

Tips for Success

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1. On your forced feed, or "load" days, **GORGE!** Eat as many fattening foods as possible, such as butter, bread, chocolate, avocado (god fat), oil, cake, etc. **DON'T SKIMP!** Eat until you're stuffed, and do it again several times a day. Even though it may be hard with the HCG in your system, you will be much more comfortable (no hunger) during the first several days compared to those who don't gorge.
2. If you're not used to drinking plenty of water a day, you will obviously urinate a lot during the VLCD, especially the first couple of days. Remember, yellow urine means you are not drinking enough water! It should be clear-to-nearly clear. (You shouldn't notice it in the toilet.) It is recommended to drink at least 2 liters of water per day. However, since our bodies are made up of 70% water, it is not likely that a 250 lb. woman and a 120 lb. woman should be drinking the same amount of water. A formula for determining the amount of water you should drink is below:

Water Formula:

Your current weight ÷ 3 = # of ounces needed to drink daily

3. Mild insomnia can occur the first couple nights or throughout the course of the diet. This is in large part due to the fact that your liver is working overtime in processing all the extra water you are drinking and expelling all the bad fat from your body. There are homeopathic products on the market that can help with this.
4. **DO NOT EAT PAST 8:00 PM!**
5. Take a high-quality multi-vitamin with minerals including iron daily. However, no vitamin E capsules (oil), fish oil capsules, or any other types of oil capsules are allowed.
6. If you're hungry, drink water! Thirst is often mistaken for hunger, plus it fills you up!

7. Typical weights of vegetables to be used in a serving at either lunch or dinner are around: 7 ounces of cabbage, 4-5 ounces of spinach, 12-15 ounces of tomatoes, 6 ounces of asparagus, 8-10 ounces of cucumbers. Typical weight of strawberries (to equate a handful) is between 5-6 ounces or 50-75 grams.

8. If you're not losing as much weight as expected, usually 1 of 3 things is going on:

a. You're not drinking enough water. I can't stress this enough. You should be drinking at least the formula results above per day. HCG increases your blood flow and saturates it with fats that need to be flushed out. If your urine is not clear, you're not drinking enough water.

b. Dietary errors: Make sure you check your foods, seasonings, and sauces against the diet plan daily until you know exactly what you can and can't have! Your memory is not as good as you think. Make sure you are measuring correctly and counting your calories. Read ingredient labels! Use the daily menu calculator every day to keep track of all your calories.

c. Lotions/oils: Make sure you are not using any lotions or oils, including moisturizer, sunscreen, etc. Read the labels on any beauty, household, and work products to make sure there are no oils in them. Mineral makeup offers excellent coverage while being all natural and oil-free. It is nearly waterproof, too, as the natural minerals cling to your skin unlike any other type of makeup.

9. It's ok to exercise moderately but - no weight lifting! Protein intake is just above deficiency & when lifting weights you NEED more protein. Your body will end up eating its own muscle which defeats the whole purpose of working out.

10. NO ALCOHOL!

11. Try to weigh yourself and take your HCG drops at the same time every day. You should not vary this time more than ½ hour. In addition, try to eat your meals the same time each day, too.

12. Take (15) drops of the oral HCG under your tongue and hold it there for upwards of ten minutes, even though the manufacturer only recommends at least 30 seconds. This is so that all the HCG can absorb into your system, and not be destroyed by your stomach acid by swallowing quickly.

13. Use the HCG Daily Calorie Calculator to make sure you are staying with a minimum of 350 calories and a daily goal of 500 calories – no more. The closer to 500 calories per day, weight loss is better and more consistent.

14. Do not skip meals!

15. Weigh all your protein prior to cooking. It's amazing how much the weight changes after it's cooked. Acceptable methods for cooking your chicken breasts or steak: grill, broil, or bake.

16. Avoid canned fruits and veggies. Frozen veggies are OK as long as there is no added salt.
17. Keep salt and sodium to a minimum and try not to add salt when eating.
18. Use no-calorie, salt-free seasonings for meat. I found ones by Mrs. Dash that are salt free and taste great.
19. Re-read Dr. Simeons' plan and memorize just what it is you need to do.

