cookbook can be found at: <http://wlconline.hcgrecipes.hop.clickbank.net>

1/8 teaspoon dried basil or 5 leaves fresh basil rolled and sliced  
1 tablespoon minced onion  
1 clove garlic crushed and minced  
Pinch of marjoram  
Salt and pepper to taste

**Indian style**

1/8 teaspoon curry  
2 tablespoons minced onion  
1 clove garlic crushed and minced  
1/8 teaspoon cumin  
Salt and pepper to taste

**Oriental style**

1/4 teaspoon ginger  
3 tablespoons Bragg's liquid aminos  
2 tablespoons lemon juice  
3 tablespoons orange juice (optional)  
2 tablespoons chopped onion  
1 clove garlic crushed and minced

In a large frying pan sauté cabbage with a little water (vegetable or chicken broth may be substituted) and liquid ingredients. Add spices and cook until cabbage is tender adding water as necessary. For spaghetti style, serve Spaghetti-less meat sauce or marinara with Italian meatballs over steamed cabbage cut into noodle sized strips. Makes 1-2 servings (1 vegetable, 1 fruit if tomatoes are used)

**Coleslaw**

Grated Cabbage  
Fresh Mint  
Fresh Parsley  
Red Wine Vinegar  
Stevia  
Onion Powder  
Garlic Powder  
Sea Salt  
Freshly Ground Black Pepper

Combine the cabbage and herbs. Season with salt and pepper. Combine dressing ingredients in a small jar and shake. Combine with salad. Very refreshing.  
10 minutes

**Pickled Asparagus** (this might be considered a cheat, however small, because it is pickled)

1 bunch fresh Asparagus  
1 C Water  
1 C Apple Cider Vinegar  
4 cloves Garlic, crushed  
1 Jalapeño Pepper, seeded and julienned  
4 sprigs Fresh Thyme  
2 T Old Bay seasoning  
2 Bay leaves  
1 t Sea Salt  
6 whole Black Peppercorns

Trim the bottoms off of the asparagus, and pack loosely into a 1 quart jar. Combine the water, vinegar, garlic, Jalapeño, thyme sprigs, bay leaves, salt and whole peppercorns in a saucepan.

\*Tammy's Cookbook can be found at: <http://wlconline.hcgrecipes.hop.clickbank.net>

Bring to a boil, and boil hard for 1 minute. Pour the hot liquid over the asparagus in the jar, filling to cover the tips of the asparagus. Cover, and cool to room temperature. Refrigerate 24 hours to meld.

15 minutes

### **Chilled Garlic Refrigerator Pickles \*A Tammy Recipe**

One medium cucumber sliced into rounds

4 cloves of garlic in thin slices

¼- ½ cup apple cider vinegar

3 tablespoons lemon juice

Salt

Mix liquid ingredients together. Salt cucumber slices well. Pack cucumber slices tightly into a small glass canning jar layering garlic slices in between layers. Pour apple cider vinegar and lemon juice into container until liquid covers the slices. Refrigerate overnight and enjoy. Pickles can be refrigerated for up to 4 days. Another variation of this is to marinate cucumber slices in salt, vinegar and garlic then put in a pickle press or using a weighted plate, press out excess liquid. Makes 1-2 servings (1 vegetable)

## **Seafood and Fish Recipes**

### **Crab Cakes**

3.5 ounces Crab Meat

4 ounces (or whatever you like) of Onion or Celery, your choice, chopped very finely

One portion of Melba toast ground into a "powder"

Sea Salt

Fresh Ground Black Pepper

Dash of Old Bay seasoning

Any other herbs to taste

Mix crab meat, vegetables, seasoning, and Melba toast powder. Fry with no oil or fat or water in the pan, until brown on one side. Flip and brown on other side.

20 minutes

### **Fillet of Cod with Fried Tomatoes**

3.5 ounces Fillet of Cod

Tomatoes

Lemon Juice

Sea Salt

Fresh Ground Black Pepper

Sprinkle a bit of lemon juice on the cod and add a pinch of salt and pepper. Wrap fish in foil and let it cook in the oven for 30 minutes. In the meantime, fry the tomatoes on both sides in a special non-stick frying pan for a very short time without butter or oil, only with a little pinch of pepper and salt. Serve the tomatoes on a plate around the fillet of cod.

20 minutes

### **Whitefish with Onion and Tomatoes**

Whitefish

1 Large Tomato, cut in chunks

Onion

Fat-Free Vegetable Broth

Lemon Juice

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\*Tammy's Cookbook can be found at: <http://wlconline.hcgrecipes.hop.clickbank.net>

Garlic, minced

Sea Salt

Freshly Ground Black Pepper

Sauté onion in some vegetable broth and lemon juice. Add fish, garlic, tomatoes, salt, and pepper. Add tomatoes and cook for 2-3 minutes until cooked thoroughly. Phase 3 variation: Sauté onion in a little butter. Add fish, tomatoes, spices, and ½ C of half and half.

20 minutes

### **Grilled Mahi Mahi**

Mahi Mahi

Fresh Lime Juice

Garlic, minced

Marinate fish in lime juice and garlic for about 5 minutes and then put it on the contact grill.

15 minutes

### **Shrimp Scampi**

6 Jumbo Shrimp, frozen or thawed

¾ to 1 C Tomato

½ to 1 tsp Capers

½ tsp Onion Powder

½ tsp Garlic Powder

Juice from ½ Lemon

Fry the shrimp with the lemon juice. Add tomatoes and spices and cook until shrimp is opaque.

15 minutes

### **Shrimp and Tomato**

Shrimp

Fresh Lemon Juice

Garlic, chopped

Red Pepper Flakes

½ Fresh Tomato

Cook the shrimp in a pan with a little water, lemon juice, garlic, pepper flakes, and tomato.

5 minutes

### **Shrimp/Fish and Asparagus**

Shrimp or Fish

Asparagus

Garlic, minced

Fresh Lemon Juice

Spices of Choice

Grill shrimp or fish, with asparagus, garlic, lemon juice, and spices.

5 minutes

### **Cajun Shrimp**

3.5 ounces Raw Shrimp

Onion

Garlic

Cayenne pepper

Freshly Ground Black Pepper

Paprika

Sea Salt

\*Tammy's Cookbook can be found at: <http://wlconline.hcgrecipes.hop.clickbank.net>

Lemon Juice

Sauté shrimp and spices with a little water until shrimp is opaque. Serve with salad or favorite vegetable.

15 minutes

**Shrimp Ceviche**

1-2 lbs. Shrimp, fresh or frozen, raw or cooked, peeled and deveined, tail-on or off

Juice of 2 large Lemons, freshly squeezed, about  $\frac{3}{4}$  C to 1 C

Juice of 2-3 large Limes, freshly squeezed, about  $\frac{3}{4}$  C to 1 C

1 T fresh Garlic, minced

1 Red Onion, finely chopped (about 1 C)

1-3 tablespoons Tabasco or pepper sauce (more or less to taste)

4 large Tomatoes, chopped (about 2-3 C) if mixing vegetables

2 Cucumbers, peeled and diced into 1/2 inch pieces (about 1  $\frac{1}{2}$  C) if mixing vegetables

Fresh Cilantro, chopped (about  $\frac{1}{2}$  C)

Fresh Parsley, chopped (about  $\frac{1}{2}$  C)

Sea Salt to taste

Fresh Ground Black Pepper to taste

Thaw shrimp if frozen. If using raw shrimp, bring a pot of water to boil and cook the shrimp for a minute or two until it turns opaque white and reddish—do not over cook the shrimp as it will be too rubbery in texture. Rinse shrimp under cold water. Combine juices of lemons and limes in a large bowl (not metal) or large Ziploc baggie and add shrimp. Cover bowl or zip baggie and refrigerate for 30 minutes to marinate. Large shrimp could be cut into smaller chunks (remove tails if doing this) to speed up marinade time. Add to shrimp the Tabasco, garlic, onion, and pepper and mix. Return to refrigerator for another 30 minutes to let the flavors meld.

Before serving, add to the marinated shrimp mixture, cilantro, parsley, tomatoes (if mixing vegetables), and cucumbers (if mixing vegetables). If needed, add salt and pepper to taste.

1 hour

**White Fish**

3.5 ounces Any White Fish

Fresh Lemon Juice

Fresh Basil

Garlic, chopped

Oregano

Marinate fish in lemon juice, basil, garlic, and oregano for 10 minutes. Pan-fry or grill.

**Grilled White Fish or Shrimp**

3.5 ounces White Fish or Shrimp

Key Lime Juice

Garlic, minced

Sea Salt

Fresh Ground Black Pepper

Marinate fish in lime juice, lots of garlic, salt, and pepper for 20 minutes. Marinate shrimp 5 minutes. Grill it on a contact grill, but don't overcook. Shrimp can grill in 2 minutes.

**Seabass with Garlic and Tomatoes**

Garlic

Tomatoes, diced

Sea Salt

Fresh Ground Black Pepper

\*Tammy's Cookbook can be found at: <http://wlconline.hcgrecipes.hop.clickbank.net>

Brown both sides, then add the tomatoes and garlic.  
20 minutes

**Fish and Seafood Seasoning** (also good on chicken)

To season shrimp (and chicken and fish), for a change of pace, use a mix (with no MSG or sugars) from Key West called Kermit's "Fresh Lime and Datil Pepper Seasoning". To order, call 1-800-376-8606 or go to [http://www.keylimeshop.com/html/sauces\\_salsa\\_more.html](http://www.keylimeshop.com/html/sauces_salsa_more.html)  
Contains: Salt, Paprika, Datil peppers, Black Pepper, Fresh Key Lime, Habanero, and Key Lime Zest.

**Beef Recipes**

**Roast Beef and Cole Slaw Wrap**

3.5 ounces Lean Sliced Roast Beef  
Cabbage, Finely Shredded  
Apple Cider Vinegar  
Bragg's Amino Acids  
Mustard Seed or Powder to taste  
Garlic, minced  
Celery Salt  
Orange Flavored Stevia to taste  
Sea Salt  
Fresh Ground Black Pepper  
Combine all except beef. Roll up the beef with the cole slaw inside and eat cold.

**Roast Beef with Cucumber**

3.5 ounces Grilled Roast Beef  
1 Cucumber, grated coarsely  
1 t Lemon Juice  
Sea Salt  
Freshly Ground Black Pepper  
Roll up the slices of cooked roast beef and arrange them on a plate. Put the grated cucumber in a sieve and add a pinch of salt. Let the bitter liquid pour out of the cucumber for 10 minutes. Mix the cucumber with the lemon juice. Serve the cucumber together with the roast beef.

**Burgers**

3.5 ounces leanest Ground Beef  
Garlic, chopped  
Tomato (counts as your fruit)  
Red Onion (optional)  
Mix garlic with meat. Form into a patty and grill. Top with sliced tomato and red onion if mixing vegetables.  
15 minutes

**Burgers Too**

1 lb leanest Ground Beef  
1 t Freshly Ground Black Pepper  
2 cloves Garlic, minced  
1 or 2 T Onions, minced  
¼ t Mustard Powder

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\*Tammy's Cookbook can be found at: <http://wlconline.hcgrecipes.hop.clickbank.net>

Sprinkle of Oregano (optional)

Mix all ingredients in bowl. Measure out 3.5 ounce patties. Grill patties on medium heat until heated to 170-175. Turn only once to prevent dryness. Store leftover burgers in individual sealed bags in freezer until use.

30-45 minutes

### **Round Steak**

Marinate top round steak in one of the marinades for up to 2 days and broil. Or slice it against the grain and stir fry it.

### **Slow Roasted Beef Brisket \*A Tammy Recipe** (A great crock pot recipe)

Lean beef brisket in weighed 100 gram increments (example 600 grams=6 servings)

2 cups chopped tomatoes (optional) (tomato used as a fruit)

4-6 stalks celery

3 tablespoons garlic powder

2 tablespoons onion powder

2 tablespoons paprika

1 onion chopped

5 cloves of garlic crushed and chopped

Cayenne pepper to taste

Chili pepper to taste

Salt and fresh ground black pepper to taste

Combine spices in a small bowl. Rub the mixture into the beef on all sides. Salt the meat liberally. Place the brisket in a crock pot. Fill about ½ ways with water. Add celery to the liquid and set crock pot on high for 30 minutes. Reduce heat to medium or low and allow to slow cook for 6-8 hours. Baste and turn the brisket periodically. You may add more of the spice mixture if you wish. Enjoy with horseradish sauce (page 44). Save the juices, skim the fat, and use to make flavorful sauces and dressings. Makes multiple servings (1 protein, 1 vegetable, 1 fruit)  
Phase 3 modifications: Sear on high heat in olive oil on each side before adding to crock pot. Horseradish sauce may be modified by adding mayonnaise or Greek yogurt instead of beef broth.

### **Beef/Chicken with Spinach/Onions and Garlic**

3.5 ounces sliced lean Chicken or Steak

Fresh Spinach or Onions

Garlic

Sea Salt

Freshly Ground Black Pepper

Cook beef or chicken in a non-stick pan. Then, at the last minute, add in fresh spinach and seasoning. Or dice onions and throw them in a non-stick pan with your meat. Broth of some kind is helpful to season the meat as well. You could pour it in after the meat is cooked, to loosen the bits in the bottom of the pan and make an au jus to use for dipping the meat.

