hCG DIET MIAMI

hCG NEAR ME

This program is based on the modernized hCG Assisted Diet

We are HCG Near Me LLC and HCG Diet Miami LLC. It is important to understand that "hCG Assisted Diet" is the proper name for any weight loss program where hCG is used in conjunction with a Very Low-Calorie Diet (VLCD). hCG + VLCD = Success. hCG alone does not get the job done and neither does a VLCD. The programs only work when they both are followed together.

This is because there is no such thing as an hCG Diet. It is the hCG Assisted Diet. (hCG + VLCD)

The FDA is very clear that while they have never tested hCG for weight loss, they do allow the use of hCG as an off-label use of the product. It is the VLCD or LCD (very low-calorie diet or low-calorie diet) that is assisted by the injection of hCG that produces the weight loss result that you desire.

There are several hCG plans available in the public domain of the internet. We will focus on three of them to give you some insight as to the differences.

- Original Simeons Protocols
- The Sonia Russell Research and Trials
- The hCG Assisted Diet Protocols with calorie variances based on the individual's weight.

It is IMPORTANT to understand is that the hCG Assisted Diet is not a one size fits all protocol. Everyone must be interviewed as to current behavior and possible weaknesses during the diet. It makes perfect sense that a person wanting to lose 70 pounds and a person that wants to lose 15 pounds do not have the same needs.

There is one constant that can be found in the hCG programs offered. That constant is that the 500-calorie diet originally developed by Dr. Simeons is wrong for today's world and with good reasons. Simeons protocols were developed over 60 years ago. Our bodies, the way foods are processed and food availability have all changed in that time. The changes are important:

1. Evolution in your body. New records are set every year in sports and the Olympics. Our bodies have changed and we can run, swim and jump higher than ever before.
2. Evolution in the way foods are prepared. Chemicals and hormones are in foods and used for growth in livestock and fields of other grown foods. They pass to your body through foods.
3. The speed of our lives and schedules that drive us to fast foods and instant gratification.

Based on our evaluation of the different Protocols relative to hCG, we suggest that:

1. The original Simeons Protocol. Our least favorite. It is old, worn out and based solely on information available in the late 1950's and early 1960's. While much original information is important such as food types and his studies, there is enough conflicting information that we suggest only using a modernized hCG Assisted Diet set of instructions.
2. The Sonia Russell second edition manuscript. This is an excellent source of information. It contains what we feel is viable, tested and modernized information on the hCG Assisted Diet.
3. My Leptin/Paleo Guru is Dr. Jack Kruse. Learn more at www.jackkruse.com/easy-start-guide/
4. You can purchase any of the very informative books by Nurse Sonia Russell or Dr. Kruse at Amazon. We feel that her books are the best written document on the hCG Assisted Diet available anywhere.

Our hCG Assisted Diet program is taken from many sources as well as the seven years of working with clients and the modernized hCG Assisted Diet protocols. We will combine the works of HCG Assisted Diet with elements of the hCG and Paleo Diet writings of Sonia Russell's great books and the fantastic writings of Dr. Jack Kruse to give you the last diet you should ever need. You can also visit www.hcgnearme.com for further information.

Important considerations for your hCG Assisted Diet program:

When hCG made a comeback in back in 2007 everyone wanted to get into the business. Dentists, Chiropractors, GNC, Walgreens, EBay, Amazon, Craigslist, flea markets and more started selling either genuine hCG or phony HCG drops bottles called homeopathic hCG.

I would guess, given what our clients have said and what we have seen, is that most of them are gone today. The problem was that everyone started following the original Simeons manuscript as it was written almost six decades or 60 years ago with poor success. It is not a good program for today and should not be followed. Look for long history of service to clients, check reputation and a fully compliant medical facility.

Beware of the following when choosing your hCG provider:

- Anyone offering the original 500 diet program. It is old news and unsafe.
- Pre-filled syringes. You have no idea the age of the product, who filled the syringes, where it came from and conditions the filling took place.
- Any homeopathic hCG. You cannot make a homeopathic hormone.
- Facilities that are not medically supervised.
- Foreign mail order hCG products are against the law and for good reasons.
- Pharmaceutical hCG drops and tablets do work but cannot guarantee getting the 200IU into your system. They are more expensive because they require 500IU and require rigid adherence to instructions.

One last thing…. If you are not going to follow the instructions do not spend your money. You cannot trick this diet. If you follow the instructions you can and will get the results you want. Follow the instructions to the letter. We are here and ready to help you.

HCG Near Me
http://www.hcgnearme.com

HCG Diet Miami
http://www.hcgdietmiami.com

Note: HCG written properly is hCG. human Chorionic Gonadotropin

Introduction

It is our hope that writing this plan with words and explanations that are easy to understand can help people we have been working with and others that have been challenged by losing weight and keeping weight off in the future as a long-term objective.

Back in 2009 my sister had called me about her success in using HCG (human chorionic gonadotropin) for weight loss. I had just finished a project that I had been working on and was susceptible to a new opportunity. My personal experience with HCG was very promising and for the first time in years I was walking around with a body that I was proud of. I felt fantastic. Losing 34 pounds in 30 days wasn't easy but it was well worth the effort.

Everyone loses weight that follows our HCG modernized protocol instructions. When people come to HCG Near Me they are told in the very beginning that if they are not prepared to follow the exact instructions provided to not spend their money because the program would not work.

We give them three simple rules.

1. Eat breakfast every day without fail.
2. If you didn't read it don't eat it.
3. Take it one day at a time and reinforce yourself every morning that you have spent good money to begin this diet and then you cannot cheat or trick it and be successful.

It was early 2007 when the use of HCG for accelerated weight loss became popular again. All of a sudden, HCG was everywhere. At that time there were two types of HCG. Legitimate prescription only HCG and homeopathic HCG drops. HCG was everywhere. What is certain, irrefutable and absolute is that there is no such thing as Homeopathic HCG. Do not waste one cent on phony Homeopathic products that have been banned by the FDA. Homeopathic HCG is a fraud on the public and should be reported to the FDA. HCG is a hormone and it is only obtained by prescription.

By 2010 we had learned that the original protocols by Dr. Simmeons were outdated and the original 500 calorie diet of the late 1950s and early 1960s needed to be modified dramatically. We feel that Companies that follow the original 500 calorie diet have not done their homework. At HCG Near Me we constantly seek to improve what we do. This is an obligation to the people that come to us seeking help with a problem that plagues our society. We are an overweight nation.

While we have been providing our clients we if superior quality pharmaceuticals and support materials we had many returning clients. Most all returning clients admitted going back to their old ways just like me. I attributed this to old habits and compulsive behavior disorders.

It was in 2016 that I had an experience with one client that caused me to start digging into her individual problem. That problem was her inability to lose weight after a certain weight loss plateau. I promised her that I would look into it further. The answer to this problem was found the best book I have read on HCG by a nurse named Sonia Russell, LPN. In her book I discovered Leptin. Everything in this book will soon come together to give you an understanding of weight loss like never before. It will be put in the simplest of terms by anyone reading this book. Simplicity is my objective because to succeed it must be understood and to be understood it must be written so that the common person can understand it.

Those that follow the path in this book should solve the problem of weight gain and Yo-Yo dieting. We welcome your comments and experiences to our blog on our website … www.hcgnearme.com.

In the last 1500 consultations with individuals, men and women, young and old of different racial genetics that have had shared Information with us during consultations there is one word that was never mentioned and that word is Leptin.

Simply said, if your Leptin is out of balance you will never maintain healthy weight loss, active metabolism and use of stored energy. You will be a person that is Leptin resistant or leptin deficient. You will be incapable of permanently maintaining weight loss because the signals to your brain are not working properly.

What would further amaze me was that out of all our clients with some form of hyperthyroidism I have never heard a word Leptin. I wondered how that could be and the answer to the question made perfect sense. The blood work comes back, the patient has hyperthyroidism, and what do they get? A prescription for Synthroid and a lifetime of taking it. Then again that said you get in your 10-minute Dr. visit. Leptin imbalance is directly associated with thyroid and insulin problems.

As a result, you now have this plan. The Super Modified HCG Protocol with a focus on HCG, Leptin and Carnitine balance for a permanent successful weight loss program.