Tips During the VLCD

1. If your brain is used to so much glucose that you cannot concentrate well, try L-glutamine, the amino acid, which acts just like sugar in the brain
2. Personal care products that have not caused a gain in some people: Proactiv wash (not the lotion or the toner); organic spray "NA-PCA" Non-oily Natural moisturizer by "Twin Labs"; Pantene shampoo/conditioner (though it is likely that any regular shampoo/conditional can be used); Crest toothpaste (though any regular one should work); Secret deodorant has caused no issues and Irish Spring soap. It is likely that you can lose weight with all of your regular products to clean, but the moisturizers/lotions/make-up/etc. can cause problems.
3. If you are having trouble going to the bathroom, you can try Smooth Move Tea (available at GNC); follow the directions on the package, but only drink half of it. Drinking only half prevents loose bowels and cramping.
4. If you are experiencing muscle twitches, you can try taking some extra magnesium.
5. As strange as this may sound, exercise causes your weight loss to slow down, even the difference of walking 30 minutes or not can cause changes in your weight loss. From other's experience, you will lose the most weight if you are sedentary. Exercise builds muscle mass which weighs more than fat, so you still burn fat, but you stay at the same weight. Dr. Simeons specifically stated to not exert yourself while on the VLCD.
6. If something strange suddenly appears while using HCG (like rashes, acne, etc.), remember that fat cells store hormones, pesticides, and other toxins. When the body can't release the toxins through urine or sweat, it will lock the toxin into the fat cells to prevent the toxin from taking over your body. When you lose weight the abnormal fat cells are released which means that the toxins are simultaneously released and released into the bloodstream. If you had an experience with something in the past that gave you a problem, like a rash, it is probable that the weight loss will cause the problem to come back as the toxin (problem) is released. This is a good thing because it means the body is ridding itself of the stored toxins. Also, remember that many skin disorders have their root in the colon; therefore cleansing it can alleviate or eliminate the skin disorders.

7. Potassium can be used to keep your strength up during the VCLD and the dose should range between 200-1000.

8. If you are not actually constipated, but are concerned about not moving the bowels, you can try a salt water flush. It has the same effects of a colonic, but it costs nothing (or as much as sea salt). Sea salt is always the best type of salt to use.

9. It is safe for women to continue with the HCG diet program while going through their menstrual cycle. This should not hinder the weight-loss process.

10. Apple Cider Vinegar "Cocktail" can help digestion and hunger and burn fat. Drink one before each meal. Use 1 TBSP in 3-4oz of water with a few drops of Stevia.

11. To treat bad breath, you can munch on fresh parsley. As an added bonus, it has a mild diuretic effect. To count calories, 10 sprigs have 4 calories.

12. If you are a gum chewer, buy some cinnamon sticks, break them in half & chew them. They will eventually dry out & you can reuse them anytime. To always have one on hand, keep one in your car, at work, and your purse. You could also use anise seeds (like the East Indians) which are like licorice for "candy" or as a breath freshener.

13. Water is extremely important for the protocol to work; if you are not a water drinker, you can try zero calories, zero carb fruit flavoring packets which come in about 8 different flavors (See Crystal Light). For subtle flavor, use only half a packet.

14. To maximize weight loss, you need to remember your entire well-being. Don't forget stress reduction, sleep, and toxin reduction.

15. Keep in mind that everyone loses weight in different periods of time. Some people set their expectations too high and feel like a failure (which is completely NOT true). There are many slow losers, just remember to not give up. Let your body lose at the speed it needs to, and keep your eyes on the goal. You will eventually reach your goal.

16. For those who don't want to share their diet secrets (the HCG protocol) with family and friends (due to questions and criticisms), you can tell them you are on a cleanse and eating clean, whole foods with no sugars, dairy, gluten, or preservatives. This should keep them off your case.

17. There is a line of salad dressings that you could use without affecting your weight loss – *Walden Farms*. Keep in mind, everyone is different, so it is possible that these products may not work for you. Use them on your chicken and proteins, too – if for nothing more than to add some flavor (Honey Mustard, Italian, and Ranch). They also make a delicious chocolate dipping sauce that is divine on strawberries! All of their products are carb-free, gluten-free, calorie-free, sugar-free, and cholesterol-free. Here is their online store: <http://waldenfarms.com/catalog>. This product may also be found at Sprouts and even some local grocery stores.