### **Chili**

1 lb Veal, Buffalo, or Beef (very lean)

4 T Tomato Purée

9 large ripe Tomatoes, peeled and chopped

OR two 16 oz large cans of Glen Muir fire roasted Tomatoes

1 Onion, peeled and finely chopped

2 cloves of Garlic, crushed

1 t Chili Powder

\*Tammy's Cookbook can be found at: <http://wlconline.hcgrecipes.hop.clickbank.net>

Cayenne Pepper to taste

½ t Oregano

½ t Thyme

½ t Basil

Sea Salt to taste

Freshly Ground Black Pepper to taste

Brown meat with onions and garlic and drain meat of fat. Add 2 cans of 16 ounce Glen Muir fire roasted tomatoes and tomato paste. Simmer for an hour, spoon ¼ of the recipe into bowl, top with one crushed grissini bread stick or Melba toast.

### **Chili, Too**

3.5 ounces leanest Ground Beef

7 ounces (or more) Tomatoes chopped

Chili Powder

Onion Powder

Garlic, chopped

Sea Salt

Freshly Ground Black Pepper

Cayenne

Simmer in covered saucepan.

### **Fajitas**

Lean Sirloin or Chicken Breast

Yellow or White Onions

MSG-free Fajita seasoning

Sprinkle beef with fajita seasoning. Tenderize by beating or piercing. Sauté the onions and meat in a little water or chicken stock.

15 minutes

## **Chicken Recipes**

### **Tangy Chicken**

¼ C Apple Cider Vinegar

3 T Mustard Powder

3 cloves Garlic, peeled and minced

1 Lime, juiced

½ Lemon, juiced

½ C stevia or Splenda brown sugar

1 ½ t Sea Salt

Freshly Ground Black Pepper to taste

6 T Extra Virgin Olive Oil (Phase 3 variation)

6 Chicken Breasts or 12 Tenders

In a large glass bowl, mix the cider vinegar, mustard, garlic, lime juice, lemon juice, brown sugar, salt, and pepper. Whisk in the olive oil if on Phase 3. Place chicken in Ziploc bag with the mixture. Marinate 8 hours or overnight. Preheat an outdoor grill for high heat. Place chicken on the lightly oiled grill, and cook 6 to 8 minutes per side, until juices run clear. Discard marinade.

### **Hawaiian Chicken**

3.5 oz Chicken, cut up into bite size pieces

Cabbage

½ clove Garlic, minced

Hawaiian seasoning

White Pepper to taste

Pan-fry until chicken is brown. Add ½ to 1/3 C water and let it deglaze. Add cabbage. The water in the pan quickly steams the cabbage to make it softer but still crunchy.

15 minutes

### **Sweet Lemon Chicken \*A Tammy Recipe**

100 grams thinly sliced chicken

½ lemon with rind

1 tablespoon Bragg's liquid aminos

½ cup chicken broth

1 cup water

Dash of cayenne pepper

Salt to taste

Stevia to taste (optional)

Slice up ½ lemons in to quarters and add to water. In a small saucepan boil lemon quarters until pulp comes out of the rind. Add broth, chicken, Bragg's, and spices and simmer on low heat until chicken is cooked and sauce is reduced by half. Deglaze periodically with water if necessary. Garnish with fresh lemon slices, lemon zest or mint. Serve over cabbage rice (recipe in vegetable section). Makes 1 serving (1 protein)

### **Shish Kabobs**

Meat

Cherry Tomatoes

Onion

Asparagus

Herbs

Lemon Juice

Cube chunks of beef, fish, or chicken. Use cherry tomatoes, chunks of onion, and chopped asparagus. Put on skewer. Season with herbs and lemon juice and grill 15 minutes. Use just one of the vegetables with each meal.

20 minutes

### **Broiled Chicken**

Chicken Breasts cut into 3.5 ounce servings

Apple Cider Vinegar

Lemon juice

Stevia

Spices

Marinate chicken in vinegar, lemon juice, and stevia. Add spices such as salt, pepper, curry, ginger, chili, and basil. Broil many of the servings together and bag them for later.

20 minutes

### **Grilled Chicken Breast**

Fresh Rosemary

Fresh Garlic

Orange Zest

Coarse Salt

Pepper

Chop the rosemary, garlic and orange zest with the salt. Add the pepper. Rub mixture on raw chicken breast that has been seasoned with salt and pepper. Let it sit a while with the rub on it before cooking in a contact grill for 6 minutes  
5 minutes

### **Broiled Chicken Breasts, Too**

4 - 6 Chicken Breasts (no skin or fat)

Fat-Free Chicken Broth

Dried Parsley

Herbs De Provence or of your choice.

Turn burner on med-high. Add parsley and Herbs to the bottom of pan, coating evenly. Add chicken Breasts. Keep turning until seared. Things will start crystalizing on the bottom of pan, add about a ¼ C of chicken broth. Let boil until the liquid boils down. Repeat this process until chicken is done through and moist. I ususly let it simmer adding more broth for at least an hour. Make as many as you can, so that you have chicken on hand. To reheat, put 3.5 ounces under the broiler for 5 minutes

1 hour

### **Melba Toast Bruschetta with Chicken**

Chicken

Whole Wheat Melba Toast

Tomatoes

Basil

Oregano

Cilantro

Garlic

Freshly Ground Black Pepper (salt optional)

Juice of ½ Lemon

Chop desired quantity of tomatoes and mix with spices and lemon juice. Refrigerate mixture.

Chop and sauté chicken and add spices to taste. Mix chicken in tomato mixture. Spoon on to Melba toast and eat the remainder with a spoon.

15 minutes

### **Chicken with Cucumbers**

3.5 ounces Chicken (cooked)

1 Cucumber

Juice of 1 Lime

Peel the cucumber if you like and then slice thin. Slice the chicken into small pieces and add to cucumber.

5 min

### **Stir Fry**

Chicken or Beef

Green Cabbage

Onion if mixing vegetables

Celery if mixing vegetables

Fat-Free Chicken Broth

Bragg's Amino Acids

Slice chicken and cabbage. Chop onion and celery small if mixing vegetables. Stir fry over med low with broth and liquid amino acids (tastes like soy sauce).

20 minutes

\*Tammy's Cookbook can be found at: <http://wlconline.hcgrecipes.hop.clickbank.net>

### **Chicken Chow Mein**

Chopped Cabbage

3.5 ounces Chicken Breast

1- 2 T Onion

Pinch of Ginger

Sea Salt

Pinch of Stevia

Chop up cabbage, onions, and chicken. Place in a hot skillet and fry (keep it moving). Stir in spices. Cook until chicken is done, but not until the ingredients in the pan are dry.

10 minutes

### **Moo Shu Chicken**

Chicken (julienne slice while frozen)

½ a small Green Cabbage sliced thin

½ C Fat-Free Chicken Broth

Bragg's Amino Acids

Cook cabbage with broth and amino acids on medium heat until wilted. Add chicken that has been sprayed with Bragg's into the pan and cook until chicken is done. Remove lid to evaporate all juice but don't burn.

10 minutes

### **Chicken Italiano**

Chicken Breast

1 Tomato

Sea Salt

Garlic

Pepper

Italian seasoning

Chop up the tomato and the chicken breast into bite size chunks. Place in a hot frying pan and stir fry with all the seasonings.

15 minutes

### **Thanksgiving Chicken**

Chicken Breast

Celery

Onion

Sage

Poultry seasoning

Sea Salt

Freshly Ground Black Pepper

Chop up chicken breast, celery and onion, stir fry in heated skillet, adding seasoning to taste.

15 minutes

### **Tomato Basil Chicken \*A Tammy Recipe**

100 grams cubed chicken

1 cup chopped tomato and juices

¼ cup water or chicken broth

2 tablespoons lemon juice

2 tablespoons chopped onion

1-2 cloves garlic sliced

\*Tammy's Cookbook can be found at: <http://wlconline.hcgrecipes.hop.clickbank.net>

5 leaves basil rolled and sliced  
1/8 teaspoon oregano fresh or dried  
1/4 teaspoon garlic powder  
1/8 teaspoon onion powder  
Cayenne pepper to taste  
Salt and pepper to taste  
Lightly brown the chicken in small saucepan with lemon juice. Add garlic, onion, spices, and water. After chicken is cooked add fresh tomatoes and basil. Continue cooking for 5-10 minutes. Salt and pepper to taste, garnish with fresh basil. Makes 1 serving (1 protein, 1 fruit or vegetable)

## Salads

### Shrimp Salad

Marinate shrimp overnight in Old Bay seasoning and a splash of lime juice. Grill and serve over salad.

### Taco Salad

7 ounces leanest Ground Beef  
Mix spices (if possible) and set aside:  
3/4 t Cumin to taste  
1/4 t Chili pepper or to taste  
1/4 t Red pepper or to taste  
1/4 t Oregano or to taste  
1/4 t Onion powder or to taste  
1/4 t Garlic or to taste  
Sea Salt  
Freshly Ground Black Pepper  
3/4 C Water  
Lettuce  
Brown meat, drain and pat with paper towel. Place meat back in pan. Sprinkle spices on top and add water. Heat to boiling and simmer for 15 minutes. Divide into 2 servings and serve over lettuce. I lost 1 and 2 lbs on the days I made this.  
20 minutes

### Steak Salad

Steak  
Lettuce OR Spinach OR Red Onion OR Radishes OR Red Cabbage  
Tomato  
Sea Salt  
Freshly Ground Black Pepper  
Grill steak until medium. Slice very thin. Chop vegetable of choice and serve room temp steak over salad. Season with pepper and salt.  
20 minutes

### Steak Salad, Too

Steak  
Lettuce  
Tomato  
1 T Apple Cider Vinegar

Water

1 clove Garlic, minced

Sea Salt

Freshly Ground Black Pepper

Slice a grilled steak in very thin diagonal slices and serve over a bed of romaine with a tomato, using ACV, a little water, and garlic for dressing.

20 minutes

### **Spinach and Meat Salad**

Baby Spinach

Chicken Breasts or Beef, grilled and chopped

Strawberries, sliced

¼ C Apple Cider Vinegar

2-3 packets Stevia

Sea Salt

Freshly Ground Black Pepper

Place clean spinach in a large salad bowl. Top with beef or chicken and strawberries. Mix vinegar with stevia and pour over salad.

5 minutes

### **Chicken and Salad**

Chicken Breast, chopped small

Garlic

Oregano

Sea Salt

Freshly Ground Black Pepper

Cook in a non stick pan with garlic and oregano. Place over salad with a little Apple Cider Vinegar dressing.

20 minutes

### **Waldorf Salad**

Lots of Celery, diced

1 Apple, diced

Chicken, cooked in cider vinegar and spices and diced

Juice of one or two Lemon wedges

1 or 2 T Apple Cider Vinegar

1 or 2 packets of Stevia

Cinnamon

Mix all together. Variation: Greens, Oranges, and Beef, with Orange flavored Stevia instead of the cinnamon.

5 minutes

### **Chicken and Tomatoes**

Chicken Breasts

Grape tomatoes

Stevia

Basil

1 T Apple Cider Vinegar

1 clove Garlic, minced

Oregano

Lemon Juice to taste

\*Tammy's Cookbook can be found at: <http://wlconline.hcgrecipes.hop.clickbank.net>

Sea Salt

Freshly Ground Black Pepper

Cook chicken on contact grill and put the 3.5 ounce portions into individual Ziploc baggies and refrigerate. To prepare, dice a portion of chicken and put it in a bowl with a handful of grape tomatoes, cut in half. Mix it with stevia, basil, apple cider vinegar, garlic, oregano, and lemon juice.

25 minutes

### **Creole Chicken Salad**

Chicken

Cajun Seasoning

Lettuce

Yellow Onion

Tomatoes

Sea Salt

Freshly Ground Black Pepper

Completely coat chicken breast with Cajun seasoning and grill. Slice and serve over salad, sprinkle with salt, pepper, and lemon juice if desired.

20 minutes

### **Chicken Salad** (or Crab Salad, if you're eating crustaceans/ seafood)

3.5 ounces of Chicken or crab (real, not imitation, which has starch and sugar)

7 ounces Celery (or more)

Herbs

Sea Salt

Freshly Ground Black Pepper

Dice chicken or crab very fine. Chop celery. Add dash of mustard, salt, pepper, cayenne, vinegar, and whatever herbs you like (savory and parsley work well). Mix all the ingredients together in a bowl. Serve chilled.

5 minutes

### **Chicken Strawberry Spinach Salad**

3.5 ounces Chicken Breast, cut into bite-size pieces

½ t Garlic Powder

½ Lime, juiced

½ t ground Ginger

2 C fresh Spinach, stems removed

4-6 fresh Strawberries, sliced

1 Grissini, crumbled

Sea Salt

Freshly Ground Black Pepper to taste

Heat chicken in skillet, season with garlic powder and cook 10 minutes on medium on each side or until juices run clear. Set aside. In a bowl, mix lime juice and ginger. Arrange spinach on serving dishes. Top with chicken and strawberries, sprinkle with crumbled breadstick and drizzle with dressing. Season with pepper to serve.

25 minutes

### **Tomato Salad**

Cherry Tomatoes

Fresh Basil

Red Wine Vinegar

\*Tammy's Cookbook can be found at: <http://wlconline.hcgrecipes.hop.clickbank.net>

Stevia

Sea Salt

Freshly Ground Black Pepper

Cut tomatoes in half. Add chopped basil. Season with Salt and Pepper, Make a bit of "dressing" with red wine vinegar and stevia. You could add garlic powder or crushed fresh garlic if you want to. Let stand at room temperature for a few minutes before serving to blend flavors

5 minutes

### **Tomato Salad, Too**

Chopped Tomato

Green Onion

Cilantro

Jalapeño

Sea Salt

Freshly Ground Black Pepper

You can add lemon if you want to. You have to taste it and occasionally add more tomato to cut the spiciness, or add more jalapeño.

