

# HCG Homeopathic Weight Loss Method

## Phase 3 Companion

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In the 1950's and 1960's Dr. Simeon's had great success with a weight loss program he designed using HCG. HCG is a hormone that pregnant women release through their urine. Based on Dr. Simeon's research this hormone helps to release stored body fat. For further information please read Pounds and Inches A New Approach to Obesity. When HCG is combined with a low calorie diet and eating only specific foods it appears that the body not only releases stored fat, but problem fat areas such as abdomen, hips and thighs. Fat is a way for our body to protect us. It protects us during times of famine, and fat protects us against the chemicals we ingest such as high fructose corn syrup, MSG, trans- fats and more. When we eat these harmful chemicals our body really doesn't know what to do with them so it stores them in the fat cells. This pamphlet is designed for phase 3, the maintenance portion of the protocol. Dr. Simeon's refers to this phase as the phase to where increased calories do not cause a weight gain. Please read, "Pounds and Inches: A New Approach to Obesity". The pamphlet is broken down to allow less stress during this phase of the program and understanding.

### Phase 3

This is your Maintenance Phase.  
Duration is for 3 weeks *if* this is your first round of phase 2.

Eat normally **except for starches and sugars**. You may have eggs and fruit and vegetables with the exception of corn, yams, summer squash, and pumpkin.

During phase 3, oils are allowed, but use extra virgin olive oil in moderation, as well as butter.

Cheese is acceptable within moderation, but avoid yogurt and milk, many of them contain sugar.

Avoid complex carbohydrates such as sugar, rice, bread, potatoes, pasta, pastries, etc., as well as oatmeal, legumes, cereal, and nuts. If no carbs are taken in, you may increase your fats.

Eat 5-6 times per day. It is very important to eat breakfast, lunch and supper and have 3 snacks throughout the day. This will keep your metabolism moving.

### **Phase 3 Foods**

The calories/ounces below are a general guide line of the foods. Each person is going to need a different calorie intake to maintain their current weight for Phase 3. If you eat strictly from this list you will be fine all the way through phase 3:

Steak 62 cal/oz  
Hamburger (lean) 48 cal/oz  
Chuck Steak 54 cal/oz  
Veal 60 cal/oz  
Buffalo 49 cal/oz  
Lamb 52 cal/oz  
Chicken breast 47 cal/oz  
Turkey breast (white meat only) 48 cal/oz  
Shrimp 22 cal/oz  
Lobster 28 cal/oz  
Oysters 19 cal/oz  
Crab 31cal/oz  
Cod 29 cal/oz  
Halibut 39 cal/oz  
Orange Roughy 29 cal/oz  
Red Snapper 36 cal/oz  
Salmon 51 cal/oz  
Tilapia 42 cal/oz  
Trout 53 cal/oz  
Tuna 52 cal/oz  
Cottage Cheese 80 cal/4oz (read labels - this varies)  
Skim Milk 90 cal/6oz (read labels – this varies))  
Egg whites only 70 cal/per egg white  
Apple 55 cal  
Apricot (4 small) 64 cal  
Banana 89 cal  
Blackberries 1/4c 15 cal  
Blueberries 1/4c 21 cal  
Cranberries 1/4c 21 cal  
Grapes (12) 21cal  
Honeydew Melon 1/2c 45cal  
Kiwi (2 small) 92 cal  
Peach 50 cal  
Watermelon 1c 70 cal  
Brussels sprouts 48ca/6oz  
Cabbage 138 cal  
Artichoke 126 cal  
Asparagus 59 cal

Broccoli 60 cal  
Cauliflower 37 cal  
Celery 42 cal  
Collards 49 cal  
Cucumbers 30 cal  
Eggplant 90 cal  
Endive 36 cal  
Green onions 36 cal  
Kale 48 cal  
Lettuce 30 cal  
Mushrooms 42 cal  
Peppers 50 cal  
Spinach 41 cal  
Tomato 30 cal  
Turnips 40 cal  
Watercress 22 cal  
Coconut oil 2tsp/78 cal  
Olive oil 1tbs/120cal  
Sunflower oil 1tbs/120 cal  
Safflower oil 1tbs/120 cal

**\*\*If you wanted black olives, say on your salad, then look at the calories on the can and decide how many to have. If you add any additions to this list be sure to check the label, and even some of these things will vary.\*\***

During this phase, as soon as you notice a 2.0 pound increase, a “**steak day**” is recommended.

### ***Steak Day:***

Drink plenty of fluids throughout the day.

