

## Why the HCG Diet?

According to the late Dr. Simeons' manuscript, *Pounds and Inches: A New Approach to Obesity*, the HCG protocol causes a change in metabolism. He explained that the protocol allows your body to mobilize fat out of storage locations. Accordingly, the weight loss comes from adipose tissue, not muscle, and if you follow the plan diligently, you can keep that weight off! **Other commonly reported effects:**

- By women: Loss of 20-30 pounds in a 40 day round when the protocol is followed correctly
- By men: Loss of 30-40 pounds in a round when the protocol is followed correctly
- Reduction in the amount of unhealthy cholesterol
- Decrease and stabilization of blood sugar levels
- Dramatic reduction in the appearance of cellulite
- Decrease in food cravings
- Increase in desire for healthy foods
- Increase in energy levels
- Decrease in blood pressure and need for medication
- Reshaping of the body
- Improvement in overall health

## What Can I Expect Overall?

We have seen great success across the board regardless of age, sex, and activity levels. The overall tolerance for the HCG diet is excellent. Weight loss is quite comfortable for most participants, as long as the plan is followed in detail.

Most participants noticeably lose fat from areas that seem impossible to lose from without the HCG diet, i.e. fat pads at knees, waist, stomach, love handles, fat flaps over bra, back fat, double chin, etc. Additionally, this loss generally doesn't leave behind excessive sagging skin, although you won't look like a 20 year old model. In general, participants aren't hungry, they have plenty of energy and an overall feeling of well-being.

## Conditions Requiring Additional Concern

If any of the following conditions apply to you, whether diagnosed by a physician or not, we particularly recommend that you review this protocol carefully with your physician to avoid complications and/or recognize concerns:

**\* Gallbladder Issues \* Gout \* Unstable Diabetes \* Fibroids**

**Additionally, if you are on medications, such as for high blood pressure and/or diabetes, you should be monitored by your physician because some medications require adjustment during the protocol as a natural (and good) side effect of the HCG.**

**Disclaimer-** Statements made in this document are not meant to replace advice received by a qualified health professional. Statements should not be taken as medical advice or diagnosis as they have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.

## Quick Start Guide

1. **Do** take your HCG during Phase 1 (2 days) and during Phase 2 (minimum of 21 VLCD days up to a maximum of 38 VLCD days) for up to a total of 40 days on the HCG drops. After **stopping** the HCG, continue to follow the VLCD for 3 days before moving to the maintenance plan.
2. Do take HCG 3 times daily. Tap the bottle against your hand. Start at 10 drops. Spread the 3 times out evenly throughout the day (8 am, 2 pm, 8 p.m).
3. Do take the HCG under your tongue. Hold for 2 minutes before swallowing (as best you can) and do NOT eat, drink, smoke, brush your teeth, etc. during the span of time beginning 15 minutes before taking HCG and ending 15 minutes after taking HCG to allow the most effective absorption.
4. Do NOT use lotions, liquid foundations, chapstick, lip moisturizers, etc. while on the Very Low Calorie Diet phase.
5. If you are on medications such as blood pressure, diabetic insulin, etc., be aware that some medications may require adjustment during the protocol as a natural (and good) side effect of following the HCG protocol and the resulting weight loss. Your physician may be helpful in monitoring and adjusting your medications.
6. If you are STARVING or EXTREMELY WEAK, contact **Waistd.com** for suggestions. This is different than wanting to eat or getting hungry near meal times. It is normal to be hungry when nearing meal times, but you should not be hungry all the time. It is normal to need to take it a little easy during the protocol, but you should not feel like you are going to pass out. The first week can be difficult or easy, but after the first week, you should be quite comfortable regardless of how you started out.

### Additional notes regarding HCG :

1. Do NOT store by microwave.
2. Take nothing by mouth 15 minutes prior to or following dosage. This includes food, drink, cigarettes, toothpaste, etc. Limit caffeine and nicotine.
3. If dental drilling or trauma to mouth occurs, use only topically for 48 hours (between lower gum line and lip).
4. Limit breathing of strong smells, such as paint thinner, eucalyptus, cigarette smoke (especially menthol).
5. Keep HCG out of direct sunlight and x-ray.
6. Do not expose the bottle to extreme high or low temperatures.