Tips on Managing Stalls/Gains

1. Watch what you're eating; you should have a food journal and you might find patterns of foods that cause you not to lose, or to lose fantastically. A lot of people have had problems losing with tomatoes and oranges (but some people have no problem at all). Every body is different and you need to monitor your own body and see what works (and doesn't work) for you.
2. Make sure you are drinking enough water (at least 2 liters a day). See water calculator.
3. Those that have held true to the diet and not cheated will be rewarded with a large weight reduction when it finally drops. You will usually resume your previous average loss before the stall.
4. Each time you stall, take your measurements; you have probably lost inches (remember - it is called, "Pounds AND INCHES").
5. You could gain some weight and not have cheated, depending on your menses, ovulation, and hormones. Almost all of us have seen the scale go up due to water retention, etc.
6. If you eat more salt in the food you prepare, and your body isn't used to that sodium level, your blood volume will increase to handle the extra salt, which will translate into a gain because you're retaining water to boost that blood volume.
7. Remember what Dr. Simeons said about losing. You lose fat from the body cells but the cells do not disappear at the same time. The cell structure is still present for two to three days while the body breaks down the cellulose and fills the cell with water in order to release it (through urine). Once the fat cell is removed, the scale will drop.
8. Sensitivity/allergies to foods (like lemons) may cause weight stalls. Listen to your body. The guru is you!
9. Pay attention to weight gains, they usually signify a mishap in the protocol, like not drinking enough water, eating too many/too few calories, too much salt, or (inadvertently) eating foods not allowed on the protocol.
10. Be careful - spices have calories. As long as the serving size listed has less than 5 calories, the company can list 0 calories (even though it may actually have 4). Usually, spices and seasonings use 1/4 of a teaspoon as their serving size, so BE CAREFUL...4 calories in 1/4 teaspoon = 16 calories in 1 teaspoon. Account for every calorie, no matter how miniscule it may seem.
11. Weight gains/stalls may take a few days to kick in. For example, you could mix your veggies for a few days and assume there is no problem based on what the scale reads, but then a stall or gain can suddenly reflect the breaking of the rules. Many people believe a stall comes out of nowhere, but it is usually instigated by something (if not a previous weight set point).
- 12 It is important to know that what works for one person does NOT mean it will work for everyone; to prevent stalls/gains simply do not make changes to Dr. Simeons' protocol just because someone else is losing with that modification.

13. In women, menstrual periods increase water retention, and water weight shows on the scale. If you know you are following the plan and are not cheating, you just need to accept that the stall/gain is temporary and continue to follow the protocol. The drop will happen once the menstrual cycle is normalized in the body.

Tips to Manage Cheating

1. Do NOT cheat - you will regret it...but don't be afraid of cheating, either. You have complete control whether you give into temptation or not. Prepare yourself for the fact that you will **“want”** to cheat, but **“acting”** on the thought is your sole decision. Just because someone else has cheated does not mean you will cheat, as well. Many, many people have done the protocol without cheating, and you can too!!
2. Nothing tastes as good as thin feels!
3. Do NOT cheat!! This cannot be stated enough. It is a waste of time and money and NOT WORTH IT! Also know that if you cheat, you will gain more than you would not on HCG.
4. To get your mind off of wanting to cheat, focus your attention on something else. You can take a walk, go to the library, movie theater, or visit with friends. It is also nice to find a support system, whether it be through an online group, a buddy who is following the diet with you, family member(s), etc. Just make sure you have someone to stop you from cheating.
5. Create a cabinet in your kitchen which supports your diet. Store your teas, Stevia, Apple Cider Vinegar, Grissini/Melba, fruit, etc. and use this special place to “snack” with items that are all allowed on the protocol.
6. Do NOT create your own substitutions. Dr. Simeons created a specific list of foods to eat and studied each food intensely. If you start making substitutions, then Dr Simeons' protocol becomes weaker and weaker, and eventually will become completely ineffective. It is the substitutions to the protocol that give the program a bad reputation; it needs to be precisely followed.
7. Do not interfere with your own weight loss success by not following the protocol! Dr Simeons' program eliminates and/or reduces sugar and carbohydrate cravings. However, if sugar and carbohydrates remain in your diet (except for the allowed starch), you are not allowing your body to cleanse and your hypothalamus to reset. These are the key to lifelong success.
8. You don't need to understand why something will or will not work with Dr. Simeons' plan. There are many unexplainable factors to the program - you just need to know that substitutions to the protocol causes weight loss to slow. Just because something doesn't make sense to you doesn't mean you should change it. Do not expect to have the results produced on the Simeons protocol if you do not follow the Simeons protocol.

9. Expect to have cravings, be hungry and moody and expect to want to cheat. These expectations will let you be prepared to control the cravings, hunger, moods, and cheats. Prepare yourself for these feelings, but know that the decision to deviate is yours...stay strong and remember that only you are accountable for everything you put into your mouth.

10. When you feel a craving coming on, go and brush your teeth; this should help the craving pass.

11. Don't disappoint Dr. Simeons; he would not let someone remain on the HCG protocol if he/she cheated more than three times. You need to commit to the program and stay with it!

12. The only way to fix a cheat is to get back on track and tell yourself that you will not cheat. The more you tell yourself that you cannot cheat, the stronger you should feel. If you allow yourself a bite of something, you have already cheated, and you should never make that allowance.