5 minutes

## **Soups**

### **Asparagus Soup**

Asparagus, broken into pieces

Lemon Juice

ACV

Garlic Powder

2 C Fat-Free Chicken Broth

Sea Salt and freshly ground Black Pepper to taste

Lightly steam with lemon juice, apple cider vinegar, and garlic powder sprinkled on chicken broth. Add extra water to have enough broth. Blend in blender on high; heat, add salt and pepper to taste. Variation: Add the T of milk that's allowed daily and make a "cream of asparagus" soup.

### **Tomato Basil Soup**

3 large ripe Tomatoes, peeled and chopped, or one 16 oz large can of fire roasted tomatoes

1 Onion, peeled and finely chopped

1 clove Garlic, crushed

Fresh Basil leaves

1 can Fat-Free Chicken or Vegetable Stock

1 T Tomato Purée

Sea Salt and freshly ground Black Pepper to taste

Stir in 1 serving (3.5 oz.) chicken to make it a main dish. If prepared with vegetable stock, it will be suitable for vegetarians.

### **French Onion Soup**

2 cans Fat-Free Chicken Stock

1 Beef Bouillon Cube

1 dash Worcestershire Sauce

2 medium Onions, sliced thin

2 packets Stevia

### Sea Salt

Freshly Ground Black Pepper to taste

Stir-fry the onions with a little of the chicken stock, salt, and pepper until soft/browned.

Bring the rest of the ingredients to a boil in separate pot, then add the onions and let simmer for about 20 minutes.

30 minutes

### **Shrimp Gumbo** (One of my favorites)

3.5 ounces Shrimp

7 ounces (or more) chopped Celery

Dash of Cayenne Pepper

Sea Salt

Freshly Ground Black Pepper

(if you treat tomato as a fruit, use 1 ounce of chopped tomato) Note: you can also make this with full serving of tomato instead of with the celery. Just add celery seed to get the celery flavor. Put everything in saucepan with a dash of Apple Cider Vinegar and cover until the celery is slightly cooked and shrimp are opaque.

### **Spicy Chicken Soup**

2 - 3 lbs Chicken Breast cut into squares

Worcestershire sauce - sugar free, fat free

Tabasco sauce

Homemade Fat-Free Chicken Stock

2 Tomatoes, blended first with 1/2 ltr water

½ clove Garlic

Lemon or Lime juice

Any of the following: Parsley, Dill, Cilantro, Sea Salt and Pepper to taste.

2 ½ liters Water

Boil for about 20 minutes.

### **Chicken Celery Soup**

Chicken Breast

Celery

Onion Powder

Italian seasoning

Pinch cayenne

Salt and Pepper

Garlic if desired

Use water to cover. Simmer all together. Use at least one stalk of celery for each 3.5 ounces of meat

15 minutes

## **Desserts**

### **Strawberry Smoothie**

Strawberries

Ice

Stevia

Add some fresh squeezed lemon juice and a little water for a delicious 'daiquiri'. Put it in a goblet to make yourself feel special.

### **Apple Pie**

Apple

¼ tsp Cinnamon

Dash Stevia

Cut apple into slices (pie style). Remove the core and seeds but don't peel. Arrange in a serving size Pyrex or ceramic bowl. Sprinkle with cinnamon and stevia. Bake in 375 degree oven for 20 minutes. Use the liquid English Toffee flavored stevia or Pumpkin Pie spice for variety. Or coat it with lemon and sprinkle with allspice.

### **Strawberry Pops or Sorbet**

Fresh Strawberries

Lemon Juice

Stevia

Fresh Mint (optional)

Puree ingredients and pour into pop molds or C. Freeze until firm.

5 minutes

## **Miscellaneous**

### **Spanish Omelette**

3 Egg Whites

1 Whole Egg

Cumin

Onion, diced

Tomato, diced

Sea Salt to taste

Freshly Ground Black Pepper to taste

Use different herbs and/or veggie to change this up. Tomato counts as fruit.

### **HCG Recipe Substitutions**

Bacon = Liquid Smoke

## ***hCG Phase 3 Recipes***

### **Cheesy Cauliflower Mash (Mashed Potato Alternative) \*A Tammy Recipe**

Steamed cauliflower

1 cup sharp cheddar cheese

¼ cup half and half or sour cream

Salt and black pepper to taste

Steam the cauliflower in water until soft. Puree in blender or food processor. Add the half and half and cheddar cheese. Pour cauliflower mixture into a saucepan and heat. Add salt and pepper to taste and serve. Makes multiple servings Variations: Instead of cheddar, add grilled onions and blue cheese. Or mix in parmesan cheese and Italian herbs. Use less liquid and squeeze out into mounds on a cookie sheet and bake until brown. Layer with other vegetables, mushrooms, and swiss cheese and bake like a pie.

### **Tzatziki Sauce**

Plain Yogurt, drained

\*Tammy's Cookbook can be found at: <http://wlconline.hcgrecipes.hop.clickbank.net>

Cucumber

4 cloves Garlic

Sea Salt

Freshly Ground Black Pepper

Shred a cucumber, put it in a paper towel, and press out the water. Mix everything and you have the best Tzatziki. Refrigerate for at least 1 hour to let the tastes meld. If you really want to make true Tzatziki, buy Greek yogurt. A good brand is Total brand yogurt. There is no comparison between full fat Greek yogurt and drained American yogurt. Greek yogurt is made from Goats' milk unlike American yogurt and it makes a difference. Phase 3 variation: Add a few tablespoons of Extra Virgin Olive Oil and some fresh or dry dill to taste.

### **Mayonnaise**

2 large Egg Yolks

3 T Lemon Juice

¼ t Sea Salt

Pinch of White Pepper

1 C Extra Light Olive Oil

Put the yolks, lemon juice, salt, and pepper into a mixing bowl and whisk until smooth and light. Then whisk the oil, a few drops at a time, into the mixture. Ensure the mixture is smooth and well integrated before pouring the next few drops of oil. The whisking will suspend the oil into the yolk mixture and adding the oil a little at a time will keep the mixture in a state of emulsion. After about 1/3 C of the oil has been whisked in, you can speed up the pouring a bit. Ensure the mixture is back in emulsion before pouring any more oil. After all the oil has been whisked in, you have mayonnaise. This is a good time to add any extras, such as a spoonful of Dijon mustard and extra salt and black pepper if you like. Because homemade mayonnaise is mostly egg yolk, the mayonnaise will have a healthy yellow color. Store bought or machine made mayonnaise usually also contains egg whites which will lighten the color up as well as lighten up the flavor. Any you don't use immediately, put in a tightly sealed jar and refrigerate. It should stay fresh for a week.

### **Ranch Dressing**

¾ C Mayonnaise

¼ C Buttermilk

½ t Garlic Powder

¼ t Cayenne Pepper

1/4 t Fresh Cracked Black Pepper

1 Dash of Dried Minced Garlic

### **Phase 3 Chocolate/Chocolate Sauce \*A Tammy Recipe**

2 tablespoons virgin coconut oil or butter

3 tablespoons cocoa powder

Stevia to taste

Melt coconut oil or butter. Mix in cocoa powder and stevia to taste. Adjust the level of cocoa or oil to achieve desired consistency. Enjoy warm as a chocolate dipping sauce for fresh fruits.

Variations: Dip fresh fruit into chocolate sauce and refrigerate for chocolate covered raspberries, strawberries, peaches etc. Make your own homemade chocolate bark by adding chopped almonds or other nuts and refrigerate to harden. Add flavored extracts like mint, orange, almond or other flavorings to the chocolate mixture.

### **Zucchini Lasagna \*A Tammy Recipe**

Zucchini thin sliced lengthwise

\*Tammy's Cookbook can be found at: <http://wlconline.hcgrecipes.hop.clickbank.net>

12 ounce container ricotta cheese  
1 8 ounce ball of mozzarella cheese  
Spaghetti sauce (sugar free)  
Sausage  
Chopped mushrooms  
1 teaspoon dried basil  
Pinch of dried oregano  
Parmesan cheese to taste  
Salt and pepper to taste

Mix ricotta cheese with dried herbs, parmesan, salt and freshly ground black pepper. Grate the mozzarella and set aside. Layer the zucchini on the bottom of a baking dish. Smooth a layer of the ricotta mixture over the zucchini. Sprinkle with mushrooms and/or sausage, spaghetti sauce, and sprinkle with mozzarella. Repeat this procedure until you have filled the baking dish. Top with spaghetti sauce and additional mozzarella cheese. Bake lasagna in a 375 degree oven for about 30 minutes or until mozzarella is brown and bubbly on top. Makes multiple servings

### **Phase 3 Crustless Key Lime Pie**

Yogurt  
Stevia  
Vegetable Glycerine  
Vanilla  
1 Lime, Juiced  
It tastes better than key lime pie.

### **Cheesecake**

4 Packs of Cream Cheese  
Small Amount of Sour Cream  
4 Eggs  
1 T Vanilla  
¼ To ½ C Stevia

Blend cream cheese and stevia and eggs. Add vanilla. Bake in a springform pan in a water bath at 350 degrees for 1 hour. Check with a toothpick in the middle to see if is done. Cool and remove from pan. Phase 4 Variation: add peanut butter, pumpkin, maple syrup, eggnog, chocolate chips, or pureed banana to the batter.

### **Steak, Fish, and Chicken Marinade**

Coconut Oil  
Coconut Milk  
Garlic

I usually would drop 2 to 4 pounds when I used this marinade. It was especially good on my steak for steak protocol days.

### **Salad Dressing**

Extra Virgin Olive Oil  
Virgin Coconut Oil  
Garlic  
Oregano  
Basil  
Stevia

Melt coconut oil and add fresh garlic, oregano, basil and whatever other seasonings you like.  
10 minutes

\*Tammy's Cookbook can be found at: <http://wlconline.hcgrecipes.hop.clickbank.net>

**Crab Salad**

For the crab meat in this recipe only buy the real stuff, the kind you have to get in the refrigerated section near the meat market. DO NOT use that fake crab meat; it's full of sugar.

Equal parts of cooked lump crab meat and fresh shrimp (cooked), about ½ C each

2 medium Tomatoes, seeded and diced

4 T fresh Cilantro, chopped fine

¼ to ½ medium yellow Onion (1015)

½ Avocado, diced

1 T Mayo, using recipe given above

Juice of ½ of a fresh Lime

Place ingredients in a bowl, mix, and salt to taste. If you like it spicy, add a sprinkle of red pepper flakes.

10 minutes

## **Tips**

Crush Melba toast or grissini on top of dishes for a crouton effect.

Raw, unfiltered, unpasteurized, Apple Cider Vinegar with the "mother" does not feed Candida.

Use a piece of foil to line the contact grill (George Foreman type). Food doesn't stick to the grill and there's no cleanup.

For those having trouble drinking water, try a few drops of flavored stevia in water to add some flavor and variety.

When covering and cooking after adding veggies, be sure to turn the heat very low to prevent a boiled texture.

Instead of ketchup, try this recipe. Boil tomatoes for 10 minutes. Put in food processor with garlic, spices, and a little sea salt. Keep in the refrigerator. Add Stevia if you want a sweeter flavor.

Try 2 teaspoons Apple Cider Vinegar in a very large glass of very cold water with some Stevia as an "ACV cocktail". Almost like lemonade - sweet and sour mixed together with a hint of apple in the background. I actually enjoy starting my day with the cocktail as well as at least one other time during the day. Try it; you might like it!

Thaw frozen shrimp quickly by soaking it in cold water.

Split your meals up. Just because you are allowed 3.5 oz of protein doesn't mean you have to eat it all at "Lunch" or "Dinner". Same with the veggies, fruit, and Grissini or Melba toast. Space it out so that you can eat every couple hours, but keep in mind not to exceed the allowances of 7 oz. of protein and 500 calories total per day.

If you're a coffee drinker, sip your cup throughout the day. I don't need mine much in the morning, but after 4 pm (the postprandial dip), I use the coffee (and Yerba Mate Royale) to quell hunger pangs.

Bison (buffalo) is leaner than beef, and many have used it without problems.

For dessert, have strawberries with a little dark chocolate stevia.

Keep an apple or slices in the car for a breakfast or snack.

It's actually very easy to hold a job while doing this protocol. Always take a cooler in the car with chopped veggies, fruits, and proteins. Also lots of water, packets of teas, etc.

Precook all your meals. I cook up my chicken, steak, and fish, weigh them, and freeze some and refrigerate others so I'm ready to go. After purchasing my fresh meat regardless of what it is, I weigh it raw and put it in a sandwich size zipper baggie and I am portioned out. Then I put all the same cuts into a gallon size baggie in the freezer. So I end up with a few gallon size

baggies labeled Chicken, Tenderloin, Strip, Flank etc. Just make sure your gallon size are freezer type for strength.

On Phase 3, use parmesan cheese (the kind you sprinkle over your spaghetti) to thicken sauces or gravies instead of the flour or cornstarch that we cannot have during the stabilization period. It works really well and tastes good, too.

Cilantro makes almost anything taste either Mexican or Thai!