## Summary of a Round of the HCG Diet Protocol

### Phase 1 The Gorge:

**Day 1 and 2:** Take HCG and gorge (eat as much fatty food as you can get down without making yourself sick)

This is in order to make sure your fat stores are sufficient to complete the diet effectively. If this step is not taken, you are likely to feel tired or hungry during the diet whereas having completed it you should feel fine throughout. You should eat frequently of highly concentrated foods such as milk chocolate; pastries with whipped cream, sugar; fried meats, particularly pork; eggs and bacon; mayonnaise; bread with thick butter and jam; etc. This "gorging" period can become uncomfortable, but it is necessary for the effectiveness of the program.

### Phase 2 VLCD:

**Day 3 thru Day 23 or up to Day 40:** Take HCG and follow the 500 calorie diet, also referred to as very low calorie diet or VLCD.

The Advanced HCG Amino Acids are now working in your system and releasing 3500-4500 calories per day. In the first week it is common to lose far more than 1 lb per day. However focusing on an average of 0.5 to 1lb per day for women and 1-2 lbs per day for men is a more realistic goal. During the first week your body will be detoxing sugars and starches from your system. This may cause you to feel "not yourself". Some have even said they had the feeling they were getting a cold or flu. This will soon pass. After the first week most begin to feel better, with energy and a clearer mind

**1st 3 days after your last day of HCG:** Keep following the 500 calorie diet for three days to let the HCG get out of your system. Otherwise, YOU WILL GAIN.

### Maintenance:

**1st 3 weeks off HCG:** No Sugars and No starches - Eat what you want, when you want except no sugars and no starches, and weigh EVERYDAY. If you are 2.1 pounds over your last HCG weight, perform a Steak Day

**2nd 3 weeks off HCG:** Slowly add in sugars and starches. Eat what you want, when you want, slowly adding in sugars and starches, and weigh EVERYDAY. If you are 2.1 pounds over your last HCG weight, perform a Steak Day

### Life after HCG:

Control weight with morning weighing and Steak Days when needed.

**Steak Day:** "Skip breakfast and lunch but take plenty to drink. In the evening, eat a huge steak with only an apple or a raw tomato." Dr.Simeons

## Before you Begin:

Read in full Dr. Simeons' *Pounds and Inches: A New Approach to Obesity*, which is available for download at [waistd.com](http://waistd.com). Otherwise, you may not have a comfortable knowledge and feeling with this protocol and you may not be familiar with some of the terms in this guide.

### Gather Supplies needed:

- HCG protocol drops ([waistd.com](http://waistd.com))
- A quality digital bathroom scale that measures in increments of .1 or .2 pounds
- A quality food scale that measures in grams
- A George Forman grill (or similar) is also a very good investment
- Protocol-compliant food
- Protocol-compliant personal care products
- Stevia (Sweet Leaf brand, no additives)

**Take 'Before' pictures** of your front, side and back profile. Also, take all measurements. You probably don't want to do this, especially if you have failed at weight loss many times before, but you will be happy you did in just a couple of weeks.

**For iPhone users**, download **Hcg Diet app by Applicious**.

### What can I expect the 1st week?

- Possibly a headache as you detox from sodas, sugar, etc. (aspirin is allowed)
- Some hunger or minor discomfort, if you don't gorge sufficiently, usually peaking around the 5th day of the protocol
- An overall feeling of well-being; sometimes quite a euphoric feeling with lots of energy
- Fluctuations in weight loss - "After the fourth or fifth day of dieting the daily loss of weight begins to decrease to one pound or somewhat less per day ... Men often continue to lose regularly at that rate, but women are more irregular in spite of faultless dieting. There may be no drop at all for two or three days and then a sudden loss which reestablishes the normal average. These fluctuations are entirely due to variations in the retention and elimination of water, which are more marked in women than in men."
- Blood Sugar - "Towards the end of a course or when a patient has nearly reached his normal weight it occasionally happens that the blood sugar drops below normal... Such an attack of hypoglycemia ... comes on suddenly; there is the same feeling of lightheadedness, weakness in the knees, trembling, and unmotivated sweating. But under HCG, hypoglycemia does not produce any feeling of hunger. All these symptoms are almost instantly relieved by taking two heaped teaspoons of sugar."