13. When you use food as an emotional crutch, you will find it difficult to cope without that crutch while on the VLCD. You need to fill the empty spot with something healthy that you can enjoy both on and off the protocol. This will not only reduce cravings, but also help you maintain your new healthy weight. Some possibilities include crafting, painting, walking, and gardening.

14. If you go forward and cheat, you have to take responsibility for that cheat. You should feel guilty and unsatisfied, and you will pay for the cheat for three to five days. This can be 3-5 days of the scale going up, or staying the same. You have to pay for your mistakes, and it sure is time consuming. There is nothing you can do except stop cheating and vow to yourself that you will not cheat again.

Tips to Treat Sickness

1. Dr. Simeons uses a combination of antihistamine and large quantities of vitamin C. You should feel better in about 3 days.

2. You can try to alleviate a sickness with the combination of essential oils: one drop each of cinnamon, thyme & clove essential oils on top of a small amount (a couple of inches) of boiling water in a small saucepan. Cover your head with a towel and try to breathe in and hold in sinuses and lungs several times during a period of 3-4 minutes. Be careful not to get too close to the water because the extracts are tremendously strong, you need to get accustomed to the scents.

3. Dr. Simeons says an "aspirin" for a headache is okay. Some people have successfully used Excedrin, Advil, and Tylenol without any effect on weight loss. Just make sure to avoid the ones that have the shiny coating that makes them look like M&Ms!! That coating has sugar in it.

4. Do NOT suffer...if you NEED a medication, take it and just make up any "lost time" when you are feeling better.

5. As a home remedy, you can drink LOTS of water and hot teas to flush the sickness out of your system.
6. For stomach troubles, ensure you are not de-hydrated or over-hydrated. Check that your fluids, both the amount (at least 2 liters for the day) and the type (coffee, tea, water, etc.). Excess fluids can weaken your digestive enzymes which, in turn, makes it more difficult for your stomach to process the food. Drinking too much coffee and/or tea (and not enough water) can also cause stomach problems due to the acids and tannins embedded in these types of beverages.
7. For heartburn with bloating you can take a Tablespoon full of apple cider vinegar which will ease the acidic feeling.
8. "Head fog" and "muscle weakness" can be helped by taking potassium (99 mg. tablet (2) per day with food) until the feelings pass. Keep potassium tablets in your house in case the problems return.
9. When you don't feel like eating, make sure you at LEAST eat small portions of proteins and the two fruits.
10. For a head cold, put Tabasco on everything you eat or try eating spicy foods. The hot foods will clear your nose.
11. Take digestive enzymes (available at GNC) when you feel your stomach cramping from not processing the food you are eating.
12. For back pain, you can start by doing some gentle stretching. You can also try warm compresses on your back, massages, acupuncture, or visit a chiropractor. If you need to use medications for pain, use the approved aspirin. As a final resort, you could try yoga.
13. When you have a cough, cover the bottoms of your feet with Vicks vapor-rub. You should put socks on to prevent the vapor-rub from wiping away or sticking to surfaces (including your bed sheets). This works best at night before bed.
14. If you have a cold or suffer from allergies or chronic sinus issues, this trick will change your life. Dr. Oz on Oprah explained this remedy on one of her shows. Simply use a "sea salt saline sinus flush." You can use a tall drinking glass and put a level teaspoon of sea salt in the glass, then fill the glass with just warm water (bear in mind the temperature needs to be comfortable for you). Stir well to dissolve all of the salt. Then, use a larger (i.e. 60cc) syringe. Fill the syringe with the sea salt solution; stick it comfortably in one nostril, lean over the sink with your head slightly tilted forward and slightly to the side. Then push the syringe to release all of the sea salt solution up into the nostril and out the other side (pretty unbelievable, I know). You can breathe through your mouth as you do this. Fill the syringe again and repeat on the other side. After treating both sides, gently blow your nose.
15. You can gargle with warm salt water to treat a sore throat. You can also use warm salt water as a rinse (for about 5 minutes) to whiten your teeth.
16. In addition, the warm sea salt water can be used for treatment of an ear ache. Put some of the mixture in your ear and let it sit for about 5 minutes. The sea salt kills bacteria which not only cures an infection, it also prevents future infections.
17. For a rash, you can try this simple home remedy: Dilute apple cider vinegar with water in a 1:4 ratio. Use a wash cloth and apply the solution directly on the rash.

NOTE: Keep your eye on your blood pressure as salt can increase blood pressure; sea salt, however, is safe. Be sure to use sea salt, but do watch your blood pressure.

NOTE: Use caution with all medications - it is known that one can overdose on Tylenol and there are many chemicals in Tylenol products.

Post HCG Diet

(See also Maintenance Phase page for extra 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. **"Steak Day"**: 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.
4. 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.
5. 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.
6. 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.