I found a list of beef cuts, listed from leanest to fattest, at <http://www.askdrsears.com/>:

1. Top round
2. eye of round
3. round tip
4. bottom round
5. shank
6. sirloin
7. arm
8. top loin
9. t-bone
10. tenderloin or filet
11. porterhouse
12. brisket
13. ribeye
14. flank
15. ribs
16. blade

And finally, a suggestion if you must cheat. Slice a cucumber very thin and soak in some apple cider vinegar and salt. Store in a tightly sealed jar in the refrigerator. You can also do this with fresh squeezed lemon juice instead of the ACV. You can use these as your veggie for a meal or even to accent a bland meal with a tiny cheat by taking one very thin (1/8 inch or less) slice of cucumber and squeezing out the vinegar or lemon juice if it is too tart for you, then dicing it extra fine into tiny little bits. Just that little bite of cucumber tastes like a pickle and gives a little sizzle to a meal. This little cheat has helped me stay away from giving in to bigger ones.

## Sample Menus

### **Phase 2 Sample Menu 1**

Breakfast: ½ grapefruit

Coffee with vanilla stevia and 1 T milk

Lunch: 3.5 oz grilled chicken with lettuce salad using herbs, salt, and apple cider vinegar

Afternoon snack: 6 strawberries

Dinner: 6 grilled shrimp with garlic salt and Cajun spices with steamed spinach with lemon juice

### **Phase 2 Sample Menu 2**

Breakfast: Orange

62 calories

Snack: Raw Cabbage with vinegar in a slaw

35 calories

Lunch: 3.5 ounces chicken sautéed with Cabbage

155 calories

Snack: Tomato sliced with salt and pepper

36 calories

Dinner: 3.5 ounces Chicken sautéed with Tomato and Cajun seasoning

141 calories

Snack: Apple

67 calories

Total:

496 calories

### **Phase 2 Sample Menu 3**

Lunch: Pink Lady Apple, Roasted Tomatoes, 3.5 oz White Fish

Dinner: Honeycrisp Apple, Romaine Lettuce, 3.5 oz Ground Sirloin

### **Phase 2 Sample Menu 4**

Breakfast: Coffee with 1 T milk and Cinnamon Liquid Stevia

Snack: ½ grapefruit

Lunch: Shrimp with salad and melba toast

Dinner: Chicken and asparagus with grissini breadstick

Snack: Baked Apple with Cinnamon Liquid Stevia

### **Phase 3 Sample Menu**

Here is a typical day in Phase 3 for me:

Coffee with cream

3 egg Omelet with 2 slices sharp cheese sometimes with salsa or a veggie like asparagus or spinach

Pink Lady Apple with 1 Tablespoon Peanut Butter

2 cups of homemade Chili with tomatoes and onions with cheese

Honeycrisp Apple

Coffee with cream

Several (maybe 3) Tacos made with sour cream and salsa with cheese, wrapped in lettuce

Okra and Tomatoes (Rotel)

Homemade Cheesecake without sugar and no crust (one or two slices, depending on hunger)

Hot tea or cold sparkling water, sometimes flavored, sometimes with Stevia

Hope that this helps anyone worried about starting P3.

I have been on P4 since Thanksgiving Day and this morning, I weighed 196.8, still below LIW.

## Phase 3

It is SO IMPORTANT to eat enough protein and calories when beginning P3. Don't be afraid to eat in P3. In fact, on page 95, Dr. Simeons warns us to:

“Beware of Over-enthusiasm

The other trouble which is frequently encountered immediately after treatment is again due to over-enthusiasm. Some patients cannot believe that they can eat fairly normally without regaining weight. They disregard the advice to eat anything they please except sugar and starch and want to play safe. They try more or less to continue the 500-Calorie diet on which they felt so well during treatment and make only minor variations, such as replacing the meat with an egg, cheese, or a glass of milk. To their horror they find that in spite of this bravura, their weight goes up. So, following instructions, they skip one meager lunch and at night eat only a little salad and drink a pot of unsweetened tea, becoming increasingly hungry and weak. The next morning they find that they have increased yet another pound. They feel terrible, and even the dreaded swelling of their ankles is back. Normally we check our patients one week after they have been eating freely, but these cases return in a few days. Either their eyes are filled with tears or they angrily imply that when we told them to eat normally we were just fooling them.”

On pages 95-96, Simeons also warns of eating too little protein on P3:

“Protein deficiency

Here too, the explanation is quite simple. During treatment the patient has been only just above the verge of protein deficiency and has had the advantage of protein being fed back into his system from the breakdown of fatty tissue. Once the treatment is over there is no more HCG in the body and this process no longer takes place. Unless an adequate amount of protein is eaten as soon as the treatment is over, protein deficiency is bound to develop, and this inevitably causes the marked retention of water known as hunger- edema.

The treatment is very simple. The patient is told to eat two eggs for breakfast and a huge steak for lunch and dinner followed by a large helping of cheese and to phone through the weight the next morning. When these instructions are followed a stunned voice is heard to report that two lbs. have vanished overnight, that the ankles are normal but that sleep was disturbed, owing to an extraordinary need to pass large quantities of water. The patient having learned this lesson usually has no further trouble.”

Food items that you CAN NOT have in Phase 3 include:

- potatoes
- rice
- pasta
- sugar (including honey, sugar, brown sugar, molasses or any artificial sweeteners)
- breads of any kind, not even the grissini you were allowed in Phase 2
- sweet potatoes or yams
- sweeter fruits, although they seem okay for some in my group
- corn
- tortillas
- chips, pretzels, crackers, or anything similar

Food items that you CAN HAVE:

- eggs
- meat of any kind prepared grilled, fried in oil, baked, etc, pretty much anything but breaded, because of the starch
- cheese
- milk (preferably whole)
- cream
- any vegetable with the exception of starchy ones
- some fruit (try to stay away from the really sweet ones like pineapple and grapes)
- stevia is still the sweetener of choice
- keep doing your teas, water, etc

Normally, a whole food would not have much sugar and it is naturally-occurring in a whole food, not added refined sugar. Interestingly enough, some folks can't eat much fruit in P3 because of the sugar, even naturally-occurring, while others can eat bananas, which are not only very sweet fruit, which Simeons warns us to be careful with, but also depending on ripeness, may have some starch. As the fruit ripens, the starch turns to sugar. We all seem to be different. Do the right thing by keeping good records and learning what works for you in P3. That said, the first few days of P3, people seem more likely to have violent fluctuations that might not happen with the same food in the last week of P3.

### ***Healthy Oils in Phase 3***

Actually, the generally accepted theory that fat damages your arteries and is not heart-healthy is not necessarily true, despite the 25 years of propaganda otherwise, so be sure to eat your protein-rich foods without regard to the fat in them in Phase 3.

See this article in the NY Times: [What if it's all been a big fat lie?](#)

Don't try to skimp on calories or you WILL gain. Eat to satisfaction. If you do gain some, have eggs for breakfast, lots of cheese and protein on a big salad with oily dressing for lunch and a huge steak for dinner with berries and heavy cream for dessert. I swear it works.

### **What people are saying about Phase 3....**

#### **One P3 Story:**

"I am on my 10th day of phase 3. The one thing I will say is it is hard to eat enough not to gain, opposite of what I have been taught all these years. I noticed that if I ate more calories that I stayed the same weight and if I ate less I gained! So I added in some avocado, cream cheese, feta cheese, sour cream to my diet and found it helped me add calories and made the food taste better as well. I upped my Protein to about 200-250 grams a meal and I found that helped as well. I am now eating about 1700-2200 cal a day and have maintained these past 10 days with in 2 pounds of my last shot day. Remember that we are all so different, you will need to read the protocol and see what you want to do. What might work for me might not for you, so just add things in slowly when you go to Phase 3 and you should be fine. Just eat enough!"

#### **Kay's P3 Comment:**

"I could never have imagined this, BUT it is true. Your cravings seem to die with the weight."  
Kay Fielding

**Another P3 Story:**

"I was having a heck of a time maintaining my weight as it was after my last shot for over a week. Now I understand why he uses the words VIOLENT FLUCTUATIONS, lol. I ended my 1st phase at 186, with 26 lbs lost. I have been all over the scale, from 186, up to 193!!!! I re-read the text, and I tried something different then I was doing. He says that it will be hard to understand that you can eat normally. I agree. I was eating about double what I was eating on the diet, but I didn't double the lunch protein, only the dinner protein. Other than that I ate about 3 or 4 fruits a day, and lots of salads, but still with the vinegar dressing. My weight was all over the place. Then, after re-reading the text, I decided to increase my calories to between 1600 to 1800 a day, and now my weight is beginning to stabilize. Yesterday I had a whole chicken breast and two ears of corn on the cob, 2 rice cakes with sugar free strawberry preserves, 6 grissini as dinner along with 7 oz of steak, a salad, and a whole grapefruit, and I had about 25 red seedless grapes for a snack in the middle of the day. This morning I was 187, only 1 lb over my final shot day weight. I believe my reluctance to eat over 1000 calories a day was the biggest problem, lol."

**Another P3 Story:**

"I am 43 pounds lighter and have maintained my weight loss for 18 days past my last shot day, with almost no cravings, almost no hunger and all in all have been eating high amounts of fats and proteins with no gain.

I am in the "stabilizing phase" what some of us call Phase 3. I have been diagnosed with Fibromyalgia and have never felt better as during this protocol. I guess you could attribute this to not having sugar in my diet, but I still drink very STRONG coffee. : )

The biggest difference between this protocol and most diets I have tried, is that I have absolutely NO cravings while I eat 500 calories a day. It is amazing! I have lost before on other diets but never have I been able to keep it off past the first 7 days. I would normally start to gain again ...this time around I have been eating about 2000 (or more alot of days : ) and I have maintained well within my 2 pounds up or down. I am getting ready to go into the second round of the 2nd phase (shots) and am looking forward to losing the remaining 35-40 pounds.

The biggest change that I have seen in myself and others on the diet is that I am at 160 pounds and I am in a size 10 this morning!! I can honestly say that when I have lost on other plans, Weight Watchers, Body for Life, Atkins, cabbage soup, and so on and so on, I have never lost my stomach and hips. Although I had weight loss on all those diets (not large amounts of weight), I would always have my belly still : (

I can only say that there is no way for this to be a "all in your mind" protocol. When the protocol is done as stated, HCG shots, 500 cal with only the foods listed by Dr S, and then with the follow up of the stabilizing of the weight and then on to the final part, living with mostly alive foods and good fats and proteins, most will succeed. I think that with all the success I have seen on this diet, with those that treat this as a "protocol" I am convinced that this is the one "diet" I have ever done that is really working and will keep me healthy for years to come.

I know from those that have tried this 500 cal diet (my aunt with OA) without the HCG may lose alot of weight as the 500 calories puts you into ketosis of course, BUT the biggest difference is, where we each have lost our pounds! She had to remain on her very strict diet for the duration to maintain and was feeling very weak. I on the other hand went into a lower size pants (was a 18-20) now a a size 10-12!

I am eating, all meats, dairy, fruits (all kinds) and a huge amount of veggies. And I have less Fibro pain, more energy and my mind is even sharper, the last could be because all the crap is out of my system : )

Here are a few more differences between someone on the 500-700 calorie diet without the HCG and someone who is on the 500 calorie diet with the HCG. Skin!! I saw what the low cal diet without the HCG did to my relative's skin ...and then I get to see what the diet does with the HCG!!! My skin is not sagging!! I mean it is amazing that my skin is not hanging down like the last time I lost weight!!! My tummy skin is able to be pulled in without any sagging on the legs : ) And my skin is looking healthy, not pale and so on ...

Anyway that is my experience on HCG Dr S Protocol. I guess you just have to read and have faith as we have all seen it working differently than any diet we have tried ....

P.S One more thing. I started this protocol with HCG and 500 calories at the same time as my friend started at the same clinic (MD Diets). She went on the 1 shot of B complex a week and their special diet and I did the one shot a day of the HCG and the 500 cal diet ...I have lost 2x the amount of weight as she has, both being on a diet at the same time. We both have lost that weight in different area of our bodies as well. I just thought I would add that in : ) it is the only clinical info I have for ya : )"

**One more P3 story:**

"I was doing pretty well. I even ate whatever I wanted for the first time in my life and maybe gained a maximum of 3 or 4 pounds back from the original 20 lost after doing the protocol for 27 days and 3 weeks of maintenance. I was doing great - until I got a sinus infection and surrendered to antibiotics! I did 10 days of amoxicillin and immediately gained 8 pounds. So I am doing another round of hCG. I start in 3 weeks. Beware of antibiotics! Look at the name - anti (antagonistic) biotic (life) aka anti-life!!!"

## Sugar in Phase 3

**Sugar-free** on a product label means that it has no sucrose. It may however have fructose, molasses, honey, corn syrup, sugar alcohols, sucralose, aspartame, or saccharin. All you can really be sure of is that it has no sucrose. To wean yourself off sugar, you may find it helpful to take a gram or two a day of omega 3 fish oils, to reduce the cravings.

### ***Does anyone know which fruits are supposed to be the "sweet fruits" to which Dr. Simeons refers?***

Based on a chart I have that breaks out fruits, sweet fruits are considered to be any and all dehydrated fruits because they become concentrated sugar when you have removed all the liquid, as well as bananas, dates, figs, persimmons, prunes, and sweet grapes.

