

HCG Homeopathic Weight Loss Method

Phase 2 Companion

Disclaimer: *The HCG DISCOUNT website offers guides that provides weight loss management, or life skills information, and is intended only to assist users in their personal weight loss efforts, or stress. This is not written by a medical organization and offers no medical advice or diagnosis. Nothing contained in this website or folders should be construed as medical advice or diagnosis. The information generated should not be interpreted as a substitute for physician consultation, evaluation, or treatment. You are urged and advised to seek the advice of a physician before beginning any weight loss effort or regimen. This information is not meant to replace the advice of any physician. Do not rely upon any information to replace consultations or advice received by qualified health professionals regarding your own specific situation.*

PROGRAM SUMMARY:

Before starting any program consult with your primary care physician to allow the proper lab work to identify your hormone and metabolic imbalances and to evaluate your general overall health. Blood testing can help you discover possible risk factors that could be predisposing you to disorders such as cardiovascular disease, cancer, diabetes and more.

Blood testing:

- Elevated insulin, glucose, homocysteine, C-reactive protein, triglycerides, and LDL levels.
- Metabolic and hormone imbalances, which affect adrenal and endocrine functions.

Dr. A.T.W. Simeons discovered that HCG would enable dieters to subsist comfortably on a 500 calorie-per-day diet. He claimed that HCG would mobilize stored fat; suppress appetite; and redistribute fat from the waist, hips and thighs. He believed it would break down your abnormal body fat, causing you to lose inches.

Human Chorionic Gonadotropin (HCG) is a hormone found in the urine of pregnant women, which is produced in the placenta of the mother. In combination with a low calorie diet, HCG is believed to help safely speed up weight loss by decreasing specific body circumferences and skin fold thickness from conspicuous body areas more efficiently than Placebo treatment subjects. At the same time, it's believed to protect your body's good fat and muscle from depleting. Thus the reason so many people who complete this diet do not experience muscle loss or sagging skin. So let's get started with understanding and applying the protocol.

Recommendations that will help you reach your overall goals

- Drink filtered or bottle spring water. Tap water is mostly loaded with chloride and fluoride.
- Walk at least 30 minutes to one hour per day. No heavy weight-lifting at the gym.
- Eat apples. Eating at least 2 apples every day will help to regulate blood sugar and reduce your appetite.
- Eat grapefruit. Eating at least 2 grapefruits daily is proven to release fat.
- Apple Cider Vinegar and Balsamic Vinegar can be used on your salads and marinate your daily proteins. This stimulates metabolism and cleansing of the internal organs. It is also powerful in helping to release stored fat cells.
- Extra Virgin Coconut Oil can be used for cooking or supplementation. This stimulates the metabolism, improves digestion, and helps to release fat. Use sparingly when cooking. This can also be applied to the skin in replacement of lotion.
- Stevia is allowed. No artificial sweeteners. Try Crystal Light to add flavor to your water.
- Eating breakfast helps to increase your metabolism, decrease appetite, and increase your morning blood sugar for energy throughout the day.
- Eat salad and vegetables with lunch and dinner. Eating a salad with fresh veggies helps to stimulate digestion and adds fiber, which helps to regulate blood sugar.
- Organic food is preferred **but not required** if not available to you or too costly.
- Adding fiber will help relieve constipation, reduce appetite, improve digestion and cleanse the body of toxins. Psyllium is great and can be found at Trader Joe's or other health food stores.
- Drink teas such as Oolong, Chamomile, Green and/or Yerba Mate.
- Eliminate all carbonated beverages. They block calcium absorption, cause nutritional imbalances, slow digestion and clog the lymphatic system.
- Eliminate all alcoholic beverages.
- Avoid high fructose corn syrup. It has been proven one of the leading causes for obesity in our youth today in America. **Please be sure to read all labels** - it is hidden within our products.

- No MSG (Monosodium Glutamate). This is a flavor enhancer which can make you overweight and very toxic.
- No Fast Food
- Use a Colon Cleanse.

Phase 2

Day 1 and 2 (LOAD DAYS):

Weigh yourself in the morning when you wake up without clothing and after you have emptied your bladder. Start taking your HCG Homeopathic three times per day, before breakfast, before lunch and before dinner. Eat as often as you like throughout the day. This will increase your body's storage of fat to prepare you for the 500 calorie per day limit on days 3-42. Gorge yourself on fatty foods eating as healthy as you can by eating the good fats. Eating starch in moderation helps to decrease your appetite after completing the gorging days. Whole grain breads, pastas, and oatmeal are great choices.

Absolutely NO starches on days 3-42!

Day 3-23 (longer stays can be done):

Drink ½ -1 gallon of filtered water throughout the day.

Eat everything as described in Phase 2 (See Guide). Do not skip meals. Your total intake will be about 500 calories consisting of protein, vegetables and fruit. It is better to spread the food throughout the day to help with any hunger or blood sugar issues. You can have your allowable fruit for breakfast to assist in increasing blood sugar and increase energy.