## The Diet

Breakfast:	Tea or coffee in any quantity without sugar. Only one tablespoonful of milk allowed in 24 hours. Saccharin or Stevia may be used.
Lunch:	<p>1. 100 grams of veal, beef, chicken breast, fresh white fish, lobster, crab, or shrimp. All visible fat must be carefully removed before cooking, and the meat must be weighed raw. It must be boiled or grilled without additional fat. Salmon, eel, tuna, herring, dried or pickled fish are not allowed. The chicken breast must be removed from the bird.</p> <p>2. One type of vegetable only to be chosen from the following: spinach, chard, chicory, beet-greens, green salad, tomatoes, celery, fennel, onions, red radishes, cucumbers, asparagus, cabbage.</p> <p>One breadstick (grissino) or one Melba toast.</p> <p>4. An apple or a handful of strawberries or one-half grapefruit, orange</p>
Dinner:	The same four choices as lunch.

The juice of one lemon daily is allowed for all purposes. Salt, pepper, vinegar, mustard powder, garlic, sweet basil, parsley, thyme, marjoram, etc., may be used for seasoning, but no oil, butter or dressing.

Tea, coffee, plain water, or mineral water are the only drinks allowed, but they may be taken in any quantity and at all times. In fact, the patient should drink at least 2 liters of these fluids per day. Many patients are afraid to drink so much because they fear that this may make them retain more water. This is a wrong notion as the body is more inclined to store water when the intake falls below its normal requirements.

The fruit or the breadstick may be eaten between meals instead of with lunch or dinner, but not more than four items listed for lunch and dinner may be eaten at one meal.

There are some **vegetarian substitutions** available to those who can't or won't eat what is on the above list, but they are few and could affect your weight loss. For instance, in rare cases you may substitute **one whole egg and three egg whites**, poached or boiled, or otherwise cooked without additives, for a serving of meat. The only cheese allowed is **cottage cheese** made from skimmed milk, 100 grams of which could also be substituted for the meat.

No medicines or cosmetics other than lipstick, eyebrow pencil and powder may be used without special permission. **(NOTE: Do NOT change or discontinue prescribed medications without discussion with your physician.)** There is no objection to breaking up the two meals, for instance, having a breadstick and an apple for breakfast or before going to bed, provided they are deducted from the regular meals. The whole daily ration of two breadsticks or two fruits may not be eaten at the same time, nor can any item saved from the previous day be added on the following day.

It should also be mentioned that two small apples, weighing as much as one large one, never the less, have a higher caloric value and are, therefore, not allowed though there is no restriction on the size of one apple.

Some people do not realize that chicken breast does not mean the breast of any other fowl, nor does it mean a wing or drumstick.

## **Making up the Calories**

The diet used in conjunction with HCG must not exceed 500 calories per day, and the way these calories are made up is of utmost importance. For instance, if a patient drops the apple and eats an extra breadstick instead, he will not be getting more calories but he will not lose weight. There are a number of foods, particularly fruits and vegetables, which have the same or even lower caloric values than those listed as permissible, and yet we find that they interfere with the regular loss of weight under HCG, presumably owing to the nature of their composition. Pimiento peppers, okra, artichokes and pears are examples of this.

Just as the daily dose of HCG is the same in all cases, so the same diet proves to be satisfactory for a small elderly lady of leisure or a hard working muscular giant. **"Under the effect of HCG the obese body is always able to obtain all the calories it needs from the abnormal fat deposits, regardless of whether it uses up 1500 or 4000 calories per day. It must be made very clear to the patient that he is living to a far greater extent on the fat which he is losing than on what he eats."** Many patients ask why eggs are not allowed. The contents of two good sized eggs are roughly equivalent to 100 grams of meat, but unfortunately the yolk contains a large amount of fat, which is undesirable. Very occasionally we allow egg - boiled, poached or raw - to patients who develop an aversion to meat, but in this case they must add the white of three eggs to the one they eat whole. In countries where cottage cheese made from skimmed milk is available, 100 grams may occasionally be used instead of the meat, but no other cheeses are allowed.