### **Fruit Sugar Content**

Fruits lowest in sugar:

Rhubarb  
Strawberries  
Cranberries  
Raspberries  
Blackberries  
Blueberries  
Grapefruit  
Melons  
Apricots  
Plums  
Peaches  
Pears  
Guava  
Cherries  
Apples  
Papaya

These are fairly high in sugar:

Grapes  
Tangerine  
Oranges  
Pineapple  
Kiwi

The following fruits are very high in sugar:

Bananas  
Dried Fruit  
Mango

Sugar chart: <http://www.ars.usda.gov/Services/docs.htm?docid=12107>

To search for the sugar content of a food that you are considering eating, use: <http://www.Nal.usda.gov/fnic/foodcomp/search/> or <http://www.Nutritiondata.com/> or <http://www.foodfacts.com>.

Type Of Fresh Fruit	Sugar Content % of fresh weight
Banana	17
Grape	16
Fig	15
Cherry	14
Kiwi	14
Persimmon	14
Apple	13
Pineapple	13
Pomegranate	13
Blueberry	11
Gooseberry	11
Mango	11
Orange	11
Passion Fruit	11
Plum	11
Prickly Pear	11
Black Currant	10
Honeydew	10
Pear	10
Apricot	9
Peach	9
Watermelon	9
Blackberry	8
Papaya	8
Cantaloupe	7
Guava	7
Raspberry	7
Strawberry	7
Grapefruit	6
Red Currant	6
Cranberry	4
Tomato	3
Lemon	2
Avocado	1
Lime	1

The USDA web site says that the United States is the largest consumer of sweeteners, including high fructose corn syrup. In *Omnivore's Dilemma*, Michael Pollan says, "Since 1985 our consumption of all added sugars—cane, beet, high fructose corn syrup (HFCS), glucose, honey, maple syrup, whatever—has climbed from 128 pounds to 158 pounds per person." There is no doubt that we have a major, major problem with sugar consumption in this country.

### ***101 Names for Sugar***

Typically, when ingredients are listed on a product, they must be listed from largest amount down to smallest amount found in that product. Do not be fooled into thinking there is very little sugar in an item if it is not listed near the beginning. Often you will find three or four of the above aliases in the ingredient listing, meaning that in the end the product may be mostly sugar!

Added sugars in processed foods can be found under the following names:

1. Agave Syrup
2. Amasake
3. Any name ending in "ose" or "ol" or "syrup"
4. Barbados Sugar
5. Barley Malt
6. Blackstrap Molasses
7. Black Sugar
8. Brown Sugar - the refined sugar coated with molasses or colored with caramel.
9. Cane Juice
10. Cane Juice Crystals
11. Cane Sugar
12. Caramel
13. Caramel Coloring
14. Castor Sugar
15. Confectioner's Sugar
16. Corn Sweetener
17. Corn Syrup
18. Corn Syrup Solids
19. Crystallized Cane Juice
20. D-mannose
21. Date Sugar
22. Demerara
23. Demerara Sugar
24. Dehydrated Cane Juice
25. Dehydrated Cane Juice Crystals
26. Dextran
27. Dextrin
28. Dextrine
29. Dextrose (glucose) - a simple sugar made of only one molecule.
30. Disaccharides
31. Evaporated Cane Juice
32. Evaporated Cane Juice Sugar
33. Florida crystals (a trademarked name)
34. Free Flowing Brown Sugars
35. Fructose - a simple sugar refined from fruit.

36. Fruit Juice Concentrate
37. Galactose
38. Galactose
39. Glucose
40. Glucose Syrup
41. Golden Syrup
42. Grape Sugar
43. Grape Sweetener
44. High Fructose Corn Syrup (HFCS)
45. Honey
46. Hydrolysed Starch
47. Hydrogenated Glucose Syrup
48. Hydrogenated Starch Hydrolysates (HSH)
49. Invert Sugar
50. Isomalt
51. Levulose
52. Lactitol
53. Lactose - a simple sugar from milk.
54. Malt
55. Malt Extract
56. Malt Syrup
57. Maltodextrin - a manufactured sugar from maltose and dextrose.
58. Maltose - a simple sugar made from starch, usually grains.
59. Mannitol
60. Maple Syrup
61. Molasses
62. Monosaccharide
63. Muscovado
64. Organic Dehydrated Cane Juice
65. Panocha
66. Polysaccharide
67. Powdered Sugar
68. Rapadura
69. Raw Cane Crystals
70. Raw Honey
71. Raw Sugar - a less refined sugar with a small amount of molasses remaining
72. Refiner's Syrup
73. Ribose
74. Rice Extract
75. Rice Malt
76. Rice Syrup
77. Saccharide
78. Saccharose
79. Sorghum
80. Sorghum Syrup
81. Sorbitol
82. Sucanat
83. Sucanat
84. Sucrose
85. Sugar - the refined crystallized sugar; a combination of glucose and fructose.
86. Sugar (granulated)

- 87. Sweetener
- 88. Syrup
- 89. Table Sugar
- 90. Treacle
- 91. Turbinado
- 92. Turbinado Sugar
- 93. Unbleached Crystallized Evaporated Cane Juice
- 94. Unbleached Evaporated Sugar Cane Juice Crystals
- 95. Unbleached Sugar Cane
- 96. Unrefined Cane Juice Crystals
- 97. Washed Cane Juice Crystals
- 98. White Grape Juice - a highly purified fructose solution; virtually no other nutrients.
- 99. Yellow Sugar
- 100. Xylitol
- 101. Xylose

### List of Sweeteners

Name	Description
Agave Syrup	From the blue agave cactus. Commonly used in Tex-Mex foods, tequila, margaritas, soft drinks. High in fructose.
Aspartame	Sugar substitute known as Equal, NutraSweet, NutraTase. FDA approved. Scientifically studied in depth. Some may be sensitive to headaches. Derived from amino acids.
Acesulfame-K	Sugar substitute known as Sunette, SwissSweet, Sweet-One. Was approved by FDA, but Center for Science in the Public Interest (CSPI) recently questioned safety. Possible carcinogenic. (Questionable safety)
Baker's Sugar	Another name for Bar Sugar, Berry Sugar, Castor/Caster sugar, Ultrafine, Superfine. Sucrose, Finest of all granulated sugar.
Bar Sugar	Another name for Baker's Sugar, Berry Sugar, Castor/Caster sugar, Ultrafine, Superfine. Sucrose, Finest of all granulated sugar.
Barbados Sugar	British specialty brown sugar with strong molasses flavor.
Barley Malt Syrup	From sprouted grains of barley, kiln dried and cooked with water.
Beet Sugar	Sucrose. Same structure as cane sugar, but may produce different product results because of .05 differences in minerals and proteins. More common in Europe than the U.S
Berry Sugar	Another name for Baker's Sugar, Bar Sugar, Castor/Caster sugar, Ultrafine, Superfine. Sucrose. Finest of all granulated sugar.
Birch Sugar	Sugar alcohol: Xylitol. Trade name; The Ultimate Sweetener. Derived from xylose. depending on purity
Brown Rice Syrup	Made from brown rice. High protein content. Likely contains sucrose.
Brown Sugar	Sucrose coated with molasses.
Cane Sugar	Sucrose. Table sugar.
Castor/Caster Sugar	Another name for Baker's Sugar, Bar Sugar, Berry Sugar, Superfine, Ultrafine. Sucrose. Finest of all granulated sugar.
Carob Powder	75% sucrose, plus glucose and fructose. Extract of the carob tree.
Chicory	Contains inulin. Used to make fructose syrup.
Chinese Rock Sugar	Combination of honey and sugars.
Corn Starch	Derived from corn. Composed of straight or branched chains of glucose.
Corn Sugar	Produced from corn starch. Contains glucose and maltose molecules.

Name	Description
Corn Syrup	Glucose and water. Usually produced from cornstarch. The problem is that in making the syrup, it may have either maltose and/or fructose added. Manufactured syrup of corn starch, containing glucose, maltose, and dextrose.
Corn Syrup Solids	Dried glucose syrup. Caution, needs further clarification
Confectioners Sugar	Sucrose. A chemical combination of glucose and fructose.
Date Sugar	Made from dried, pulverized dates. Likely contains sucrose.
Demerara	Sucrose. Another name for raw sugar. A chemical combination of glucose and fructose.
Dextrin	Glucose molecules linked together in chains. Does not break down to pure dextrose.
Dextrose	Single glucose molecule. Simple sugar.
Dextroglucose	Single glucose molecule. Simple sugar.
Dextrose Monohydrat	Pure dextrose.
D-Allose	Simple sugar. Not commonly found in diet. Made of 6 carbons.
D-Altrose	Simple sugar. Not commonly found in diet. Made of 6 carbons.
D-Arabinose	Simple sugar. Not commonly found in diet. Made of 5 carbons.
D-Erythrose	Simple sugar. Not commonly found in diet. Made of 4 carbons.
D-Erythrulose	Simple sugar. Not commonly found in diet. Made of 4 carbons.
D-Galactose	Simple sugar. Not commonly found in diet as free galactose. Made of 6 carbons. Part of lactose.
D-Gulose	Simple sugar. Not commonly found in diet. Made of 6 carbons.
D-Idose	Simple sugar. Not commonly found in diet. Made of 6 carbons.
D-Lyxose	Simple sugar. Not commonly found in diet. Made of 5 carbons.
D-Psicose	Sweetener. -YMay cause diarrhea. Chemically related to fructose. Made of 6 carbons. depending on purity
D-Ribose	Simple sugar. Not commonly found in diet. Made of 5 carbons.
D-Ribulose	Simple sugar. Not commonly found in diet. Made of 5 carbons.
D-Sorbose	Sweetener. May cause diarrhea. Chemically related to fructose. Made of 6 carbons. depending on purity
D-Tagatose	Sweetener. -YMay cause diarrhea. Chemically related to fructose. Made of 6 carbons. depending on purity
D-Talose	Simple sugar. Not commonly found in diet. Made of 6 carbons.
D-Threose	Simple sugar. Not commonly found in diet. Made of 4 carbons.
D-Xylose	Simple sugar. Not commonly found. Made of 5 carbons.
D-Xyulose	Simple sugar. Not commonly found in diet. Made of 5 carbons.
Dulcitol	Naturally occurring sugar alcohol.
Erythitol	Sugar alcohol. Related to erythrose. depending on purity
Evaporated Cane Sugar	Sucrose. Another name for sugar cane juice.
Fructose	Simple sugar of fructose molecules. Sometimes called fruit sugar. Made of 6 carbons.
Fruit Juice Sweetene	Derived from grapes, apples or pears, heated to reduce water leaving a sweeter more concentrated juice. Almost pure fructose.
Gemsugar	Colored sugar made from Thai sugarcane infused with herbs.
Glucose	Simple sugar. The chemical sugar structure of blood sugar. Made of 6 carbons.
Glucose Polymers	Chains of glucose molecules.
Glucose Syrups	Produced from starch, corn syrup, corn-syrup solids, starch syrup, and sugar cane syrup. Another name for glucose. Caution, needs further clarification
Grape Syrup	Pure fructose.

Name	Description
Granulated sugar	Table sugar. Sucrose.
Gur	Another name for Jaggery. 35% sucrose, 15% reducing sugar (mixture of glucose plus fructose). Used in Thai cooking. Made from palm dates or sugar cane juice. Contains molasses.
High Fructose Corn Syrup	Enzymetically converted from corn syrup to contain 42% - 90% fructose. Raises triglyceride levels and increases risk of heart disease.
High Fructose glucose syrup	Contains fructose.
Honey	Natural syrup containing about 35% glucose, 40% fructose, 25 % water
Hydrogenated Starch	Sugar alcohol of glucose. depending on purity
Invert Sugar	Created by combining sugar syrup with cream of tarter or lemon juice and heating, breaking sucrose down to components glucose and fructose.
Isoglucose	Another name for High Fructose Corn Syrup (HFCS).
Isomaltose	Linked glucose molecules that rapidly break down to glucose in the intestine.
Jaggery	Made from either evaporating fresh juice of several kinds of palm trees, or sugar cane juice. 35% sucrose, 15% reducing sugar (mixture of glucose plus fructose). Contains molasses.
Lactitol	Sugar alcohol form of lactose. depending on purity
Lactose	Milk sugar, making up 4.5% of cow's milk. Restricted in lactose intolerant.
Levulose	Contains fructose.
Litesse	Polydextrose. Nondigestible polysaccharide. Reduced calorie sugar substitute containing sorbitol and glucose.
Maltitol	Sugar alcohol form of maltose (glucose). depending on purity
Maltose	Linked glucose molecules that rapidly break down to glucose in the intestine.
Maltodextrin	Dextrose. Processed from natural cornstarch.
Mannitol	Sugar alcohol form of mannose. depending on purity
Mannose	Simple sugar. Not commonly found.
Maple Syrup	Mostly sucrose. Contains some invert sugar.
Maple Sugar	Mostly sucrose. Contains some invert sugar.
Moducal	Glucose chains. A medical food. Consult physician before use.
Molasses	By-product of sugar cane with 24% water. Fructose level varies. Three kinds. Light (sweetest), Medium (darker and less sweet), Blackstrap (very dark, slightly sweet with distinctive flavor. Good source of calcium and iron)
Molasses Sugar	Dark muscovado sugar with extra molasses.
Muscovado Sugar	Another name for Barbados sugar, a British specialty brown sugar with strong molasses flavor.
Neotame	Sugar substitute. Synthetic aspartame.
Palm Sugar	Used in Thai cooking. Likely contains sucrose.
Panella	35% sucrose, 15% reducing sugar (mixture of glucose plus fructose.) Contains molasses.
Polincillo	Mexican brown sugar. Semi refined and granulated. No molasses added
Polydose	Chains of dextrose. Added to foods to increase calories.
Polydextrin	Chains of glucose molecules. Does not break down to pure dextrose.
Polydextrose	Polydextrose is a multi-purpose additive synthesized from dextrose (glucose), plus about 10 percent sorbitol and 1 percent citric acid. It is commonly used as a replacement for sugar, starch, and fat in commercial cakes, candies, dessert mixes, gelatins, frozen desserts, puddings, and salad dressings.→Sorbitol is a sugar alcohol that is related to fructose.
Raffinose	A trisaccharide found in grains, legumes and some vegetables. Gas forming. Tolerance Varies
Rapadura	35% sucrose, 15% reducing sugar (glucose plus fructose). Contains molasses.
Raw Sugar	Sucrose. Equal parts glucose and fructose, a chemical combination of glucose