I want to recognize Sonia Russell, LPN and Dr. Jack Kruse. Not everyone wants to read detailed information on HCG or Leptin resistance but for those that do these individuals offer the top of the line instructions that should be followed. You can find their publications on Amazon or on their websites.

www.**jackkruse**.com for Dr. Jack Kruse and www.**hcg**doctorsgroup.com for Sonia Russell, LPN

The Basics

Our hCG Assisted Diet suggests you stay between 750-800 calories daily. The additional calories are best obtained by adding additional protein to the diet.

Your average weight loss depends on the amount of excess weight you have available to lose. Women who carefully follow the HCG Assisted Diet lose, on average, a half a pound to three quarters pound per day. Men who carefully follow the HCG Assisted Diet tend to lose more than women, and average about three quarters of a pound to a pound per day.

The benefits of adding protein include preservation of lean muscle mass, burning of fat is increased and your appetite is curbed so you avoid hunger, weakness and headaches.

Use the following guidelines. You will get out of this program what you put into it.

1. Our typical program is 750-800 calories each day. This depends on your starting weight
2. High protein intake will help your energy and keep your muscle protected.
3. The food lists are the path to success. If the food you want is not on the list…. don't eat it.
4. Take a multi-vitamin/mineral and suggested supplements daily.
5. Do not skip breakfast or the approved between meal fruit or salad snacks.
   Breakfast is your most important meal of the day.
6. Continue taking any prescription medications and a quality multi-vitamin
7. Perform physical activity or light cardio exercises for 30 minutes each day.
8. Drink at least eight 8-ounce glasses of water daily. No limit.
9. Take advantage of our counseling. We are here for you. Call or come in anytime.
10. Keep the weight chart we have provided current. It will help us in event of a stall.
11. Take it one day at a time. Reinforce yourself each morning that you are on a mission.

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Successful Weight Loss Intervention Using a **Modified hCG Assisted Diet**

The Modernized 750-800 Calorie	The "Original" Dr. Simeons Protocol
750 to 800 calories daily – LCD - Low Calorie Diet	500 calories daily – VLCD - Very Low Calorie Diet
Eat breakfast to include additional protein and fruit. This is your most important meal of the day	No breakfast (optional fruit serving only)
A LCD; is safer than the original VLCD	A VLCD does not account for evolution in our bodies and the way our foods are processed and prepared
More selections of green vegetables, greater protein content and extra fruit servings	Limited food choices
Multi-vitamin/minerals highly suggested	No vitamins except calcium
Take all medications prescribed by your MD	Suggested to stop all medications
hCG available in sublingual form and sub-Q injectable	Dr. Simeons gave his patients only intramuscular injections
Detailed hCG Assisted Diet instructions to give you every advantage for a successful program	Simeons "Pounds and Inches" written 50 years ago, is too scientific for the common person to understand
Detailed Phase 3 suggestions for success	Phase 3 is vague and confusing to most
Recipes for both the 2nd and 3rd phases of the diet	Not as many food options

Preparing your body for the hCG Assisted Diet

- Take all medications prescribed to you by your personal physician.
- Try to walk at least 30 minutes per day or begin a light exercise regimen.
- Get some sun. Sunshine exposure can increase your Vitamin D and looks healthy
- Drink a minimum of ½ a gallon of bottled or filtered water or unsweetened tea daily.
- Eat grapefruit. Grapefruit has been scientifically proven to release fat.
- Use Bragg Apple Cider Vinegar to stimulate metabolism and cleanse the internal organs. It is also powerful in helping to release stored fat cells.
- Use only Stevia as your Natural Sweetener liquid or powder forms as your sugar substitute. If you use powdered stevia, make sure it doesn't contain dextrose.
- Eating breakfast helps to increase your metabolism, burn fat, decrease appetite, and increase your morning blood sugar for energy throughout the day. If you skip breakfast, your body may potentially store fat and you are more likely to gain weight that day.
- Eat three times a day with fruit between meals. This helps to increase your metabolism and release excess fat reserves. DO NOT EAT THREE HOURS BEFORE BEDTIME
- Eat a salad with lunch, dinner or between meals as a snack. Eating a salad with fresh vegetables helps to stimulate digestion and add fiber which helps regulate blood sugar.
- Try to eat organically raised meat and organically grown fruits, and vegetables. Organic foods do not contain preservatives, chemicals, flavor enhancers, herbicides, pesticides, growth hormones, or antibiotics. If organic food is not accessible, then look for chicken products in your local supermarket that do not contain antibiotics; fish products that are not farm raised and only wild caught, and wash all fruits and vegetables thoroughly.
- Add Fiber. Fiber will help relieve constipation, reduce appetite, improve digestion, improve metabolism, and cleanse the body of micro-toxins.
- Eliminate carbonated beverages including diet drinks. They can block calcium absorption, may cause nutritional deficiencies and potentially slow down digestion.
- Avoid high fructose corn syrup. High fructose corn syrup can increase insulin levels which promote fat storage and may lead to obesity.
- Avoid complex carbohydrates in all Phases such as: bread, pasta, potatoes, rice, oatmeal, cereal, nuts, legumes, and granola bars.
- Avoid ALL canned food.
- Avoid all sweets, soft drinks and dairy products. SUGAR IS THE #1 DIET ENEMY
- No MSG (Monosodium Glutamate).
- Avoid all Fast Foods.
- Avoid all Fried Food that are oil based.

Weigh yourself when you wake up, without clothing and after you have emptied your bladder. Record your weight on a weight loss tracking sheet.

One of the best things you can do is to not eat after 7:30 if possible. Avoid Snacking too!

The HCG Assisted Diet - Phase 1 This is the easiest phase of hCG.

Days 1 & 2 (The Loading Days) **Fill syringe to #20.** **Inject daily.**

You must take the hCG injection on your 2 loading days.

Please eat complex carbohydrates (starches) and fat on **Days 1 and 2 ONLY**. These are your Loading Days**... This is the last time to indulge, with your favorite foods.** You may not need to super load if you have already been overeating. You do not have to super gorge. Just eat very well and eat all your favorites. You will miss them. Tough it out.

Good Loading Foods

Nuts – walnuts, macadamia, cashews, almonds
Fats/Oils - Mayo, avocados, coconut oil, butter, peanut butter
Dairy – Suggestions…..Ice cream, heavy creams, half and half, whole milk, whipping cream.
Starches w/ FAT - Pasta with heavy alfredo sauce, bread and butter, bagels with cream cheese and butter, potato skins or baked potato with cheddar cheese, sour cream, bacon and loads of butter, Mexican foods.
All Deep Fried Foods - onion rings, chili cheese French fries with sour cream.
Sweets – Cookies, éclairs, donuts, cupcakes, pastries, candy, pies, cakes.
Meat -Bacon cheeseburgers, rib eye steak, sausage, pork ribs, rump roast, bacon.

EAT UP……IT'S YOUR LAST FUN FOR THE TERM OF YOUR DIET!!!!!

For the rest of the Diet Program

Read This. Know this and understand that this is absolutely true. Don't under eat thinking that it will make you lose more weight. It won't. It makes you store calories.

Eat your daily foods 100% every day of the diet program.

Please do a digestive Cleanse and take a Quality Vitamin and Mineral product

Most every client wants to get started right away. While this will still produce results greater than most every other diet for rapid weight loss, it is recommended for dieters to begin a digestive system cleanse BEFORE, DURING or AFTER all hCG Assisted Diet programs.

- Start our 15-day Nature's Secret Cleanse and Flush or our Colon Cleanse to assist in cleansing the digestive system and colon of toxins & waste that slow down weight loss.
- You can also try a 15-day or 30-day Candida Yeast Cleanse before or after the hCG Assisted Diet. Candida yeast build-up over time may prevent weight loss, depress the immune system, and slow down metabolism. The Candida cleanse should not be taken with the 15-day Cleanse and Flush. Take it before the Cleanse or after weight is stable.
- A Multi Vitamin/Mineral supplement is encouraged as a daily regimen. This will provide essential nutrients to every organ in your body and helps to sustain a low-calorie diet.

The HCG Assisted Diet – Phase 2 Days 3 to 30 or 3 to 60

Fill syringe to #20. Inject daily. For B12 Fill to #100 Inject every 3 days

Weigh yourself as soon as you wake up, without clothing, and after you have emptied your bladder. Record your weight on the weight loss tracking sheet provided. Remind yourself that you have a goal to make it through the day, in a healthy way. Plan your day to meet the diet requirements. This is the key to your success with the diet. Take the HCG as directed.