Above Excerpts are taken directly from Dr. A.T.W. Simeons.  
Manuscript, *Pounds and Inches: A New Approach to Obesity*

Summary of allowable 500 calorie diet foods (Phase 2) with caloric values:

**Lunch or Dinner:**

**(1) Lean Meat or Fish: one selection of 100 grams / 3.5 oz.** (weighed raw), grilled or baked (no oil or fat) allowed:

1. Beef (steak, extra lean ground)	140 - 200 calories
2. Buffalo	150 calories
3. Veal	110 calories
4. Chicken breast (skinless/boneless)	110 calories
5. Wild Chilean sea bass	120 calories
6. Wild flounder	110 calories
7. Wild sole	120 calories
8. Wild Halibut	110 calories
9. Lobster	95 calories
10. Crab	85 calories
11. Shrimp	90 calories
12. Tuna (water-packed)	90 calories

**(2) Vegetables:** allowed **ONLY ONE** kind per meal **NO MIXING:** (Generally unlimited, but if you need to measure, we listed some below. Again, this USUALLY doesn't have to be measured.

1. Lettuce (of any kind)	16 calories	2 cups
2. Spinach	13 calories	2 cups
3. Chard	14 calories	2 cups
4. Beet Greens	14 calories	2 cups
5. Celery	38 calories	2 cups
6. Red radishes	23 calories	1 cup
7. Asparagus	31 calories	1 cup
8. Cabbage	35 calories	2 cups
9. Cucumbers	29 calories	2 cups
10. Tomatoes	65 calories	1 cup
11. Fennel	36 calories	1 cup
12. Onions	60 calories	1 cup

**(3) Fruit:** pick one per lunch and dinner

1. Apple	80 calories	1 medium
2. Orange	60 calories	1 medium
3. Grapefruit	40 calories	1/2 medium
4. Strawberries	40 calories	6-10 medium

**(4) Breadstick Grissini or Melba toast (one):**

1. Grissini Breadstick	Should be about 20 calories
2. Melba toast (2 rounds or 1 rectangle)	Should be about 20 calories

**NOTE: Avoid eating the same protein and vegetables for both meals of the day. While variety helps avoid boredom, more importantly, switching around vegetables, in particular, provides a variety of nutrients.**

## HCG Protocol Friendly Products\*

What hygiene / beauty care products can be used during the 500 calorie diet days of the HCG protocol? Because of the system's 'incredible sensitivity' to sugars, starches, oils and fats, either put IN or ON the body, one should be vigilantly mindful of everything that goes into the mouth OR comes in contact with skin.

Even though a product may be oil-free, some other ingredient or chemical in that product may inhibit weight loss for some participants. Analyze your personal hygiene habits and decide which product usage should be suspended during the low calorie phase of the diet - definitely all products with oils, for example.

### Cosmetics

Generally, eye brow pencil, eyeliner, mascara, lipstick (non moisturizing), mineral make-up and face powders that are oil-free, are allowed. With HCG, any products including lotions, creams, sunscreens, and ointments, that come into contact with skin must be void of fats, oils, and butters. These products are absorbed by the skin and will likely slow or stall weight loss due to the HCG, just as if they had been eaten. Even products that are entirely free of fatty substances must be used with caution and noted since chemicals can also have an effect. Only mineral oil, baby oil, 100% aloe vera, and glycerin allow typical weight loss consistently.

### Soap/ Shampoo/ Conditioner/ Deodorant

Most shampoos and conditioners are fine since the hair is not as absorbent as the skin. If your conditioner has oils in it, you may either switch conditioners, or use the one you have as long as you don't rub it into your scalp and rinse it out quickly. Don't use leave-in conditioners. You may also want to check your deodorant and switch to a 'legal' deodorant or spray while on the diet. Glycerin based soap should work well also.

**Exercise:** Unless you exercise excessively or with significant weights, you should be able to continue with what you are used to - DO NOT START a new exercise routine other than walking, which is always good.

**Menstruation** -In menstruating women, the best time to start treatment is **immediately after** a period. Treatment may also be started later, but it is advisable to have at least ten days in hand before the onset of the next period. Similarly, the end of a course should never be made to coincide with onset of menstruation.