Name	Description
	and fructose.
Reducing Sugar	Referred to as invert sugar (mixture of glucose and fructose).
Rock Sugar	Crystallized cane sugar. Sucrose, a chemical combination of glucose and fructose.
Saccharin	Sugar substitute. Not as commonly used as in the past. Known as Sweet N' Low, Sugar Twin, Sucryl, Featherweight. FDA approved. More than 6 servings per day may increase bladder cancer risk. (No longer approved for use in Canada)
Saccharose	Sucrose. Equal parts glucose and fructose.
Sorbitol	Sugar alcohol. Common in fruits, particularly skin of ripe berries, cherries and plums. Used in sugar free foods. Causes diarrhea. Converted back to fructose.
Splenda	A sugar substitute. This is a chemically modified sucrose molecule that cannot be digested. depending on purity
Stevia	Natural sweetener from a South American plant. 30% sweeter than sugar. Used extensively in Japan, China, Korea, Israel, Brazil and Paraguay with no side effects reported. Known as Stevioside. Has not been rigorously tested for safety. No consistent manufacturing regulations.
Sucanat	Sucrose. Another name for raw sugar. Equal parts glucose and fructose. However, read the labels. Some now listed as Sucanat are cane sugar plus blackstrap molasses.
Sucralose	Chemical name for Splenda, a sugar substitute. Large molecule not digested. depending on purity
Sucrose	Naturally occurring sugar made from sugar cane or sugar beets. Commonly referred to as sugar and table sugar. Chemical combination of glucose and fructose.
Sucrose Syrups	Also known as Refiner's syrup. By product of sugar refining. 15 - 18% water, 1 part sucrose to two parts invert sugar.
Sugar	Common name for sucrose, a chemical combination of glucose and fructose.
Sugar Alcohol	May be naturally or synthetically occurring. Causes diarrhea. This is a reduced form of sugar that may be metabolized back to fructose or other sugars depending on the type.
Trimoline	Produced from beets. Up to 22 % invert sugar. 28 % sweeter than granulated sugar
Turbinado	Another name for raw sugar. Sucrose, a chemical combination of glucose and fructose.
Vanilla sugar	Sucrose. Made by burying vanilla beans in cane sugar for weeks. A chemical combination of glucose and fructose.
Wasanbon	Grown on an island in the area of Japan from a special variety of sugar cane. A pale beige powder of very pure sugar. Not good for cooking. Melts immediately on the tongue. Very scarce and very expensive.
Xylitol	Sugar alcohol. Obtained from fruits and berries. Also from birch trees and known as birch sugar. Causes diarrhea. depending on purity
Xylose	Simple sugar. Not commonly found. Made of 5 carbons.
Xyulose	Simple sugar. Not commonly found. Made of 5 carbons.

I did find one brand of bacon that does not have sugar: Gwaltany's. I find it at Wal-Mart. Gwaltney bacon has no added sugar (though not Nitrate-Free) and sold at both Winn-Dixie and Super Wal-Mart and other normal grocery stores. Strangely enough, their Hot Dogs have more Sugar (5-8g per Dog if I remember correctly) than any other brand I've seen. Go figure!?!

Almost all commercial brands of peanut butter have sugar added. I never thought about that until I saw sugar-free. Also, imitation crab is usually made of herring, but contains added sugar and other additives and is therefore not allowed on Phase 3.

### Starches in Phase 3

**So many people think that Phase 3 is Atkins and that all carbs are starches. This is totally untrue.** I must respectfully disagree with the assertion that "Starches = Carbohydrates". While it is true that all refined sugar and starch are carbohydrates, all carbohydrates are NOT refined sugar and/or starch. Dr S wanted patients to avoid high glycemic index foods for P3.

For example, some carbs are fibrous (non-starchy, mostly cellulose) and some are starchy:

<b>Fibrous Carbohydrates</b>	<b>Carbs in one cup</b>	<b>Starchy Carbohydrates</b>	<b>Carbs in one cup</b>
Asparagus	6	Acorn Squash	30
Green Beans	10	Barley	44
Broccoli	12	Black Beans	41
Brussels Sprout	12	Lima Beans	39
Cabbage	8	Red Beans	40
Carrots	13	Corn	30
Cauliflower	6	Whole-wheat Flour	87
Celery	6	Lentils	40
Cucumber	3	Oatmeal	32
Eggplant	9	Spaghetti	43
Lettuce	1	Split Peas	41
Mushrooms	8	Potatoes	26
Green Peppers	7	Brown Rice	45
Red Peppers	9	White Rice	45
Spinach	7	Sweet Potatoes	31
Crook-neck Squash	6	Shredded Wheat	42
Zucchini	7	Yams	37

I think that the difference between starchy carbs and non-starchy carbs should be obvious from the chart above.

Phase 3 isn't Atkins. If it was, it wouldn't allow fruit. Dr. S only says to avoid the sweeter ones. You don't have to avoid all carbs. You simply do not eat refined sugar or starch at all. That being said, many Atkins recipes are good for Phase 3. Many non-Atkins recipes are, too, if they omit refined sugar and starch.

You can use the iodine test to see if what you want to eat contains starch. Take a little bit of it that you won't be eating and put a drop of iodine on it. If it turns very dark, it has starch.

You may be surprised to learn that some foods that people believe to be totally protein, actually contain high starch content. Almonds contain no starch, but walnuts are a different matter - the skin contains starch, while the meat of the nut does not. Cashew nuts are very rich in starch as are chestnuts and sunflower seeds. Peanuts also contain starch.

Beware of things like Worcestershire (has sugar in it) and commercial broths or boullions. I haven't yet found one (including the ones at Whole Foods) that didn't have things like carrots, potato starch, sugar, or dextrose (which is a sugar) in the ingredient list. And most brands of bouillon are filled with stuff not allowed on Phase 3, such as MSG, cornstarch, and sugars.

Even foods we think of as healthy may have starch. Chickpeas (which is what hummus is made from) appear to be almost half starch, while wheat is two-thirds starch as a comparison. Dietary fiber and starch concentrations for extruded chickpeas were 8.3 and 46.3 g/100 g DM, respectively, and for extruded wheat were 10.1 and 66.9 g/100 g DM, respectively.

**The starchy foods you need to avoid completely are:**

Bread, crackers, rolls, cookies, pizza, breakfast cereals, pancakes, waffles, rice, pasta, potatoes, snack food, fat-free or sugar free frozen yogurt, and no corn, potatoes, or peas.

**Vegetables that are considered dense starches are:**

Artichokes, beets, beans (not green), legumes, peas, carrots, corn, potatoes, pumpkin, sweet potatoes, yams, hubbard squash, winter squash, and banana squash.

**Here are most of the carbohydrates that contain little or NO starch:**

Artichokes, asparagus, avocados, bamboo, shoots, beans, wax beans, string beans, soy beets, red broccoli, brussels sprouts, cabbage, carrots, sprouts, cauliflower celery, chard, swiss, collards, cucumbers, eggplant, endive, greens, beet, greens, dandelion greens, turnip, leeks, kale, kohlrabi, lettuce, mushrooms, okra, onions, parsley, parsnips, fresh peppers, radishes, rhubarb, rutabagas, sorrel, spinach, tomatoes, turnips, watercress, horseradish, olives, mustard, vinegar, capers, and mayonnaise.

Source: <http://people.bu.edu/sobieraj/nutrition/nocho.html>

Use <http://www.Nutritiondata.com/> to look for starch content of foods. If only ~ is listed, then try: [McCance and Widdowson's The Composition of Foods](#). "Search in this book" feature is enabled on Amazon.com, so you search for the food in question and look at the first column, starch.

### ***Starch Content of Selected Foods***

Eggs, fats and oils, meat, fish, herbs and spices, cheeses, milk, carbonated drinks, juices, and alcoholic beverages do not contain starch.

Flours, rices, and grains DO contain starches, EXCEPT for almond flour, which contains 1.03 grams of starch in every 100 grams, and coconut flour, which contains none.

Fruits in general have only trace amounts of starch, if that, except for these notable exceptions: bananas, for which the starch content falls and the sugar content rises on ripening, guava, which contains a barely detectable amount, and kiwi fruit and mangoes, which have a bit more.

Vegetables that have over 1% starch include: corn, garlic, new potatoes, parsnip, plantain, potatoes, pumpkin (iodine test indicates high starch), sweet potato, and yam.

Any beans, peas, or lentils have too much starch to be suitable for Phase 3, EXCEPT green beans, which have 2.6% starch, and runner beans, which have less than 1%. Tofu has less than 1% starch, but fresh/frozen cooked soybeans have almost 5%. Mung bean sprouts have almost 2% starch.

Peas, particularly canned or processed peas, are too high in starch for Phase 3. Black-eyed peas (technically a bean), besan flour, chick pea flour, chick peas, and hummus are other items that are too high in starch.

Nuts and seeds with less than 1% starch are: Brazil nuts, coconut, coconut milk, Macadamia nuts, Pine nuts, sesame seeds, tahini paste, trail mix, and walnuts.

Nuts and seeds with less than 5% starch are: almonds, hazelnuts, pecan, and pistachio nuts.

Nuts and seeds with more than 5% starch are: cashews, chestnuts, peanut butter and peanuts (6%), and sunflower seeds.

Ice cream alone has less than 1% starch. Pudding has too much starch, over 19% for instant.

Luncheon meats, sausages, licorice, marshmallows, regular cocoa powder, Ovaltine powder, baking powder, horseradish sauce, relishes, sweet and sour sauce, and tartar sauce are items that you would not think have starch, but they do, and too high for Phase 3. Boullion cubes are a strange case. Beef have only trace amounts of starch, but chicken and vegetable flavors have too much to be used on Phase 3.

With regard to these starch ratings, a number of the vegetables that according to their ratings, should be safe to eat, when tested with iodine, some of these react showing a great deal of starch, and some don't show any at all despite these ratings stating high in starch. Garlic powder, for example, rated very high in starch; however, I've tested it with iodine and never discovered any starch. I decided that the iodine test is the best indicator of starch, for me. But of course, there is the difference in starch in plants, depending on how ripe it is when you test it – or (in the case of fruit) whether it was tree ripened or stored in an unripe state in cold storage, for months before being put on the supermarket shelves. This makes a huge difference as the starch in the fruit never gets a chance to turn to sugar.

## Phase 4

Phase 4 is a great adventure in finding out just what you can eat and maintain, and in finding out how your appetite and food preferences have changed.

### What people are saying about Phase 4....

“I'm now on phase 4 for 3 weeks and then I'll be back on it again. I started at 295 pounds, I now weigh 264 and except for my periods I'm NOT gaining. I'm eating very stupid food too!! I'm eating out because I couldn't eat organic during the weekend due to visiting at a friend's house, I'm eating ice cream, pizza, fruit, bread, etc.... THIS WORKS!!!”

A great replacement for Ice Cream is Frozen Bananas. Put them in the blender or food processor until creamy. Then you can add toppings. (Like Tammy's chocolate sauce.)”

## Reference Material

### ***Sublingual hCG***

The GHI clinic website states that there is no oral hCG. I guess that strictly speaking, GHI is correct. hCG cannot be absorbed into the bloodstream orally through the digestive tract. However, it CAN be absorbed into the bloodstream by holding it under the tongue, which is called sublingual absorption. There IS effective sublingual hCG. The brand name for the patented version is Releana. This site states that the digestive tract is bypassed with sublingual: <http://www.positivehealth.com/article-view.php?articleid=472> Some have been experimenting with homemade formulas of sublingual hCG with great success.

Even Dr. Simeons discusses alternate methods for absorbing hCG other than using injections. He discussed that when treating the 'fat boys' that it could be absorbed rectally just as well as through injections and was just as effective when administered in that way.

Administering drugs through sublingual delivery is a method with proven success because the blood vessel-rich mucous membranes allow them to be absorbed directly into the bloodstream. By increasing the dosage level, any loss of absorption caused by such factors as too little time held under the tongue or having eaten or drunk something too close to the time that the dose was taken can be minimized. Also, theoretically, because it is absorbed into the bloodstream instead of IM or SQ, it breaks down much quicker than the other two methods and needs to be taken twice a day to remain in circulation. A person would need to use more hCG and therefore spend more money than someone using one of the injection methods, but that is an expense that many are willing to bear in order to reap the benefits of the convenience and ease of sublingual administration of this weight loss method. Increasing the IM dose by 30% results in a dose of 166 IU per day. An increase of 100% is a dose of 250 IU per day. Going to the commercially available sublingual product level is an increase of about 267% for a dose of 333 IU per day. Although this dose seems high enough to induce immunity sooner, the Releana dosage is 333 IU per day with claims of no immunity resulting from this dose.