- Drink at least ½ to 1 gallon of water throughout the day. Bottled or filtered is preferred.
- Eat everything as described in Phase 2. **Do not skip meals.** Your total caloric intake will be 750 to 800 calories per day, consisting of protein, vegetables, salad and fruit.
- Avoid all canned
- NO Monosodium Glutamate (MSG), NO Fast Foods, NO Fried Foods.
- Avoid complex carbohydrates such as bread, pasta, potatoes, rice, oatmeal, cereal, legumes, and granola bars.
- Eating breakfast helps to increase your metabolism, burn fat, decrease appetite, and increase your morning blood sugar for energy throughout the day.
- **If you skip breakfast, your body may potentially store fat and you will more likely gain weight that day.**
- If you need sugar, use a Natural Sweetener. We recommend **Stevia** only.
- You may use cooking sprays. Crisco, Olive Oil, Coconut Oil, Pam **No calories or fats**.
- Braggs Apple Cider Raw Unfiltered Vinegar can be used on your salad, used to marinate your daily proteins (meat, breast of chicken and white fish) and even adds flavor to your steamed vegetables. **Apple Cider Vinegar and Lemon Juice stimulate metabolism, and cleansing of the internal organs**.
- Eat all meals and snacks to keep your metabolism active and to release excess fat reserves. The between-meal snacks are a very important part of the diet.
- Eat a salad with lunch or dinner or in between meals, as a snack. Eating a salad made with fresh vegetables helps to stimulate digestion. It adds fiber to help regulate blood sugar.
- Try to eat organic meat, fruits and vegetables. Organic food does not contain preservatives, chemicals, flavor enhancers, herbicides, pesticides, growth hormones and antibiotics.
- Avoid high fructose corn syrup. This is a man-made highly processed sugar that is found in thousands of products in your grocery store. High fructose corn syrup can increase insulin levels and store fat which may lead to obesity.

Phase 2 for a 750 - 800 Calorie Menu Program

This is your daily meal suggestion list. You can change items on this list, but you will need to match the amount of calories for substitutions.

BREAKFAST - 1 Protein, 1 Fruit	Calories	Protein	Carbs	Fat	Sodium
3 Large Egg Whites	51	10.5	0.6	0.3	164.5
6 Medium Strawberries (1 C)	57.5	1.2	13.5	.07	1.5
2 oz. Beef, chicken or fish	94	14	0.0	1.25	35.62
Totals **27%**	**202.5**	**25.7**	**14.1**	**2.25**	**201.62**
Note: TB12 Whey Protein is allowed! 0 sugar & 0 fat					

MORNING SNACK - 1 Fruit	Calories	Protein	Carbs	Fat	Sodium
½ large or 1 small green apple	52.4	2.0	16	0.4	2.0
Totals **7%**	**52.4**	**2.0**	**16**	**0.4**	**2.0**

LUNCH - 1 Protein, 1 Vegetable, 1 Salad	Calories	Protein	Carbs	Fat	Sodium
4 oz. Chicken Breast, no skin	188	28	0.0	2.5	71.25
1 Cup Asparagus (finely chop to measure 1 cup)	40	6	7	1	3
1 small salad, 1 tsp. apple cider vinegar	44	1.4	11.8	0.0	0.2
Totals **36%**	**272**	**35.4**	**18.8**	**3.5**	**74.45**

AFTERNOON SNACK - 1 Fruit	Calories	Protein	Carbs	Fat	Sodium
1 Small Orange	45	0.9	11.3	0.1	0.0
Totals **6%**	**45**	**0.9**	**11.3**	**0.1**	**0.0**

DINNER - 1 Protein, 1 Vegetable	Calories	Protein	Carbs	Fat	Sodium
4 oz. Flounder	130	26	9	1.8	111
1 Cup Cooked Broccoli	45	5	9	0	29
Optional Salad					
Totals **24%**	**175**	**31**	**18**	**1.8**	**140**

GRAND TOTAL	Calories	Protein	Carbs	Fat	Sodium
Daily Total Intake **100%**	**746.9**	**95**	**78.2**	**8.05**	**418.07**
***In cases of extreme hunger, add lean protein and veggies (150 calories total) on those tough days only.**	**150**	**-**	**-**	**-**	**-**

*A very low-fat diet may lead to essential fatty acid deficiency. Supplementation with a multi-vitamin/mineral is also recommended during this phase.

Some Rules

1. You must have breakfast 30 minutes from the time you wake up!
2. Substitutions: protein for protein, carb for carb, fruit for fruit, etc.

A typical day on the hCG Assisted Diet

Breakfast

Drink plenty of tea and bottled or filtered water. You may have fruit, 3 egg whites and 2 oz. of meat to add even more protein to your system.

Lunch & Dinner

Lunch and dinner should be prepared with the same set of food choices: 1 protein, 1 vegetable, and 1 small salad with lunch. Eat your salad with lunch or as a snack. Try to avoid eating salad with dinner, as this meal should be lighter than your meal at lunch. The salad does not count as your fiber veggie serving, nor do the allowed 'toppers' or water veggies. Fruits are allowed earlier in the day as snacks.

PROTEIN: When very hungry, feeling weak or dizzy, eat an extra ounce or two of Protein.

Choose 1 of the following proteins for lunch and dinner. Proteins should be weighed raw (4 oz. is 1 serving) then cooked. No Turkey or Salmon

Red Meat- Filet mignon (the leanest), top sirloin, T-bone, organic grass-fed beef, buffalo and veal

Chicken- Organic preferred or antibiotic free boneless breast of chicken (skinless), white meat only. Do not buy chicken that contains added rib meat, it may be loaded with sodium.

White Fish ONLY- Examples include: tilapia, cod, halibut, sea bass, sole, flounder, grouper, shrimp, lobster, scallops, oysters and crab. Any white fish is acceptable. No salmon….it is orange!

Grill or bake your proteins. Do not use any butter or margarine. Use organic cold pressed extra virgin olive oil or coconut oil lightly. Use just enough to coat your pan.

Vegetables (2 servings per day)

Choose 1 serving of green vegetables for lunch and dinner.

Portion: Eat 1 cup of cooked dark green fiber-rich vegetables (1.5 cups raw). These can be eaten steamed, grilled or raw. If it isn't green, do not eat it. Some exceptions are listed below. All vegetables must be fresh or fresh frozen. **Canned vegetables are not allowed.**

The Phase 2 Food List! Remember…. It's High Test Fuel for the body

Meat and Fish Calories: NO TURKEY AND NO SALMON & **Note: TB12 Whey Protein is allowed!**

*NO GROUND MEATS!

TYPE	Grams	Ounces	kCals
Lean Beef	100	3.5	175 – 200
Lean Veal	100	3.5	150 – 175
Lean Buffalo	100	3.5	110 – 125
Lean Venison	100	3.5	110 – 125
Chicken Breast	100	3.5	165
White Fish	100	4.0	116 – 212
Lobster	100	4.0	112
Scallops	113	4.0	92
Shrimp	113	4.0	88
Oysters	113	4.0	76
Crabmeat	113	4.0	124

Vegetables: 2 Servings per Day

Eat 1.5 cup of raw green vegetables or 1 cup cooked vegetable. These can be eaten raw, steamed or grilled (without oil).

1 Cup VEGETABLES CALORIC EXCHANGE	
TYPE	**kCals**
Asparagus, raw, 1 cup	40
Beet greens, raw, 1 cup	25
Bok Choy, raw, shredded, 1 cup	13
Broccoli, Cooked, 1 cup	31
Brussels sprouts, steamed, 1 cup	50
Cabbage - red, raw, shredded, 1 cup	40
Cabbage - green, raw, shredded, 1 cup	25
Celery, raw, diced, 1 cup	27
Chicory, greens, raw, chopped, 1 cup	20
Collard greens, raw, chopped, 1 cup	25
Cucumbers, fresh, raw, sliced, 1 cup	17
Fennel, fresh, sliced, 1 cup	22
Green beans, raw, 1 cup	34
Kale, raw, chopped, 1 cup	32
Mustard greens, fresh, raw, chopped, 1 cup	14
Napa, raw, shredded, 1 cup	20
Onions, raw, chopped, 1 cup	80
Red radishes, raw, sliced, 1 cup	30
Romaine lettuce, shredded, 1 cup	25
Spinach, raw, chopped, 1 cup	12
Swiss chard, 1 cup, raw, chopped	20
Tomatoes, fresh, red, chopped, 1 cup	35

Salad: Small Bowl – using the vegetables listed above.