Food Guide for Phase 2

Since your total for the day is 500 calories, use the calories found in your 2 fruits, 2 proteins, 2 melba toasts or grissini's and then subtract that from the 500 calories. You then make up the rest of your 500 calories in vegetables. You can use the Excel calculator to do this for you – labeled "Calorie Calculator & Food Record."

Protein Selections:

Choose only one protein for lunch and another for dinner. Never eat the same protein twice on the same day. 100 grams of the following:

Beef (very lean), veal, chicken breast (no skin), shrimp, lobster, crab, white fish (Flounder, Sole, Cod, Tilapia, Wild Chilean Sea Bass, Grouper and Halibut), removing all visible fat and weigh prior to cooking – 3.5 ounces.

Vegetable Selections:

Choose only one vegetable for lunch and another for dinner - never eating the same vegetable in the same day:

Tomato (may stall on this)
Celery
Lettuce (all kinds)
Spinach
Cucumbers
White/Yellow/Red Onions (may stall on this)
Cabbages
Asparagus
Chard
Radishes
Beet Greens

Fruits Selections:

You may have 2 fruit servings daily. You may only choose from the following:

½ Grapefruit
1 Small Apple (avoid if you have low blood sugar or hypoglycemia)
1 Handful of Strawberries
1 Small Orange

Drink as much coffee, tea and non-caloric drink as you desire throughout the day – although diet soda is not advised, but is acceptable.

Remember - do not eat the same protein, vegetable, or fruit twice in the same day.

You can cook with fresh herbs, lemons, limes, sea salt, raw apple cider vinegar and Stevia.

General Meal Plan:

Breakfast: Coffee/Tea
 Fruit if desire
 ½ of allowable fruit

Snack: Cup of tea
 Fruit if did not eat at breakfast

Or other half of fruit from breakfast

Lunch: 100 grams of protein (remember no oil during this phase)
One allowable vegetable from allowable list
Tea/Coffee

Supper: 100 grams of protein (remembering not to have the same protein
as lunch)
One allowable vegetable (different than lunch)
Tea/Coffee

Snack: One allowable fruit

Days 24-27:

Stop taking HCG and stay on VLCD

Follow food plan for phase 2. This is done because the HCG is still in your system.

Drink plenty of the following:

Bottled water
Oolong Tea
Chamomile Tea
Black coffee (no creamer)
Green Tea

Please do not resume eating normally until you have completed the last three days of your VLCD.

Please do not resume eating normally until you have completed the last three days of your VLCD.

Phase 2-grocery list:

Boneless Chicken Breast
Beef (very lean, like sirloin steak, eye of round, top round, bottom round)
Veal
Wild White Fish (flounder, sole, cod, tilapia, sea bass, halibut, shrimp, lobster, crab)
Spinach
Cucumbers
Cabbage
Celery
White/Yellow/Red Onions
Organic Herbs
Organic Raw Apple Cider Vinegar

Organic Herbs
Organic Raw Apple Cider Vinegar
Oranges
Sea Salt
Oolong Tea
Yerba Mate Tea
Chamomile Tea
Melba Toast
Wonder Cocoa (defatted powdered cocoa)
Grapefruit
Apples
Strawberries
All Lettuce
Tomatoes
Beet Greens
Asparagus
Chard
Radishes
Lemons
Kitchen Scales
Stevia
Egg Whites
Crystal Light
Psyllium or Fiber

[Foods eaten other than what is on this list will affect weight loss.](#)

The duration of phase two is 26-40 days. Smaller durations are ideal for those that need to lose 20-30 pounds. If more weight loss is desired or necessary, the phase can be repeated, taking longer phase 3 breaks, until the goal weight is reached.

During phase 2 - going out to eat is not recommended simply because you are not able to control the amount of fat and other products used. However, it's not completely impossible to do. When going out to eat be sure to only ask for the allowable vegetable. If ordering a salad, use lettuce or spinach only, or order just tomatoes as a side dish. Order an 8oz steak and cut it in half as soon as it comes to the table, or request a 4 oz. steak. Chicken can be done the same way.

When it comes to meal times don't stress about it. It helps to prepare in advance crock-pot meals so when you come home you can relax. Save your fruits for dessert or snacks when hungry.

The Plateau:

“Some people experience a 4 – 6 day interruption in their regular daily weight loss. If your weight has been stationary for at least four days without any dietary error having been committed, you may take an “apple day” to break up the plateau. An apple day begins at lunch and continues until just before lunch of the following day. The only food consumed during this time is 6 large apples, which are to be eaten one at a time whenever you feel the desire. Remember, six large apples is the maximum allowed for this entire time. During an “apple day” no other food or liquids except plain water are allowed, and of that water, you may drink just enough to quench an uncomfortable thirst if eating an apple still leaves you thirsty.” Resume eating at lunch the next day.

As per Dr. Simeons:

No weight loss 4-6 days.

Eat an apple starting at lunch - continuing through the day until just before lunch the next day.

Eat nothing else, only drinking enough water to quench thirst.