### **Easy Sublingual Method**

A nurse in my support group created an easy way to administer her hCG sublingually by mixing hCG with Bach Rescue Remedy Natural Stress Relief, which is provided in a 10 ml amber dropper bottle at the health food store. In her state, pharmacies won't sell syringes without a prescription and she didn't have any IM syringe supplies. She was impatient in starting and decided to improvise to create a sublingual that she could use immediately. Bach Rescue Remedy, being a homeopathic, already contains 27% alcohol to help its sublingual formulation to be preserved until administered and to ensure adequate absorption into the bloodstream. She removed 5 ml of the Bach solution with a liquid medicine syringe to measure and store it in. Then she used the dropper to add a couple of drops to the ampoule of 5,000 IU, swirled it to dissolve, and poured it into the small Bach bottle. Five drops of this solution provide 150 IU. She mixed up the other 5 ml and froze it until she needed it, but personally, I would have waited to mix, to avoid potential potency problems later. 10,000 IU would fit in there, but unless sharing with a second person, potency might not last long enough to consume it all. She reported that she lost 14 pounds in the first 2 weeks. Another support group member also used this easy method with the same results. If you can't find the Bach formulation at your local health food store, Amazon carries it at this link: [Bach Flower Remedies Rescue Remedy 10 mL Liquid](#)

## Sublingual Supplies

You can use any small bottle, but an amber or cobalt blue glass bottle is recommended, as exposure to sunlight, etc., can be damaging to the efficacy of formulations. The dark color of the bottle protects the ingredients from damage from light exposure. For accurate dosing, you can order what is called [1cc Tuberculin Syringes & Needles - 25 ga x 5/8" needle](#) (a syringe you will use without the needle, but with accurate markings on the sides). You open the bottle, dip the syringe in, pull up to the 0.25 ml line, and squirt under the tongue. Hold there as long as you can and then swallow. You might get eyed with suspicion if you try to get a syringe from the pharmacy at your local store, but if you look in the baby section, they have rubber-topped (squeeze bulb), plastic tubes with ml markings which can be substituted for a syringe. I like the syringe better for dosing, but something from the baby section can be substituted. Remember that ml and cc are the same amount.

Personally, I prefer using amber bottles with dropper tops built in. Here are sources of bottles:  
<http://feelbach.com/scripts/prodView.asp?idproduct=67>  
<http://www.pilotvials.com/DropperVials.html>

To get accurate measurements using the amber bottle dropper top, pull the plain dropper out of the top and replace it with one marked in tenths of a ml, easily obtained from Walgreen's, either online or locally:

<http://www.walgreens.com/store/product.jsp?CATID=303648&navAction=jump&navCount=1&id=prod2389554>

To avoid any possible potency issues, you can mix the sublingual formula every seven to ten days for optimal freshness. Alternatively, mix 5,000 IU into 5 cc bacteriostatic water and put into a sterile vial. Keep refrigerated and take out 1,500 IU (1.5 cc) and then mix it with additional bacteriostatic water and/or drinking alcohol to dilute it to the dose per cc that you would like. If you wanted to give yourself 300 IU each day, the 1,500 IU would make 5 doses. To use 0.25 cc twice a day, mix it by adding 1 cc of bacteriostatic water or alcohol to the 1.5 cc hCG so that the total would be 2.5 cc (0.25 x 2 x 5).

**NOTE: DO NOT USE RUBBING ALCOHOL to make a sublingual recipe! Rubbing Alcohol is poisonous when taken internally! Drinking alcohol is used, such as good distilled liquor (rum, vodka, gin, etc.). DO NOT USE RUBBING ALCOHOL!! Remember, I am NOT a doctor!**

### General Instructions for Mixing Sublingual hCG

1. Open bacteriostatic water vial and hCG ampoule as for [injections](#).
2. Use a syringe to withdraw the bacteriostatic water and inject it into the hCG ampoule.
3. It should dissolve quickly. Don't shake, but you can gently move the bottle around to assist it in dissolving.
4. After it's fully dissolved, withdraw it with the same syringe and inject it into the amber bottle.
5. Add the other ingredients into the amber bottle.

Keep refrigerated. Shake gently before every use. The key is to have a continuous amount of hCG in your system, so space your doses 12 hours apart. Use the dropper or dosing syringe to withdraw the measured dose. Squirt under your tongue. Hold the mixture under your tongue as long as possible, at least 5 minutes. Do not drink or eat for 20 minutes after dosing.

## Original Sublingual Recipe

I mixed a somewhat more complex sublingual that provided great results for me. I ordered the Sublingual B12 complex from Amazon.com [[Nature's Bounty Vitamin B Complex Sublingual Liquid, 2 Ounces \(Pack of 4\)](#)] as they seemed to have the best price for a package of four bottles, 60 ml each. I combined my order with some other things I was getting anyway to take advantage of their free shipping for orders over \$25. [Bacteriostatic water](#) and [Liquid Calcium Magnesium Citrate](#) can be purchased through Amazon.com as well.

In a small (10 or 15 ml) amber glass bottle, mix as follows:

### For 1,500 IU ampoules:

3 ml of a liquid ([bacteriostatic water](#) and/or [sublingual B12 liquid](#))  
1 ml of [Liquid Calcium Magnesium Citrate](#) (recommend Lifetime brand)  
1 ml of drinking alcohol (distilled, such as gin, vodka, or rum — NOT RUBBING ALCOHOL)  
1 1,500 IU ampoule of hCG

If you don't want to use drinking alcohol, you can omit it and use 5 ml of a liquid (bacteriostatic water or sublingual B12 liquid) instead. Use 1 cc of the bacteriostatic water part of your liquid to reconstitute your hCG, ensuring that you have a total of 5 ml of liquid with hCG mixed in when you're finished.

If you take a 0.5 ml dose twice a day, it will give you a dosage of 300 IU per day for 7 days.

### For 5,000 IU ampoules:

12 ml of a liquid ([bacteriostatic water](#) and/or [sublingual B12 liquid](#))  
1 ml of [Liquid Calcium Magnesium Citrate](#) (recommend Lifetime brand)  
2 ml of alcohol (80 proof gin, vodka, or rum — DO NOT USE RUBBING ALCOHOL!)  
5000 IU of hCG reconstituted with some of the alcohol or bacteriostatic water

The above gives you 333 IU per day, if you take a 0.5 ml dose once in the morning and once in the evening (a total of 1 ml per day). The mixture is enough for 15 days. If you want to use a 7 day mixing cycle, just share half of it with a friend.

One person with a video on YouTube is using colloidal silver to mix her sublingual recipe, but some have concerns about turning blue/gray from daily ingestion of that substance, so I have not tried that. She seems to be having great weight loss with her formula, however.

Other sublingual liquid vitamins and minerals might work as vehicles as well. Here are a few:

[Melatonin Liquid Sublingual](#)  
[P.L. Chromium Picolinate Sublingual](#)  
[P.L. B-TOTAL SUBLINGUAL TWINPAK](#)  
[B-COMPLEX SUBLINGUAL LIQUID WITH B-12](#)  
[American Biologics - Taurine Plus](#)  
[Co Q-10 200 Sublingual by Vitol - 2oz.](#)  
[P.L. Zinc Sublingual 2 oz](#)  
[Vitol Creatine Monohydrate, Sublingual 4 fl oz](#)

## Products that Can Be Used on the Protocol

### ***Skin Care for Phase 2***

One way to continue to moisturize during this time that will NOT affect your HCG is to get a small [spray bottle](#) suitable for misting your body and face. Get a [smaller one](#) to stick in your purse as well. Fill it with purified water and Sea Salt. About 1 tablespoon for a 12 ounce bottle. Shake before spraying. This attracts the moisture from the air to keep your skin and hair moisturized. Also, instead of your regular cleanser switch to Seventh Generation Baby Wipes as a way to cleanse your face and remove make up while maintaining your ph level. This will ensure your skins protective barrier stays intact.

### **Oil-free Sunblocks**

[Coppertone Sunscreen Lotion, Oil Free, SPF 15, 8-Ounce Bottles \(Pack of 2\)](#)

[Peter Thomas Roth Ultra Lite Oil-Free Sunblock SPF 30 - 4 oz](#)

Yes, there is such a thing as organic sunblock: [DDF Organic Sun Protection SPF 30 4oz. "NIB"](#)

### **Moisturizers**

I found an organic spray moisturizer: [Twinlab Na-PCA Non Oily Spray 8 Fl Oz](#)

Some like this one, but it is not organic and some questionable ingredients: [Corn Huskers](#)

[Heavy Duty Oil-Free Hand Lotion-7Oz](#) I used it on my face and it feels soft and absorbed well.

### **It's Not Easy to be Clean...**

Oil-free shampoo: [Mastey Shampoo Traite 32oz.](#)

Oil-free conditioner: [Mastey Frehair Conditioner 32 oz.](#) or [Mastey Frehair Light](#)

Deodorant: No aluminum and you only apply it every few days: [NOW Foods, Lavilin Underarm](#)

[Deodorant Cream - 12.5 GS](#)

Tate's Website: [www.OurTateFamily.com](http://www.OurTateFamily.com)

Oil-free Makeup

[Bare Escentuals Get Started Kit Light/Fairly Light](#)

[Bare Escentuals Get Started Kit, Medium/Medium Beige](#)

[Bare Escentuals, Bare Minerals Get Started Kit, Tan/Me...](#)

### ***Beverages for Phase 2***

Yerba Mate Chocolate: [Guayaki Sustainable Rainforest Prod - Mate Chocolate,...](#)

Instant Yerba Mate: [Wisdom of the Ancients Yerbe Mate Royale Instant Tea 2....](#)

[Celestial Seasonings Chai Tea, Chocolate Caramel Enchantment, Tea Bags, 20-Count Boxes](#)

[\(Pack of 6\)](#) Zero calories and zero everything. I added some stevia and it was heavenly.

I also bought some organic double chocolate coffee to try tomorrow with some stevia. No calories in it, either.

Herbal Coffee: [Teecino All-Purpose Grind, Hazelnut, Caffeine-Free Herbal Coffee, 8.5-Ounce Cans \(Pack of 6\)](#)

[Celestial Seasonings Ice Cool Brew Iced Tea, Peach, Tea Bags, 48-Count Boxes \(Pack of 6\)](#)

## Make your own flavored waters

**Root Beer** – 1 cup water plus 8 drops SweetLeaf® [Sweetleaf Stevia Liquid Sweetner Root Beer 2 Oz Btle](#)

**Chocolate Raspberry** – 1 cup water plus 8 drops SweetLeaf® [Stevia Clear Liquid Chocolate Raspberry 2 oz](#)

**Lemon Drop** – 1 cup water plus 7 drops [Sweetleaf Stevia Liquid Sweetner Lemon Drop 2 Oz Btle](#)

**Grape** – 1 cup water plus 7 drops [Sweetleaf Stevia Liquid Grape Flavor- 2 Oz Bottle](#)

**Orange Julius** – 1 cup water plus 7 drops [Sweetleaf Stevia Liquid Sweetner Valencia Orange 2 Oz ...](#) and 2 drops [Sweetleaf Stevia Liquid Sweetner-Vanilla Creme 2 Oz Bt...](#)

**Chocolate Toffee** – 1 cup water plus 7 drops SweetLeaf® [Clear Liquid Stevia Milk Chocolate - 2 oz - Liquid](#) and 3 drops [Sweetleaf Liquid Stevia - English Toffee-2 Oz Bottle](#)

**Chocolate Mint** – 1 cup water plus 7 drops SweetLeaf® [Clear Liquid Stevia Dark Chocolate - 2 oz - Liquid](#) and 4 drops SweetLeaf® [Liquid Stevia Peppermint 2 oz.](#)

**Chocolate Cinnamon** – 1 cup water plus 6 drops SweetLeaf® [Clear Liquid Stevia Dark Chocolate - 2 oz - Liquid](#) and 6 drops [Sweetleaf Stevia Liquid Sweetner-cinamon 2 Oz Btle](#)

You can use sparkling mineral water to make a Simeons soda!

There are also flavor drops with no sweetener whatsoever that you can use if you prefer: <http://www.capellacoffee.com/flavordrops/bigsqueeze.html> 2007.html

## *For the Recipes*

[Bragg Liquid Amino - 32 oz - Liquid](#)

[Bragg Liquid Aminos 16 Oz](#)

[Bragg Liquid Aminos Spray 6 Oz](#)

[Bragg - Apple Cider Vinegar, gallon, 1](#)

[Bragg - APL CIDR VINGR,OG,RAW - 32 OZ](#)

[Bragg - APL CIDR VINGR,OG,RAW - 16 OZ](#)

## Miscellaneous

To travel with your hCG while keeping it cool: [Cryopak Flexible Ice Blanket 16.5 x 11.66-Inch \(6 Pack\)](#)

Take your weight loss on the road with you with Joy Mangano's ingenious [Fold-A-Weigh Scale](#). The sleek silver tone scale with a textured non-slip surface folds in half for easy packing or storage. At approximately 2 lbs and the size of a video cassette, your scale can go anywhere with you. Use your new scale as a weight loss journal. Not only does it tell you your current weight, it tracks the target and previous 10 weights for up to 5 people.

Health-O-Meter scale that measures in tenths, and does body fat and hydration with multicolor display. This is the scale I use and I love it. [Healthometer Body Fat Step Scale - BFM95560](#)  
Sam's Club has it for \$32:

<http://www.samsclub.com/shopping/navigate.do?catg=535&item=357083&prDeTab=2#A>

To take my measurements, I am using a gadget called a [Accu-Measure Myo Tape Measure](#) that makes it easier if you don't have anyone living with you to help you.