Enjoy a salad with lunch, dinner or as a snack using the vegetable category listed above. You may eat a salad with your meal or in between your meals. Use any green leaf lettuce, tomato, fresh onion, red radishes, cucumber and celery with Bragg-Organic Apple Cider Raw Unfiltered Vinegar or generic equivalent that contains NO FAT. Fresh Lemon juice may also be used as a salad dressing. No other salad dressings are allowed.

A ***small*** salad may be eaten 2-3 times per day **between meals**

Fruits

FRUITS CALORIC EXCHANGE		
FRUIT	**Quantity**	**kCals**
Apple	1 medium	60
Blueberries	½ cup	41
Grapefruit red or white	1 small or ½ large	40
Orange (fresh)	1 small	50
Strawberries (fresh)	½ cup	26

Spices, Seasonings, and Herbs:

You can use just about any spice. Stay away from seasonings that have the dreaded MSG. Also stay away from seasonings that have fillers such as sugar or starch, etc.

Here are some of the seasonings recommended:

- Mrs. Dash brand of seasonings
- Sea Salt, Black Pepper, Oregano, Thyme, Fresh Garlic, Cilantro, Parsley, Jalapeno peppers, Basil, Paprika, Oregano, Mint, Cumin

Condiments:

There are few condiments you may use, principally because, the majority contains fat or sugar. If you can find a good condiment that does not have fat or sugar, then go ahead and use it.

Condiments that work:

- Organic Dijon mustard
- Organic Apple Cider Vinegar
- Fresh Lemon Juice (goes great on salad)
- Tabasco Sauce

What is a Stall and what should I do if I am in one?

Please call the office first for our ideas on which stall breaker to use.

A weight loss stall while on phase 2 of the hCG Assisted Diet can occur even when you have followed the diet strictly and have been perfect on protocol days before.

Will everyone experience a first stall? Not everyone will but it can happen.

Why does a stall occur when you have been so strict and staying on protocol? After the first week on Phase 2, it is common for the body to fight you in dropping more weight. Your body is catching up with the rapid weight loss from the first 7-10 days which is where you will lose the most weight.

Ignore this stall and move forward by staying on your path and program the losses will come again. Remember that what you don't see on the scale, you are losing in inches, so you are welcome to keep recorded measurements every few days.

Stalls can last anywhere from 1 day up to 5 days with no weight loss. A stall beyond 5 days is usually an indicator of another issue such as excess salt intake resulting in water retention, constipation, lactose intolerance that may cause intestinal inflammation and bloating, menses, illness, prescription medications, or eating off protocol.

It is very important to remain positive about your weight loss. Studies have shown that dieters who maintain a positive attitude about their weight loss lose more weight. Dieters that have good coaching support will lose more weight and obtain their weight loss goals.

Phase 2 - Stall Breakers. Please call the office FIRST for instructions.
The following tips and techniques have been very effective "stall breakers" during Phase 2 of the hCG protocol, though some can be used as a "correction" in Phase 3.

• Cantaloupe Plateau Breaker: At bedtime, eat half of a medium sized cantaloupe (make sure to cut it yourself) and drink 16 ounces of water right before you lie down to sleep. You should lose between 0.5-3 pounds the following morning. Eating cantaloupe assists in pulling water out of the fat cells and this action works best while you are asleep. For dieters on the 750-800 calorie protocol, the 1/2 cantaloupe at bedtime will be your third fruit of the day.

•Dr. Simeons Apple Day - Reduce your fluid intake by 1 quart and eat 6 apples throughout the day. This method typically eliminates excess fluids in the body and most dieters will lose about 2 pounds. This method is not recommended to be followed on a regular basis or for those with Type 2 diabetes.

•Dr. Simeons Steak Day - Drink as much fluid as possible throughout the day and then enjoy a large steak for dinner. You may have 1 tomato or an apple with your steak. Many dieters have reported a weight loss of about 2 pounds the following day.

•Increase your hCG dosage by 25 IU's daily until you lose weight and then resume the original dosage once the plateau has been broken.

•Get enough sleep. Many dieters have reported that not enough sleep has reflected little or no weight loss on the following day. The reason this occurs is if you do not get at least 7 hours of sleep each night, especially on phase 3 when the body is stabilizing your metabolic rate, the body will increase the production of the hormone Ghrelin. Ghrelin also increases appetite and slows down metabolism resulting in the storage of fat.

•Drink Oolong, Black, and Green Tea. There are 3 types of tea that have significant health benefits - black, green, and oolong, all which increase metabolism and burn fat.

•Intense exercise is not needed for success on the hCG Assisted Diet. Dieters following the 750-800 calorie hCG Assisted Diet protocol may participate in more exercise to include some light resistance training or 30 minutes of low impact aerobic activity, only as tolerated. However, it is best to wait until you have finished the Phase 2 hCG therapy. If weak, increase your protein two ounces.

•Increase your fluid intake. As a rule of thumb, make sure you are drinking half your body weight in ounces per day. Additional fluids will assist in promoting adequate digestion, help prevent constipation and may help to flush out toxins and fat. If you are not drinking enough water daily, your body will store water as a means of protection.

•Limit eating red meat to only 1 or 2 times per week. Red meat digests slowly in the bowel and may slow down weight loss. Avoid red meat at dinner time save it for chicken or fish.

•Do not use garlic salt or salt substitutes. Garlic powder and sea salt are acceptable.

•Do not mix green vegetables. For example, do not mix asparagus and cabbage together. However, you can mix veggies in your salad such as lettuce, tomato, and onion (these are mainly made of water}. Green fiber vegetables should not be mixed.

• Grissini bread sticks, Melba toast were allowed long ago. Forget it. They start bad behavior.

•Try not to eat the same protein, vegetable, or fruit more than once in the same day.

Metabolism increases when the body has different foods to break down and digest.

•Make sure there are no antibiotics, flavor enhancers in your protein sources.

•Do not eat any canned food products. Many canned food products contain high fructose corn syrup, preservatives, elevated sodium and flavor enhancers that may slow down weight loss.

•Make sure you buy your proteins raw and without any marinades. Most store-bought marinades contain high levels of sugar or sodium.

•For women, your menstrual cycle may cause a water weight gain of 2-5 pounds. Be aware of the date of your last menstrual cycle do not begin the hCG Assisted Diet until after your cycle.

•Discontinue the use of Braggs Amino, as it is LOADED with sodium.

•Raw Unfiltered Organic Apple Cider Vinegar is the star condiment on the hCG Protocol. If you suffer from acid reflux or just dislike the taste, consider taking Apple Cider Vinegar Capsules found at most health food stores. ACV has been scientifically proven to release fat within the body and contains similar properties that have been found in grapefruit.

Phase 3 Stabilization & Maintenance – 21 days VERY IMPORTANT

This could become the most exciting new part of your diet. It is also a radical change from the typical HCG programs available and we love it.

There are two ways to go on the maintenance phase of our programs.

First is the tried and true hCG Maintenance phase.

Second is to make a change to the Paleo/Primal/Caveman diet.

We urge you to go Paleo at this point. There are great reviews and you can research this for yourself if you want. If you want to learn all about Paleo, Google www.jackkruse.com

Please keep us posted about your progress during this Phase of your Program.

This is a very Important Phase. Follow it carefully: DO NOT THINK YOU CAN SKIP THIS PHASE.

BEFORE YOU BEGIN PHASE THREE, CALL THE OFFICE. We will help you decide Paleo or HCG

After using all your HCG and you have done three days without hCG while staying at 750 calories, you will now begin Phase 3. You must increase your calories in this phase. In Phase 3, your body no longer has the hCG working to protect your lean muscle. During Phase 3, it is very important to maintain lean muscle tissue to prevent a slowed metabolism. Get lots of Protein.