**Vitamins and anemia:** "Sooner or later most patients express a fear that they may be running out of vitamins or that the restricted diet may make them anemic ... every time they lose a pound of fatty tissue, which they do almost daily, only the actual fat is burned up; all the vitamins, the proteins, the blood, and the minerals which this tissue contains in abundance are fed back into the body.

\* **WARNING:** "When no dietary error is elicited we turn to cosmetics. Most women find it hard to believe that fats, oils, creams and ointments applied to the skin are absorbed and interfere with weight reduction by HCG just as if they had been eaten. This almost incredible sensitivity to even such very minor increases in nutritional intake is a peculiar feature of the HCG method. For instance, we find that persons who habitually handle organic fats, such as workers in beauty parlors, masseurs, butchers, etc. never show what we consider a satisfactory loss of weight unless they can avoid fat coming into contact with their skin." Dr. Simeons

## Stalls and Gains:

If you do not follow this protocol meticulously, you may experience stalls or even weight gain. Many times participants 'think' they are following the protocol perfectly, when they simply are not, but do not even know it. An outside person or an HCG expert can usually identify problems rather quickly.

### Most Common Errors that slow/stall weight loss:

**Use of non compliant food/drink items that are usually o.k. on other diets-** gum (regular or sugar-free), mints (regular or sugarfree), soda (regular or sugar-free), etc.

**Drinks Allowed:** Plain spring water, mineral water, tea, coffee, are the only drinks allowed. Check ingredients for any artificial sweeteners, fruits, vegetables, and/or oils.

### Spices/stevia with un-allowed ingredients

**Skin Care / Lotions Products** - Even if you lose the first week, you do not know if your weight loss has already been slowed and may stop completely. Additionally, anyone who handles fats, such as hair dressers, massage therapists, butchers, etc. do not show expected/satisfactory weight loss unless they can avoid fat coming into contact with their skin.

**Some Medicines i.e. Steroids** - Most prescription medicines do NOT seem to have an adverse affect on the protocol such as high blood pressure, cholesterol, etc. However, some, such as steroids, do. If weight gain is a common side effect of a given medication, this should raise a red flag. Any change in medication should not be taken without serious consideration and consultation with your physician.

**Plateaus:** Plateaus do occur at times, even when the protocol is being followed perfectly. A plateau is defined as a stall in the loss of weight for **more than 3 days**, and can last up to 10 days, but are typically 4-6 days. Plateaus are covered in depth in Dr. Simeons' manuscript. While plateaus are very frustrating, they will eventually break. There are some strategies to try to break plateaus sooner than later such as an apple day or mini steak day.

**Apple Day:** Drink water only and only to satisfy thirst. Eat up to 6 apples throughout the day. No other food or liquid is allowed on an apple day.

**Mini Steak Day:** Drink allowable drinks all day. Have a 3.5 oz .beef sirloin or beef filet steak with a raw apple or tomato for dinner.

Always keep in mind that people are different. What works best for one person does NOT mean it will work best for everyone. Furthermore, what causes stalls or gains for one person does not necessarily do the same for others. We highly recommend that you do NOT change how you follow the protocol just because someone else reports losing weight with a modification.

## Increasing HCG:

In general, the amount or frequency of HCG isn't adjusted until a week has past because HCG needs time to get into the system and start releasing fat. An increase of HCG prior to completing the first week is usually a waste of HCG and may actually negatively impact your weight loss going forward. Start with a dosage of 10 drops or .5mL, three times per day.

## Tips and Hints for the 500-Calorie Diet

With the HCG Diet Protocol, everything that touches your skin and everything that goes into your mouth can have an impact on your weight loss. Furthermore, it is important to be mentally prepared to make a significant short term commitment with expectations of significant long term results. If you 'can do anything for about a month', you will be fine. If you think you can do this halfheartedly, you probably will not be fine. You will not find 40 days that will not bring any temptation into your path. For optimum success, we suggest you focus on losing weight and concentrate on how much better your clothes fit to celebrate these few hours, while others are going a direction you are not.