Eat nothing for breakfast, lunch or snack. Before dinner, go to the butcher. Buy yourself the biggest, fattest, best marbled cut of meat they have to offer (you don't have to watch the fat now), and if you're not sure which cut is best, ask the meat guy. Take it home and sauté it in oil, butter, garlic, or whatever other seasoning you want. Relish every bite of the steak until you are full. Follow with an apple. You can substitute a tomato for the apple if you prefer. Some have lost as much as 7 pounds of gained inflammation in just one day using this technique.

A “steak day” is done whenever a 2.0 lb. gain has occurred.

It is extremely important during this phase to continue to weigh yourself as you have in the other phases. This is wonderful feedback on the number of calories you can take in now without a gain.

### ***Meal Planning in Phase 3:***

Upon awakening empty bladder, remove clothing and weigh.

Eat a large breakfast

|                |   |
|----------------|---|
| Mid-morning:   | Apple/Grapefruit                                    |
| Lunch:         | Protein with a large salad                          |
| Mid-afternoon: | Apple/Grapefruit                                    |
| Supper:        | Protein with a large salad and vegetables           |
| Evening Snack: | 100grams of protein. This can be done occasionally. |

### ***Helpful Hints:***

NO SUGAR (everything has sugar!!! but a couple grams seems to be ok.)

NO potato, NO flour, NO rice, NO corn, NO peas!

Avoid lunchmeat. Avoid canned fruits/vegetables. Avoid very sweet fruit (like melon/grapes).

**You need to be eating approx 1500 to 2000 calories per day**, or your body goes into starvation mode and you store fat. Use the Excel calculator so that you know how much you are eating so you have facts to go by if your body gains or losses. That way you know what to do.

Drink lots of water!

You can keep eating the foods on the 500cal diet, just lots more of it, x3 meals and x3 snacks per day.

Eggs and cottage cheese are ok for breakfast.

This is the average; if you exercise more you will have to take in more calories to sustain your weight.

Double your protein then bring in the fat, but not both at the same time, so that you see which foods work for you without gain or loss. Use the foods that challenge your body's set point, sparingly, if at all.

Each body is different, so listen to your body. You have learned in Phase 1 and 2 to listen to your body's needs and this is just the next step in that journey.

## **Maintenance Tips**

1. You cannot expect the HCG protocol to take off the weight and then allow you to return to bad eating habits. The HCG will remove the weight and give you a second chance, but it is not a free pass for life. You will need to exercise regularly and eat a healthy diet. It's your responsibility to maintain your new (healthy) weight, and you need to understand that.
2. Even after the maintenance phase, you need to watch the scale to remain within the two pounds of the last injection weight. If it changes, DO A STEAK DAY! The steak day is a tool to utilize for the rest of your life, not just for the maintenance phase.
3. Use the time spent on the HCG as a method to retrain your taste buds. In the maintenance phase learn to appreciate the natural flavors of food and try to refrain from adding artificial ingredients and flavors back into your diet. These artificial ingredients are the most likely the cause of obesity in the first place. The return of these culprits could cause the return of obesity.
4. To maintain weight loss you can learn new techniques to overcome emotional eating or eating due to stress. Remember this is the beginning of the rest of your life. Control the maladies and focus on positive change.
5. To reduce cellulite on the new slim you, you can try adding 1 drop of lemon essential oil to one tablespoon of carrier oil such as jojoba oil. Rub the mixture into the affected area, working toward the heart. Repeat daily and drink lots of water to help flush your system. You can also try "Stevia lemonade" and Epsom salt baths.
6. Use low carb cookbooks because many recipes would be Phase 3 friendly. Keep an eye on the ingredients and avoid the recipes with nuts, nut flours, bake mix, sugar gum, molasses, honey, etc., or anything that could be a starch.
7. The Atkins diet is an excellent source for eating low-carb. Just avoid the fats it includes.
8. It is important to remind you: eat at least double the protein you were eating on the protocol - at least 100 - 125 protein grams - that is not weight, but grams of pure protein. On the protocol you averaged about 50 - so at least double that so you won't be protein deficient. If you get to a level of protein deficiency, be sure to do a steak and cheese day (as described above).
9. It's a good idea to still write down what you are eating as you need to know where your set point is and identify "problem" foods. Many people can stay around 1700 calories with absolutely no problem; be careful exceeding 2500 calories. In addition, insufficient calories can also produce problems. Listen to your body and watch its signs.
10. Remember, Dr. Simeons said you can eat anything you want except sugars and starches. Follow one simple rule, watch the scale. This means exactly that, you can eat up to three fruits a day, including bananas - eat cottage cheese daily - sometimes two servings - and have avocado and feta with dinner. You can drink beer and wine. The only thing to try to maintain is a doubling of your protein from the VLCD as you don't want to become protein deficient. Some sample foods on this phase include: prime steak slathered in butter, lots of avocados, loads and loads of fresh fruit and vegetables; you can put butter on those vegetables and cheese at times. You can eat fresh shrimp and