This plan was developed to add in allowable fats and a fast jump right up to 1500 calories on P3, day one. This can be safely carried out, without the possibility of gaining weight, due to the omission of nuts, breads, beans, legumes, and limiting dairy. However, most dieters prefer to slowly add back in their calories and that is fine. For dieters who want to stabilize at their new weight, during the next 3 weeks you must keep your weight within +/- 2 pounds of where you were when you stopped taking HCG. This will allow your hypothalamus to reset and establish your new weight as your normal weight. If you gain more than 2 lbs., you may do a correction day (depending on the cause of gain). If you lose more than 2 lbs., increase your food intake by 100-200 calories. You will use the new calorie limits on the second weight chart attached.

By week 2 you can start adding healthy oil fats such as avocados, cooking oils, whole eggs, and low moisture, skim mozzarella cheese. Full fats are allowed but no sugar, salad dressing and mayonnaise. (Please make sure to observe the sugar and caloric content.) Some dieters may choose to add these back in the first week, just make sure you watch the scale and don't overdo it. To obtain optimal stabilization, especially if this is your last round, hold off on adding in nuts, grain breads (sprouted or un-sprouted - aka, Ezekiel bread), beans, legumes, and limit dairy in the 21 days of stabilization. All too often people over-indulge on these items which can stress out the adrenals and engage a whole chain reaction leading to weight gain.

Increase your protein to about 6 oz. per serving.

- Continue to drink plenty of water daily.
- Increase your daily caloric intake to about 1500-2300 calories depending on your weight. Learn how to estimate your caloric daily intake by using our simple calculation method. (see next page)
- You may have any fruit or vegetable you wish except corn, yams, and bananas (in moderation) as they are high in sugar and carbohydrates.

- You may eat any kind of meat, fish, shellfish, or poultry desired.
- You may use extra virgin olive oil, organic coconut oil, or MCT oil in moderation.
- You may eat cheese but only low moisture skim mozzarella and very sparingly in this 21-day period.
- Continue to avoid butter and margarine.
- Seasonings may be used that are low in sodium.
- Limit dairy products if possible.
- Avoid nuts, breads, beans, and legumes.
- Continue to avoid sweets.

During this period, the "starchy" carbohydrates, such as sugar, rice, bread, potatoes, pasta, pastries, etc., should be avoided. Other foods to avoid are nuts, legumes, cereal, granola bars, protein bars (unless low in sugar and carbohydrates), and oatmeal. I recommend healthy carbohydrates from fruits and vegetables, and good fats obtained from specific oils. If you shock your body quickly and load up on complex carbohydrates, the potential for weight gain is possible. This must be carefully observed during the first 3 weeks (21 days) after the treatment has ended, otherwise, you may gain a few pounds back and your metabolism may not reset properly.

After the initial 3-week period, you can start adding back in complex carbohydrates in moderation to your diet, one at a time, during the following 3 weeks. The reason for adding only 1 new food item at a time (1 per day) is so that you can determine the following day if that food agrees or doesn't agree with your body system, based on the feedback from your scale. A sudden increase in weight may mean you have eaten something that is causing inflammation or water retention in your body and you might want to consider avoiding that food, or having a smaller serving of it, in the future.

Try to eat six times per day. It is very important to eat breakfast, lunch, and dinner, and have three snacks throughout the day. This will promote an increase in metabolism. You may exercise more aggressively now, as your body is taking in a higher number of calories.

Resistance training is acceptable in this phase as tolerated and you may increase the length of your cardio workouts as tolerated. If you need to lose more weight, you must remain on Phase 3 for an additional 3 weeks for a total of 6 weeks until you start your second round of the HCG.

For Phase 3 Maintenance, there are three more weeks of work on your program. If you started at 750 calories, you need to add 250 additional calories each week. **Remember that you are to stay at 750 calories without the hCG injections for three days after using all your HCG.** After that add 250 calories per week starting at the beginning of week 1 until you reach your goal weight.

Phase 3 Sample Menu (Female 130Lbs) add or subtract 12 calories per pound for other weights. Add 12 per pound for over 130 or subtract 12 calories per pound for under 130

BREAKFAST - 1 Protein, 1 Fruit		Calories	Protein	Carbs	Fat	Sodium
1 Scoop Protein Powder		120	23	3	3	150
3 Large Egg Whites		51	10.5	0.6	0.3	164.5
4 tsp. Olive Oil		159	0	0	18	0
1 Small Banana		89	0.9	18.5	0	0.8
Totals	**27%**	**419**	**34.4**	**22.1**	**21.3**	**315**
MORNING SNACK - 1 Protein		Calories	Protein	Carbs	Fat	Sodium
4 oz. Low Fat Cottage Cheese		80	15	4.	2	460
Totals	**5%**	**80**	**15**	**4.**	**2**	**460**
LUNCH - 1 Protein, 1 Vegetable, 1 Fruit		Calories	Protein	Carbs	Fat	Sodium
3 oz. Chicken Breast		148	21	0	1	71.25
4 tsp. Olive Oil		159	0	0	18	0
6 oz. Broccoli		60	5	9	0	29
1 Small Orange		45	0.9	11.3	0.1	0
Totals	**27%**	**412**	**26.9**	**20.3**	**19.1**	**100.25**
AFTERNOON SNACK – Fruit choice		Calories	Protein	Carbs	Fat	Sodium
1 Small Grapefruit or ½ Large Grapefruit		32	.06	8.1	0.1	0
Totals	**2%**	**32**	**.06**	**8.1**	**0.1**	**0**
DINNER - 1 Protein, 1 Vegetable, Salad		Calories	Protein	Carbs	Fat	Sodium
4 oz. Swordfish		175	27.5	0	5	130
4 tsp. Olive Oil		159	0	0	18	0
6 oz. Asparagus		48	6	7	1	3
Totals	**25%**	**382**	**33.5**	**7**	**24**	**133**
SALAD		Calories	Protein	Carbs	Fat	Sodium
3 oz. Lettuce		11	0.5	2.4	0	7.5
2 oz. Tomato		12	0.6	2.5	0	1.6
2 oz. Cucumber		8	0.3	2	0	3.3
2 oz. Celery		9	0	26	0	26
1 tsp. Apple Cider Vinegar		4	0	2.3	0	0
Totals	**3%**	**44**	**1.4**	**11.8**	**0**	**38.4**
EVENING SNACK		Calories	Protein	Carbs	Fat	Sodium
2 oz. Mozzarella Cheese, Part Skim		170	14.6	2.2	11.2	147
Totals	**11%**	**170**	**14.6**	**2.2**	**11.2**	**147**
GRAND TOTALS	**100%**	**1539**	**125.86**	**75.5**	**77.7**	**1193.7**

Phase 3 Sample Menu (Male 165 Lbs) add or subtract 13 calories per pound for other weights. Add 13 per pound for over 165 or subtract 13 calories per pound for under 165

BREAKFAST - 1 Protein, 1 Fruit		Calories	Protein	Carbs	Fat	Sodium
1 Scoop Protein Powder		120	23	3	3	150
3 oz. turkey sausage		169	12	1	12	746
4 tsp. olive oil		159	0	0	18	0
1 cup grapes		110	1.2	29	0.3	3.2
Totals	**26%**	**558**	**36.2**	**33**	**31.3**	**899**
MORNING SNACK - 1 Protein		Calories	Protein	Carbs	Fat	Sodium
6 oz. white tuna (canned in water)		210	45	0	1	190
Totals	**10%**	**210**	**45**	**0**	**1**	**190**
LUNCH - 1 Protein, 1 Vegetable, 1 Fruit		Calories	Protein	Carbs	Fat	Sodium
6 oz. lean meat (*chuck steak)*		324	42	0	32	130
4 tsp. Olive Oil		159	0	0	18	0
6 oz. mushrooms		48	2	8	0	25
1 small pear		81	.5	21.5	0.2	1.5
Totals	**29%**	**612**	**44.5**	**29.5**	**40.2**	**156.5**
AFTERNOON SNACK – Fruit choice		Calories	Protein	Carbs	Fat	Sodium
1 cup blueberries		83	1.1	21	0.5	1.5
Totals	**4%**	**83**				
DINNER - 1 Protein, 1 Vegetable, Salad		Calories	Protein	Carbs	Fat	Sodium
6 oz. chicken *no skin*		282	42	0	4	114
6 oz. carrots		71	2	16	0	80
1 tsp. olive oil		40	0	4.6	4	0
Totals	**19%**	**393**	**44**	**50.6**	**8.5**	**194**
SALAD		Calories	Protein	Carbs	Fat	Sodium
3 oz. Lettuce		11	0.5	2.4	0	7.5
2 oz. Tomato		12	0.6	2.5	0	1.6
2 oz. Cucumber		8	0.3	2	0	3.3
2 oz. Celery		9	0	26	0	26
1 tsp. olive oil		40	0	4.6	4.5	0
1 tsp. Balsamic Vinegar		7	0	2.3	0	0
Totals	**4%**	**87**	**1.4**	**17.1**	**4.5**	**38.4**
EVENING SNACK		Calories	Protein	Carbs	Fat	Sodium
2 oz. Mozzarella Cheese, Part Skim		170	14.6	2.2	11.2	147
Totals	**8%**	**170**	**14.6**	**2.2**	**11.2**	**147**
GRAND TOTALS	**100%**	**2113**	**188.8**	**123.4**	**97.2**	**1626.4**