**Cravings and hunger are not the same.** We want to eat much more than we need to eat. We have to control the 'want' and let the HCG 'answer' the hunger, with plenty of fat and nutrients included, to meet the need.

Time spent planning your meals and shopping for the foods allowed on the protocol is time well spent.

Know some things you like for those times when you get hungry or have cravings:

- Iced coffee with your favorite stevia flavor
- Sliced apple with stevia and cinnamon (cooked or raw).
- Your favorite smoothie: ice water, strawberries or orange, vanilla cream or orange stevia
- Something crunchy to munch on: cucumbers OR celery sticks
- Drink a glass of water
- Break your breadstick or fruit away from your lunch and/or dinner to space food more throughout the day
- Have a different kind of tea or coffee i.e. Green Tea, Yerba Mate, Oolong

## Cheating:

- Many participants complete the HCG diet without cheating - it is TRUE and we know it for a fact. Instead of worrying about cheating, know that you can do this if you want to, especially because it is such a short, short time. Temptations will come and go, simply don't act on them - **you are in control.**
- If you do decide to cheat, understand that you will probably feel guilty and unsatisfied. Cheating (even very slightly) may affect weight loss for **up to 3 or more** days. The scale may go up, or stay the same for these days.
- Take your mind and focus off of food and instead take a walk, call a friend on the protocol, have a cup of stevia flavored coffee, meet a friend to do something fun.
- Be accountable to someone or some group. Many participants get better results with accountability whether paid for or free.

## Most Common Concerns:

- **Headache:** Aspirin or Tylenol type medicine is generally fine, but avoid gels and shiny coated as these may have some form of sugar.
- **Heartburn/Bloating:** Take 1 Tablespoon of apple cider vinegar as a natural cure that shouldn't affect weight loss.
- **Sore Throat:** Gargle with warm sea salt water or apple cider vinegar several times a day.
- **Constipation:** Make sure you are drinking plenty of water - 2 quarts suggested. Try Smooth Move tea.
- **Muscle Weakness/ Muscle Cramps:** Take cell salts.
- **Leg Cramps:** Take cell salts, decrease or cut out asparagus intake, and increase spinach and chard.
- **Dry Skin:** Mineral oil may be used as a treatment for dry skin because its molecules are too large to be absorbed by the skin. While everyone doesn't think these oils are necessarily 'good' for the skin, these can be used on the HCG protocol without slowing or stalling weight loss. Mineral oil helps moisturize skin because it is an extra layer on top of the skin.
- **Rash or Acne Breakouts:** Our skin is an organ through which detox can occur. Detoxification may surface as acne or a rash on different parts of the body. If you have an acne flare-up or rash while participating in the HCG diet, it may be your body's way of excreting toxins. Some participants have found relief by diluting apple cider vinegar (1/4 cup) with water (1 cup) and applying the mixture to the affected area. Other participants have used the Aveeno oatmeal bath soak to relieve itchiness of the rash without stalling weight loss.

## Maintenance (Phase 3)

Keep in mind, maintaining your weight loss is just as critical as losing the weight. Your goal during the maintenance phase is to lock-in your new weight, not to lose more weight. If you have more weight to lose, you can do another round in 6 weeks (or more if this is not your first round; refer to Dr. Simeons' Manuscript).

### 1st 3 weeks off HCG: No Sugars and No starches

Following is a Summary of Dr. Simeons' maintenance phase: Eat what you want, when you want except no sugars and no starches, and weigh EVERY DAY. If you are 2.1 pounds over your last HCG weight, perform a Steak Day .

Examples of Sugars and Starches: Bread, pasta, starchy vegetables (all potatoes, corn, and beets), rice, wheat, cereal, noodles, barley, any kind of flour, rye, cookies, candy, soda, pizza, etc.

So, all foods are allowed except starch and sugar in any form (must be careful with very sweet fruit such as melons, grapes, bananas). Weigh daily and execute a steak day on any morning that your weight is more than 2 pounds over your weight as of last HCG dose.