fresh fish, often baking it in butter, wine and herbs, You can drink white wine on a few occasions. You can cook your eggs in butter and make omelets with vegetables and a little cheese. Use olive oil, eat more dietary fat—it can be the key to maintenance. Overall, eat the good fats and the scale goes down, try to limit the fats and the scale goes up.

11. Many have found that the maintenance phase demonstrates a change in attitude toward food. For example, not getting a second helping of food, but just eating what is on your plate. People are not as hungry as they remember being pre-protocol. Instead people eat because they need to eat, not because they have this overwhelming desire to stuff their mouths. People also find that they have ridden themselves of the emotional attachment to food.

12. Don't be afraid if the food you loved before the VLCD no longer tastes the same or gives you the same feeling they gave you before. Sometimes, it can take almost 4 or 5 days to even start enjoying the food again. We believe it is because your body is so used to one way of eating; it takes awhile to adjust to the new way of eating again.

13. Be careful of introducing too many new foods at once. Try to introduce foods one at a time, so you can determine if a certain food causes a gain or loss. Some people have trouble with dairy or nuts. Our suggestion is to go with lean protein, fruit and vegetables during the first few days to balance out. Then, GRADUALLY introduce foods like nuts and dairy one at a time, so that if you react negatively it is easily identified.

14. Read the label on everything you introduce during this maintenance phase. Be sure there is no form of sugar in it or other additives (look for any -ose, corn syrup, MSG, etc.).
15. Be careful of yogurts which contain sugar regardless of soy or milk based. You can use organic PLAIN yogurt and then sweeten it with Stevia and add fruit to it (raspberries, strawberries, blueberries, or whatever else you are craving.)
16. Use common sense when selecting your food for the maintenance phase. Dr. Simeons really meant to avoid the obvious starches such as corn, potatoes, cereal, white flour, beans, pasta, bread, etc., and not starches in fruits/nuts. You can follow Atkins, but use more protein than fat.
17. If you are having trouble stabilizing your weight, begin by reducing the fats a bit (i.e. cheese or oil) and increase protein and vegetables. Some people, especially women, seem to be sensitive to cheese and the sodium apparently increases water retention = nominal weight gain (though not fat gain).
18. Don't worry about weight fluctuations (within the 2 pounds or close to it) too much. Many people have somewhat unstable weight for the first week to 10 days after transitioning from the HCG to maintenance (a few lucky ones don't). It is likely to stabilize for you in less than a week, don't get upset by the minor swings.
19. Two important passages from "Pounds & Inches" to be aware of during this phase:

#### **· 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.

#### **· 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.

20. If you plan on doing a second (or third) round to lose more weight, remember that Dr. Simeons recommends a 6 week break, followed by 8 weeks, followed by 10 weeks, etc. Some people have chosen to limit the break to 3 weeks (going from the maintenance phase right back to the injections or drops). Dr. Simeons recommends this break to prevent immunity, but it is ultimately up to you how long your break is; you will see how the HCG reacts to the amount of time you chose to break for.

21. For those who are experiencing fluid fluctuations, you can combat it with drinking a lot of water (more than 2 liters), drinking corn silk tea, taking Epsom salt baths, and watching your salt intake. You can increase protein, use fiber or magnesium as additional weapons for weight fluctuations.

22. Stay away from the sweet liqueurs (Bailey's, Chocolate, Amaretto, etc.)

### **After 3 week Maintenance Phase**

1. After you finish the 3 week maintenance phase, be sure to add your carbs back in slowly. Take note of what makes you gain weight. Start with healthy, low glycemic carb, like oatmeal and Ezekiel bread or sweet potatoes or brown rice.

2. Keep drinking your water and teas. If you've managed to refrain from diet coke and processed food...continue. This will contribute to successful maintenance.

3. Be sure to continue to watch the scale and remain within 2 pounds of the last injection/oral drops weight. If at ANY point you are above 2 pounds, immediately do a "steak day".

4. You can now eat or drink any foods you wish. Continue to weigh daily and see how the various foods you introduce affect your weight. Adjust your intake in accordance with what you discover about your own unique response to foods.