Paleo Diet Food Lists

This is the definitive paleo diet food list. In it, you'll find a list of the paleo diet meats, vegetables, fruits, nuts, seeds, and oils that are allowed on the paleo diet. You can throw these into any delicious paleo recipe (or make up your own) and be 100% sure that your paleo diet compliant :). Let's get started

EAT

Grass-fed meats	Fish/seafood
Fresh fruits	Fresh vegetables
Eggs	Nuts

Healthy oils (olive, walnut, flaxseed, macadamia, avocado, coconut)
Eggs (duck, chicken, or goose)

Paleo Diet Allowable Meat, Seafood and Poultry

This is a list of paleo diet meats allowed on the diet. Almost all meats are paleo by definition. Of course, you'll want to stay away from highly processed meats and meats that are very high in fat (stuff like spam, hot dogs, and other low-quality meats), but if it used to moo, oink, or make some other sound, it's almost certainly paleo (and that means you can still have bacon). Here's the full list of paleo diet protein foods.

Turkey, Chicken breast, Pork tenderloin	Pork chops	Steak
Veal	Bacon	Pork
Ground beef	Grass-fed beef	Chicken thigh
Chicken leg	Chicken wings	Lamb rack
Pheasant	Wild boar	Beef jerky
Ostrich	Venison steaks	Buffalo
New York steak	Bison	Bison steaks
Bison jerky	Bison ribeye	Bison sirloin
Lamb chops	Rabbit	Goat

Fish and Seafood Items

Fish are on the paleo diet and they're chock full of good stuff like omega-3s as well. If it swims and has fins, it's paleo diet food list worthy. Have it!

Bass	Salmon	Halibut	Mackerel
Sardines	Tuna	Red snapper	Shark
Sunfish	Swordfish	Tilapia	Trout
Walleye	Crab	Crawfish	Crayfish
Shrimp	Clams	Lobster	Scallops
Oysters	Salmon		

Paleo Diet Vegetables

Almost all vegetables are paleo, but you need to be careful here. Vegetables with high starch content such as potatoes and squash tend to have low nutritional value in comparison to the amount of starches/carbs/sugars they contain.

Asparagus	Avocado	Artichoke hearts	Brussels sprouts
Carrots	Spinach	Celery	Broccoli
Zucchini	Cabbage	Peppers (all kinds)	Cauliflower
Parsley	Eggplant	Green onion	Starchy Vegetables

These vegetables are quite starchy, so eat them in moderation especially if you're trying to lose weight.

Butternut squash*	Acorn squash*	Yam*

Sweet potato*	Beets*

Paleo Diet Oils/Fats

Contrary to popular belief, fat doesn't make you fat; carbs do (and the Standard American Diet contains a ton of them!). Natural oils and fats are your body's preferred sources of creating energy, so it's best to give your body what it's asking for. The following are some of the best types of paleo diet oils and fats that you can give your body if you're in need of some additional energy.

Coconut oil	Olive oil
Avocado oil	Grass-fed butter

Paleo Diet Nuts

We love nuts and they are decidedly paleo diet friendly. Be careful though, as cashews are high in fat and, for some reason, it's incredibly easy to eat an entire jar of them in one sitting (that's not just us, is it?). If you're trying to lose weight, limit the number of nuts you're consuming. Otherwise, have at it. I mean, you can't beat a good almond/pecan/walnut mix, can you?

Almonds	Cashews	Hazelnuts	Pecans
Pine nuts	Pumpkin seeds	Sunflower seeds	Macadamia nuts
Walnuts			

Please note: peanuts are NOT paleo as they're not actually a nut. They're a legume!

Paleo Diet Fruits

Fruits are not only delicious, but they're also great for you. That said, fruits (even paleo-approved ones) contain large amounts of fructose which, while much better than HFCS (high-fructose corn syrup), is still sugar. If you're looking to lose weight on the paleo diet, you'll want to cut back on your fruit intake and focus more on the vegetables allowed on the paleo diet. However, feel free to have one or two servings of fruit a day. (We'll admit, we're partial to blackberries!)

Apple	Avocado	Blackberries	Papaya
Peaches	Plums	Mango	Lychee
Blueberries	Grapes	Lemon	Strawberries
Watermelon	Pineapple guava	Lime	Raspberries
Cantaloupe	Tangerine	Figs	Oranges
Bananas*			

*While these starchy foods are great for energy replacement for paleo diet athletes who are spending long periods of time exercising and who need some of the starchier foods to sustain their energy levels, if you're trying to lose weight on the paleo diet, you'll want to limit the quantities of these that you're eating.

Eat high-sugar fruits in moderation. They're great for you, but it's easy to overdo it. Remember, your caveman ancestors didn't have access to Florida's orange groves 24/7, so you probably shouldn't try to eat a bushel of oranges in your next paleo diet meal.

Phase 3 Calorie Counting List for both HCG and Paleo. All calories are per ounce.

Beverages	CAL	Lean Meat 1oz.	CAL	Cooking Oils – 1 Tbsp.	CAL
Water – flavored	0	Top Sirloin	62	Coconut Oil	120
Crystal Light	5	Extra Lean	48	Olive Oil Extra Virgin	120
Herbal Tea, unsweet	0	London Broil	52	MCT Oil	115
Lifewater	0	Chuck Steak	54	Canola Oil	120
		Lean Bison	49		
		Lamb	52		

Shellfish & Fish	CAL	Shellfish & Fish	CAL	Dairy & Eggs	CAL
Clams	41	Halibut	31	Skim Milk 1 Cup	85
Lobster	28	Herring	39	1% Low-fat Milk 1 Cup	110
Mussels	48	Mackerel	74	2% Low-fat Milk 1 Cup	122
Oysters	19	Orange Roughy	29	Whole Milk 1 Cup	150
Scallops	23	Red Snapper	36	Almond Milk Unsweetened 1 Cup	40
Shrimp	22	Salmon	51	Coconut Milk Unsweetened 1 Cup	50
Crab	31	Shark	50	Whole Egg 1 Large	80
Bass	41	Tilapia	42	Mozzarella Part Skim 1 oz.	72
Bluefish	45	Trout	53	Cottage Cheese 4 oz.	100
Cod	29	Tuna	52	Plain Greek Yogurt 1 Cup 0% Non-Fat	80
Grouper	33	Mahi Mahi	37	Plain Greek Yogurt 1 Cup 2% Fat	170

Vegetables – Per 6 oz.	CAL	Fruits	CAL
Brussels Sprouts	4	Apple (1 small)	55
Cabbage	138	Apricot (4 small)	64
Artichoke	126	Banana (1 small)	89
Asparagus	5	Blackberries (1 cup)	74
Broccoli	6	Blueberries (1 cup)	81
Cauliflower	3	Boysenberries (1 cup)	66
Celery	4	Cantaloupe (1 cup)	54
Collards	4	Cranberries (1 cup)	43
Cucumber	30	Grapes (1 cup)	62
Eggplant	9	Guava (1 cup)	112
Endive	3	Honeydew Melon (1 cup)	61
Green Onions	3	Kiwi (2 small)	92
Kale	4	Mango (1/2 small)	67
Lettuce (green)	3	Peach (1small)	50
Mushrooms	42	Raspberries (1 cup)	60
Peppers (all varieties)	50	Strawberries (1 cup)	42
Spinach	41	Watermelon (1 cup)	70
Tomato	30		
Turnips	40		
Watercress	22		

Phase 4 - The Rest of Your Life. If you do not make changes you will regain the weight

JAVIER'S PERSONAL OPINION: TRY INTERMITTENT FASTING, ITS FREE AND EFFECTIVE!!!