For a food scale, [Chefmate® 3-in-1 Digital Scale](#) not only weighs in grams and ounces but also has a food list so you can punch in a code for the type of food you're weighing and it will give you all kinds of nutritional info like calories, fat, sodium.

I saw Le Creuset cookware (that KT recommends) for much less than retail at a Marshall's Megastore. The large skillet was 49.99. Rachael Ray has also come out with the same type of cookware. They carry it at Linens and Things and you can use your 20% off coupon.

Here is where you can get bread sticks that are made by the same baker that baked them for Dr. Simeons, or so I've been told. He relocated to Northern California from Italy (even though he has a Vietnamese name?) I assume the plain ones are the ones Dr. Simeons talked about using. <http://www.unitedbakery.com/retail/breadsticksr.html> I found them at World Market, although they were not called grissini. Online: [Bell'Italia Traditional Grissini Breadsticks - 4oz.](#)  
Recipes: <http://my.lifeinitaly.com/food/showproduct.php/product/135/cat/all>  
<http://www.desktopcookbook.com/italian-grissini-bread-sticks.asp>  
[Old London Melba Toast, Whole Grain, 5-Ounce Boxes \(Pack of 12\)](#)

Green Tea Mints, made by Sencha Naturals. [Sencha Green Tea Mints, Variety Pack of Original, Live...](#) They aren't very strong at all, but amazingly take away bad breath like you wouldn't believe. I guess green tea apparently kills bad breath germs! Go figure!

Mini-Trampoline Needak rebounder <http://stores.ebay.com/Knew2stocks-Health-Wellness-Store>

[Spring Valley - Potassium 99 mg, 100 Caplets](#)

Lypo-Spheric Vitamin C: <http://www.livonlabs.com/cgi-bin/html05.cgi/1054.1.048613552514772658>

B-12 Injectable

<http://www.medicalmailorder.com/index.asp?PageAction=PRODSEARCH&txtSearch=b-12&Page=1>

[Aquasana Shower Filter Model AQ-4100 voted "Product of the Year" by Cosmetology Today Magazine](#)

[True Lemon 40 Count Box](#)  
[True Lime 40ct](#)

[Bluewave Water Jug - "8 Glasses a Day w/ Just 1 Bottle"](#)

[Steviadent Chewing Gum](#)

## hCG Checklist

This plan works better if you plan and prepare. You may print this list out and check off the items with a pen, or just click in the checkbox in the file and save the file.

- 1. Read the eBook in its entirety.
- 2. Take a "before" picture of yourself. Yes, it is humbling, but you will be glad you did later, when it is time for a side by side comparison of before and after.
- 3. Take your "before" measurements. Again, you will be happy that you did.
- 4. Read Dr. Simeons' "Pounds and Inches".
- 5. Join the support group.
- 6. Answer the following questions for yourself:
  - o Can you commit to staying on the program for the time needed?
  - o How easily can you fit the program into your lifestyle?
  - o What opposition will you have from family and friends?
  - o What support will you have from family and friends?
  - o Will you have the support and help of your doctor?
  - o Will you be confident enough to do the program on your own, or do you need to use a clinic to provide you with meds and support?
  - o Do you have the financial means to purchase the needed supplies?
  - o Do you have the time needed to complete at least one round?
  - o Are you ready to change your life?
- 7. Decide if you need a new scale to weigh your body.
- 8. Read "Pounds and Inches" AGAIN!!!
- 9. Approach your doctor about the protocol, if you choose to do so.
- 10. Determine whether your doctor will be supportive or actually prescribe the hCG for you.
- 11. If not, review the Clinics section of the eBook.
- 12. Decide whether to use a clinic or go it on your own.
- 13. Choose a clinic, if needed.
- 14. If doing this without a clinic or physician:
  - o Decide whether to do Subcutaneous or Intramuscular injections OR use a sublingual mixture.
  - o Determine how much hCG you will need to lose the weight you want.
    - What dosage will you take?
    - How many rounds do you need to do?
    - Will other family or friends be doing the program with you?
  - o Review the hCG suppliers section of the eBook and decide where to order hCG.
  - o Order hCG.
  - o Review the eBook sections for your chosen administration method and determine what supplies for giving injections or mixing sublingual that you need to purchase.
  - o Order supplies.
- 15. Plan your program by deciding your schedule for Phases and rounds, considering holidays, vacations, and special events.
- 16. If necessary, buy scales for weighing yourself and your food.
- 17. Review the section in the eBook on Cleanses.
- 18. Purchase and use cleanses and other Phase I options, if you choose to do so.
- 19. Review the section in the eBook on organic food.
- 20. Determine sources for organic food, if you choose to do so.

- 21. Begin purchasing and eating organic, if you choose to do so.
- 22. Review the section in the eBook on Products used on the protocol.
- 23. Change to protocol-compliant personal care products, if you choose to do so.
- 24. Review the section in the eBook on storing and mixing hCG.
- 25. Review the section in the eBook on the Recipes for the diet plan and food preparation.
- 26. Plan your Phase 2 meals for the first week using the Meal Planning Auto Calorie Calculator Spreadsheet.
- 27. Set interim goals for yourself so that you can celebrate your success along the way.
- 28. If doing this on your own:
  - o Upon receiving your hCG, review the appropriate section in the eBook on Mixing.
  - o On the first day of Phase 2, mix the hCG and store it properly.
- 29. Begin your hCG administration method of choice.
- 30. Begin filling in the Pounds and Inches Tracking Spreadsheet with automatic calculation of days left to reach goal weight.
- 31. Weigh yourself each day and record the weight in the Pounds and Inches Tracking Spreadsheet.
- 32. Load TO CAPACITY with lots of fats for the first two days of hCG administration.
- 33. Begin the 500 calorie food plan on day three.
- 34. Record your food each day, to be used for analysis purposes later, if not losing.
- 35. If continuing Phase 2 past 23 days, skip hCG one day a week, but continue 500 calories on that day.
- 36. If you remain at the same weight for four days, you may do an apple day, as described on page 68-69 of "Pounds and Inches".
- 37. Record your measurements in the Pounds and Inches Tracking Spreadsheet on a daily or weekly basis.
- 38. One week before discontinuation of hCG, begin planning Phase 3 meals with no refined sugar or starch. Do NOT limit fat, salt, or anything else. Plan in particular for much more protein, as you are on the verge of protein deficiency when beginning Phase 3.
- 39. Review the Phase 3 section of the eBook, particularly the lists of sugars and starches.
- 40. Record your weight on your last injection or sublingual dose day.
- 41. Continue 500 calories for 72 hours after the last injection. You may continue to lose on these days.
- 42. Do NOT continue 500 calories after this. Review the sample Phase 3 menu. Do not limit calories. It is very important to eat MUCH more food and in particular, protein, for three weeks. Eat foods that were not allowed in Phase 2, but still do not have refined sugar or starch.
- 43. Continue to weigh yourself daily in Phase 3.
- 44. If you weigh 2 pounds or more over your last injection weight or last sublingual dose weight on any day, you must do a steak day on that day as described on pages 92-93 of "Pounds and Inches". Do not wait. Do it that day.
- 45. If you suspect that you have edema (water retention) caused by insufficient protein, do the eggs-steak-cheese day as described on page 96 of "Pounds and Inches".
- 46. After completing three weeks of no refined sugar or starches, you may proceed to Phase 4, gradually adding sugars and starches. Dr. Simeons requires three weeks of Phase 4 before beginning your second round of Phase 2, if needed. If you have reached your goal weight, CELEBRATE!!!

## Calorie Calculator and Food Record

Calorie Counts are from CalorieKing.com

Week 1: Day/Date				Week 2: Day/Date			
Food Item	Ca/Oz	Oz eaten	Calories	Food Item	Ca/Oz	Oz eaten	Calories
Apple, raw	15		0	Apple, raw	15		0
Grapefruit, raw	9		0	Grapefruit, raw	9		0
Orange, raw	13		0	Orange, raw	13		0
Strawberries, raw	9		0	Strawberries, raw	9		0
Asparagus, raw	6		0	Asparagus, raw	6		0
Beet Greens	6		0	Beet Greens	6		0
Cabbage	7		0	Cabbage	7		0
Celery	4		0	Celery	4		0
Chard	7		0	Chard	7		0
Chicory	7		0	Chicory	7		0
Cucumber	3		0	Cucumber	3		0
Fennel	9		0	Fennel	9		0
Lettuce, Cos, Romaine	5		0	Lettuce, Cos, Romaine	5		0
Lettuce, Iceburg	4		0	Lettuce, Iceburg	4		0
Onion, bulb raw	12		0	Onion, bulb raw	12		0
Onion, green	9		0	Onion, green	9		0
Radish	5		0	Radish	5		0
Spinach	7		0	Spinach	7		0
Tomatoes, raw	5		0	Tomatoes, raw	5		0
Chicken, raw	31		0	Chicken, raw	31		0
Crawfish	27		0	Crawfish	27		0
Flounder/Sole	26		0	Flounder/Sole	26		0
Halibut	31		0	Halibut	31		0
Hamburger 85% lean	60		0	Hamburger 85% lean	60		0
Hamburger 90% Lean	50		0	Hamburger 90% Lean	50		0
Hamburger 95% Lean	38		0	Hamburger 95% Lean	38		0
Prawn	30		0	Prawn	30		0
Steak, sirloin	37		0	Steak, sirloin	37		0
Scallops	25		0	Scallops	25		0
Shrimp, shelled	30		0	Shrimp, shelled	30		0
Lemon Juice-Wedge	1		0	Lemon Juice-Wedge	1		0
<b>DAILY CALORIE TOTAL</b>			<b>0</b>	<b>DAILY CALORIE TOTAL</b>			<b>0</b>
<b>CALORIES LEFT</b>			<b>500</b>	<b>CALORIES LEFT</b>			<b>500</b>
Tea				Tea			
Water				Water			
<b>Today's Weight</b>				<b>Today's Weight</b>			
<b>Weight Loss Today</b>				<b>Weight Loss Today</b>			



## Pounds and Inches Mixing Calculator

<b>Ampoule Size (IU)</b>	<b>Desired Dosage Volume (ml)</b>	<b>Desired Dosage Strength (IU)</b>	<b>Amount of Liquid to Add (ml)</b>	<b>Number of Doses That Will Result</b>
10000	1.0	125	80.0	80.0
10000	1.0	133	75.2	75.2
10000	1.0	150	66.7	66.7
10000	1.0	166	60.2	60.2
10000	1.0	175	57.1	57.1
10000	1.0	200	50.0	50.0
10000	1.0	225	44.4	44.4
10000	1.0	250	40.0	40.0
10000	0.5	125	40.0	80.0
10000	0.5	133	37.6	75.2
10000	0.5	150	33.3	66.7
10000	0.5	166	30.1	60.2
10000	0.5	175	28.6	57.1
10000	0.5	200	25.0	50.0
10000	0.5	225	22.2	44.4
10000	0.5	250	20.0	40.0
5000	1.0	125	40.0	40.0
5000	1.0	133	37.6	37.6
5000	1.0	150	33.3	33.3
5000	1.0	166	30.1	30.1
5000	1.0	175	28.6	28.6
5000	1.0	200	25.0	25.0
5000	1.0	225	22.2	22.2
5000	1.0	250	20.0	20.0
5000	0.5	125	20.0	40.0
5000	0.5	133	18.8	37.6
5000	0.5	150	16.7	33.3
5000	0.5	166	15.1	30.1
5000	0.5	175	14.3	28.6
5000	0.5	200	12.5	25.0
5000	0.5	225	11.1	22.2
5000	0.5	250	10.0	20.0
2000	1.0	125	16.0	16.0
2000	1.0	133	15.0	15.0
2000	1.0	150	13.3	13.3
2000	1.0	166	12.0	12.0
2000	1.0	175	11.4	11.4
2000	1.0	200	10.0	10.0
2000	1.0	225	8.9	8.9
2000	1.0	250	8.0	8.0
2000	0.5	125	8.0	16.0
2000	0.5	133	7.5	15.0
2000	0.5	150	6.7	13.3

<b>Ampoule Size (IU)</b>	<b>Desired Dosage Volume (ml)</b>	<b>Desired Dosage Strength (IU)</b>	<b>Amount of Liquid to Add (ml)</b>	<b>Number of Doses That Will Result</b>
2000	0.5	166	6.0	12.0
2000	0.5	175	5.7	11.4
2000	0.5	200	5.0	10.0
2000	0.5	225	4.4	8.9
2000	0.5	250	4.0	8.0
1500	1.0	125	12.0	12.0
1500	1.0	133	11.3	11.3
1500	1.0	150	10.0	10.0
1500	1.0	166	9.0	9.0
1500	1.0	175	8.6	8.6
1500	1.0	200	7.5	7.5
1500	1.0	225	6.7	6.7
1500	1.0	250	6.0	6.0
1500	0.5	125	6.0	12.0
1500	0.5	133	5.6	11.3
1500	0.5	150	5.0	10.0
1500	0.5	166	4.5	9.0
1500	0.5	175	4.3	8.6
1500	0.5	200	3.8	7.5
1500	0.5	225	3.3	6.7
1500	0.5	250	3.0	6.0

## COUPON

FREE bottle of Natural Cellular Defense liquid Zeolite mailed to you after you place your minimum three-bottle NCD Zeolite order as a new distributor at [www.MyWaiora.com/672230](http://www.MyWaiora.com/672230) and fill out this coupon and email to: [victoria@significanthealing.com](mailto:victoria@significanthealing.com).

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