Once you have reached your desired goal weight and followed the 3-week Phase 3 maintenance, you will continue to Phase 4, which you will follow for the rest of your life. Sugars and starches are slowly added into your diet in Phase 4. Eat breakfast like a king; eat lunch like a queen; eat dinner like a pauper. Load your calories earlier in the day.

Late day eating is very hard on your metabolism and encourages weight gain. A minimum of 9 months of being vigilant about staying within 2 pounds +/- of your stabilized weight is a necessity. There are many cases where dieters will re-gain the weight lost by jumping back into their old eating habits. You can correct a splurge by simply utilizing Phase 3 clean eating for a few days. It is important to understand that you cannot go back to your old ways without going back to your old body.

- Take your supplements as recommended. Limit to one starchy carbohydrate per day.
- Try to eat healthy whole grains, multi-grains, or wheat pastas and breads.
- Use brown rice not white.
- Try sweet potatoes in place of white potatoes.
- Avoid using white flour starch when cooking as much as possible.
- Avoid fried foods and fast foods.
- Read food labels so you know what you are buying. Avoid anything with corn syrup solids or high fructose corn syrup which is a major factor in weight gain.
- Use Stevia as a sweetener. It is a natural product. It does not have the same metabolic effects of artificial sweeteners that can create weight gain and trigger sugar cravings.
- Know the caloric values of your alcoholic beverages. Mixers are calories be careful.
- Always eat breakfast in the morning. Do not skip that meal. Use a meal replacement if you are not into cooking or find yourself in a rush to get out the door.
- Eat your carbs earlier in the day. It is easier on your metabolism and does not encourage late eating weight gain.
- Do not eat within 3 hours of bedtime. It encourages weight gain and acid reflux.
- When you buy groceries, do most of your shopping around the outer perimeter of the store. The fresh fruits, veggies, dairy, and meats are stored there. Down the aisles are all the processed foods that are not so good for you.
- If you cannot manage fresh vegetables, buy frozen ones. Do not buy canned.
- Take your supplements. Under the supervision of your health care provider, increase the status of your health by taking omega 3 supplements, fish oils, CoQ10, antioxidants, etc. These add to your health.
- Never allow more than 1 starchy carbohydrate on your plate with each meal.
- Limit your sweets intake to special occasions and increase your exercise regimen the following day.
- Allow yourself a "cheat day" once a week. Have a meal at your favorite restaurant.
- Avoid foods that have a high glycemic load. This is not the same as the glycemic index.
- Drink at least 2-3 quarts of water daily.
- Exercise is critical to weight maintenance; no getting around this fact.
- You may integrate starches into your diet but choose wheat pasta, whole grain breads, sweet potatoes, multi-grain cereals and limit your refined sugars. Try to exercise 3 times per week, take your daily vitamins and supplements, and drink plenty of water.
- Incorporate starches into your diet slowly by allowing only 1 starch daily for a week in Phase 4 and then increasing to 2 as desired thereafter.

Avoid Trans Fats

Trans Fat is a common name for unsaturated fat. Trans Fats do not exist in nature but are made during a process called Hydrogenation for food production. During this process, liquid vegetable oil is heated and combined with hydrogen gas. Partially hydrogenating vegetable oils make them more stable and less likely to spoil, which is very good for food manufacturers and very bad for you.

No amount of Trans Fats is healthy. The consumption of Trans Fats increases the risk of coronary heart disease by raising levels of “bad” LDL cholesterol and lowering levels of "good" HDL cholesterol.

The major source of Trans Fats in the Western diet comes from commercially-prepared baked goods and snack foods: Baked goods. cookies, crackers, cakes, muffins, pie crusts, pizza dough, most breads like hamburger buns, fried foods, doughnuts, French fries, fried chicken, chicken nuggets, hard taco shells, snack foods, potato, corn, tortilla chips, candy, packaged or microwave popcorn, solid fats, stick margarine, semi-solid vegetable shortening, cake mix, pancake mix, and chocolate drink mix

Phase 3 & 4 How to calculate your daily caloric intake for this phase

The goal is to maintain your weight.
When you have reached your desired goal weight, and after successfully completing the maintenance interval, you continue onto Phase 4, which will be followed for the rest of your life. Sugars and starches are slowly added into your diet in Phase 4. Those starches consist of healthy whole grain or wheat pasta and bread, brown rice and sweet potatoes. Avoid white flour starches as much as possible. Try to limit yourself to one starch serving daily.

Step 1
Calculate your daily calorie intake with the following equation: Active males can determine the number of calories needed to maintain body weight by multiplying their weight in pounds by 15, while active females should multiply their weight by 12. Inactive males should calculate daily caloric intake by multiplying their body weight by 13, and inactive females should multiply their weight by 10.

Example: Male 175 x 13 = 2275 daily calories Female 140 x 12 = 1680 daily calories

Step 2
Determine how many of your calories should be derived from fat by using the number of calories determined through the first equation and multiply the number by .30, or 30 percent for the number of fat calories you need daily.

Example: Male 2275 x .30 = 682.50 fat calories/day Female 1680 x .30 = 504 fat calories/day

Step 3
Figure the number of grams that constitute the number of fat calories needed each day to maintain body weight by dividing the number of fat calories by nine. The resulting number is the amount of fat grams you should take in daily.

Example: Male 682.50/9 = 75.83 fat grams/day Female 504/9 = 56 fat grams/day

Step 4
Lose one pound per week by creating a calorie deficit of 500 calories daily. For example, if your body requires 2,000 calories to maintain your body weight, you should take in only 1,500 calories per day to lose a steady pound per week. Gain one pound per week by adding an additional 500 calories to your determined daily calorie intake. Then re-calculate your fat calories and fat grams.

The Power of Carnitine

What if there was JUST one nutrient which could help you lose weight, increase energy, lower cholesterol and promote heart health? Carnitine does all that and more. Carnitine accomplishes this by promoting fat burning. Carnitine is the only nutrient that can transport fat to the part of the cell that burns it off: the mitochondria. If you can't get fat into the mitochondria, you can't burn it.

So, no carnitine, no fat burning. Higher carnitine levels allow our body to burn fat at an optimal rate.

Carnitine is not a true vitamin because the body makes it in small amounts. Carnitine is also found in animal products, especially red meat. Unless you are eating lots of red meat daily you are probably not getting enough Carnitine.

Carnitine: Is one of the three hunger hormones governing your weight loss.

Increasing carnitine intake is the most natural way to support weight loss, because carnitine picks up fat and burns it off without any side effects. Scientific evidence shows that increased levels of carnitine lead to increased fat burning. Carnitine also helps increase metabolic rate while maintaining levels of muscle tissue. This is crucial, because muscle tissue is where you do most of your fat burning. Carnitine is also useful for eliminating cravings and increasing the amount of energy to exercise, which are very helpful in weight loss programs.

Optimal Carnitine Effect	Carnitine Deficiency Effect
Maximal Fat Burning	Minimal Fat Burning
Higher Energy Levels	Lower Energy Levels
Weight Loss	Weight Gain
Decreased Cravings	Increased Cravings
Lower Cholesterol	High Cholesterol

L-Carnitine Injections: Benefits, Effects and Use in Dieting

Let's look at L-Carnitine and what can be expected of it. How it works, does it work, is it safe and why do we use it in our Weight Loss Programs. Keep Reading.

Definition: What is L-Carnitine?

L-Carnitine is – one of the building blocks of protein. It enhances the body's ability to metabolize fat thereby enhancing energy levels. The combination of L-Carnitine and exercise enhances **fat burning**.

The Benefits of L-Carnitine

L-Carnitine **enhances energy production**, improves heart and brain function and muscular co-ordination. As a result, it enhances muscle building, increases HGH levels and improves strength and stamina thanks to extra energy and an increased potential for building new muscle tissue.

L-Carnitine Injections for Weight Loss

Using these injections for weight loss encourages the metabolism of fat by helping the transfer of fatty acids to the power houses of the cells, the mitochondria. It increases the body's ability to release stored fat in the form of triglycerides which provide more energy to the body. Your diet becomes easier to stick to because you have sufficient energy and you can get more fat burning power out of your workouts.

L-carnitine and weight loss go hand in hand – provided you also watch your lifestyle. Critics say that there is no 'magic bullet' and they're perfectly right. Never believe anyone who says that a supplement on its own is going to help you lose weight. You will also need to **watch your diet** and exercise – but your weight loss and energy levels will be enhanced thanks to increased fat burning potential.

10 Benefits of L-Carnitine Injections

1. Improved Muscle Building
2. Improved Fat Metabolism
3. Increased Endurance, Strength, & Stamina
4. Increased Muscle Mass
5. Improved Bone Strength
6. Reduced Recovery Times
7. Reduced Risk of Overtraining
8. Improved Energy Levels
9. Improved Mental Function
10. Increased Male Fertility

When will I See the Results?

L-Carnitine injections can be felt as soon as it is absorbed into the bloodstream. You should use it pre-workout to boost your workout results. When used for fat loss, you can expect measurable results within 2 weeks providing you are combining it with the healthy diet and exercise you will be provided.

Injectable L-Carnitine vs Oral Supplements

Administering L-Carnitine via an injection ensures that your body gets the **full dose** and all the associated benefits. Injections are the only way to guarantee the proper absorption. When administered using an intramuscular injection, L-Carnitine will be absorbed from the muscle directly into the bloodstream ensuring an easily controllable dose and guaranteed absorption. In addition to this, there is evidence to suggest that L-Carnitine is more effective when administered via injection indicating that the best L-Carnitine supplement will always be the injectable format.

A Guide to Using Injectable L-Carnitine

Before making the decision to use L-Carnitine, either as an injection on its own or in a combination such as the Arginine/Carnitine Combo, there are a few things you might want to know. Below we have attempted to answer some of the most commonly asked questions about using L-Carnitine injections.

How Do I Inject L-Carnitine?

Intramuscular injections are required to allow for slow release of the L-Carnitine into the bloodstream. The best sites for this type of injection are the buttock and thigh. If you choose the former, you will need someone to help you with the injection. It is possible to inject yourself in the thigh, but the density of the muscles will result in your feeling the shot a little more. For instructions on how to administer an intramuscular injection, including detailed infographics.

Here are some important things to keep in mind:

- Do NOT inject L-Carnitine intravenously
- L-Carnitine can be taken any time of day but is best taken pre-exercise
- Do NOT use L-Carnitine if you are pregnant or breast feeding
- Change the injection site regularly to prevent scarring (1 inch apart is ideal)
- Dispose of used needles correctly
- Always follow storage and dosing instructions given
- Consult a doctor if you are taking medications or have any preexisting medical conditions

What is the Recommended Dose for L-Carnitine?

Positive results were obtained when administered daily. If you are using daily L-Carnitine injections, it is a good idea to cycle off them every 5 weeks and give your body a 2-3 week break from it between rounds.

How Should I Choose My Injection Site?

The upper buttock at the hip is the best site for your injection. Inject slowly.

Does it Hurt to Inject L-Carnitine?

L-carnitine injections are no more painful than other injections. Limit discomfort by:

- Injecting the buttock. It hardly hurts at all and recovers quickly.
- Ensuring that the alcohol you used to disinfect the skin is properly dry before proceeding with the injection.
- Injecting the solution slowly.
- Relaxing the muscle during the injection.

Side Effects of L-Carnitine

L Carnitine injections – or anything you inject into your body should not be taken lightly. Most healthy individuals do not experience any side effects of these injections. Because the body excretes any excess easily, you can't overdose. However, more is not better since it will simply be excreted. Stick to the recommended dose.

Tips on Eating Out

Fast food restaurants are an easy and defeating solution. Fast food is packed with exactly what humans are genetically programmed to desire: sugar and fat! In fact, ketchup, one of America's favorite condiments, is simply a sweet way to deliver the salt and fat found in French fries. Most fast foods have a high calorie count and high glycemic carbohydrates, leading to an enormous number of calories and too little satiety. You can find meals that are low in saturated fat, Trans Fat, and cholesterol in any restaurant by simply making a special request to the chef.

Don't be shy about making special requests; most restaurants will probably honor your request. Ask your server if the "catch of the day" such as Orange Roughy has been pre-marinated in a butter or herb sauce, if the answer is NO, then ask to have it grilled or broiled plain with lemon.

When ordering vegetables, make sure they are steamed without butter and have no seasonings added which could contain very high amounts of sodium.

A rule of thumb, always ask to have any condiment on the side, this way YOU will be in control of how much flavor, fat and salt you are going to consume, if at all.

Bring your salad dressing with you to the restaurant. Most restaurants have oil & vinegar or vinaigrette if you forget.

Ask your server if the kitchen can alter preparations to meet your needs, or call ahead before you choose your restaurant. If your food isn't prepared as you requested, send it back.

For example, some individuals think that 3 ounces of chicken is any piece of a full chicken, when in actuality it is the size of a deck of cards or the palm of your hand. 1 cup of fruit or vegetables equals the size of a baseball and a medium potato equals the size of a computer mouse. Once you can approximate the calories of a portion of food by looking at it, you may want to discontinue weighing and measuring food.

Exercise Routines and Options

Exercise is a crucial part to your weight loss and overall health!

Stretching and flexibility programs have become so popular, it's easy to learn how to do it safely and there are many tools out there to make your routine a little more effective. Skipping stretching will invite injury and lengthen your recovery time.

Radical Exercise Programs should not be started until you consult a physician!

Option 1: Ten Minute Walks! Take a brisk 10-minute walk after each large meal (breakfast, lunch, dinner). This method has been shown to improve blood sugar levels better than metformin! This research study is available upon request! **Learn More:** https://youtu.be/47UtEjhTUjA

Option 2: Light exercise 2-3 times per week for _____minutes. Power walking is preferred.

hCG Assisted Diet - 60 Day hCG Program

STARTING WEIGHT: _____ **GOAL WEIGHT: _____**

Day	Weight	+ or -	Day	Weight	+ or -
1			31		
2			32		
3			33		
4			34		
5			35		
6			36		
7			37		
8			38		
9			39		
10			40		
11			41		
12			42		
13			43		
14			44		
15			45		
16			46		
17			47		
18			48		
19			49		
20			50		
21			51		
22			52		
23			53		
24			54		
25			55		
26			56		
27			57		
28			58		
29			59		
30			60		

hCG NEAR ME

21 Day Maintenance HCG or Paleo/Leptin Reset

This part of our program is the most important part of the HCG Assisted Diet program for the accelerated weight loss system. When you have reached your weight loss goals and you are ready to stop the protocol and stop the use of HCG. **Now, for three days after all your HCG has been used, you stay at 750 calories for three days. This is important. Do not skip this step. We need the HCG out of your system. Keep your diet as normal for three days.**

Now the real science of this protocol begins. Prior to the maintenance you have had a very low-fat diet/very low calorie diet. This dieting with the HCG, has caused your hypothalamus to burn stored fat. This brings you to today.

This Phase is 21 days. You will be eating all the same foods that we have been eating during the primary phase if your choice is to do the HCG Maintenance Phase. We will also give you the option of converting to the Paleo/Leptin Reset that is the key to long term weight management. In both diets you get to add fat. We are changing to a high fat, low carbohydrate diet. You can now have items like, bacon, pork, salmon, turkey and tuna. What you cannot have in any quantities are items with sugar and starches. Excess sugar is your enemy for life so try to get a grip on that.

If you do not complete this phase of the protocol effectively, which means, if you cheat and have sugars you will have wasted your time and money getting the body that you wanted. You will have started the destructive process of storing fat again.

When your Maintenance phase is complete, we will focus on Leptin and L Carnitine correction for high energy burn and a long term stable weight.

Maintenance Phase Start Weight: End Weight:

DAY	WEIGHT	TOTAL LOSS	CALORIES PER DAY	DAY	WEIGHT	TOTAL LOSS	CALORIES PER DAY
1				12			
2				13			
3				14			
4				15			
5				16			
6				17			
7				18			
8				19			
9				20			
10				21			
11							