- Weigh yourself every morning around the same time, in similar clothes, after going to the bathroom.
- Eat allowable food (NO sugars; NO starches) when hungry.
- Add in other veggies and you may eat a variety of veggies in the same meal.
- Add in other fruits - use caution with high sugar/high carbohydrate fruits (bananas, grapes, melons, and any dried fruits).
- Add in healthy fats and some dairy products- avocados, nuts, olive oils, good fats (like fatty fish), butter, cheese, and so on, with caution.

**Supplements:** This is a great time to refill your nutritional stockpiles. Go back to taking the supplements that you used to take before the VLCD. If you are not used to taking supplements, you may want to consider taking the following supplements, especially if you plan on doing additional rounds of the HCG protocol in the future:

- EFA's - essential fatty acids (EFA's)
- Multivitamin/Multimineral
- Digestive Enzyme
- Probiotic

**2nd 3 weeks off HCG: SLOWLY add in sugars and starches**, if you want them. If you feel much better without them, these do not have to be added back.

As you slowly add sugars and starches back to your life, continue to weigh EVERYDAY. If you are 2.1 pounds over your last dosage (HCG) weight, perform a Steak Day.

**Treat:** If you find yourself thinking about desserts or have a sweet tooth, get something you like, but pay close attention and stop as soon as you are satisfied. Many times participants find either:

- 1.) what used to taste so good just doesn't taste that great anymore or
- 2.) just a few bites or a much smaller portion bring total satisfaction.

Remember, Sugars and Starches (generally the bad-for-you carbohydrates) are what put you in the situation you were in necessitating the HCG diet in the first place and they will put you back if you do not keep close tabs. These Sugars and Starches are not needed for survival, but are wanted by us. So, again, these should be added slowly and your weight should be monitored carefully to insure weight maintenance and overall health!

## Life after HCG - A Goal of Healthy Living

- Take some good quality supplements.
- Eat healthy proteins, fats, fruits and vegetables.
- Find something you like to do that just so happens to provide exercise i.e. dancing, surfing, walking, bike riding, volleyball.
- Remember, variety is the spice of life, so enjoy lots of different kinds of healthy food.
- Organic food is healthier overall than non organic, so eating organic may be a goal, but is not required. Avoiding antibiotics and lots of chemicals is easier and less expensive than organic and may be a starting point.

**Protein Sources** - beef, chicken, turkey, pork, fish (avoid farmed fish, if your wallet allows), beans, nuts, legumes, fish, eggs, soy, and dairy.

**Fats** - Healthy fats are fine and important in feeling satisfied and getting essential nutrients.

**Grains** - Not necessary, but we all like them. Choose whole grains when possible.

**Cereals** - Oatmeal (non prepackaged) and cream of rye/rice/wheat are good choices.

**Vegetables** - Eat lots of vegetables every day. Fresh and frozen are significantly better for you than canned, so keep this in mind. Generally, the more color a vegetable has, the more nutrients it has also.

**Fruits** - Eat a couple of fruits a day. Many participants say if they eat 1 or 2 apples a day, they can eat almost anything. Don't count on the 'eating anything', but there has to be something to the old adage 'an apple a day'. Again, fresh and frozen beat out canned or dried for nutritional value.

**Drinks** - Keep water intake high for general overall health and weight maintenance. Don't let drinks, including juices, fool you - drinks usually contain lots of chemicals, sugar, and calories. Even diet drinks shouldn't be taken in high quantity as they simply aren't healthy in general.

**Sugars** - avoid sugar in general, as it has many negative side effects. We like using stevia for whatever we can. Look into substitute sweeteners such as agave nectar.

**Artificial Sweeteners** - aren't good for you, in general. This includes Nutrasweet, Splenda, Equal, Sweet N Low, saccharin, etc. So far, stevia is the only one that is considered all natural and hasn't been proven to have many possible/proven negative, side effects.

**Your appetite is probably different if you performed the HCG Diet Protocol correctly. KEEP IT THIS WAY to enjoy your food AND your life.**

**If you still want to lose more weight** you must now wait 6 weeks before you can begin the program again. To take HCG for more than 40 days can hinder any future loss and adversely affect your health. It is therefore strongly advised against. For more effective and safer weight loss it is best to wait the 6 weeks before starting the program over and beginning a second round. It is also good to keep in mind that you will likely lose weight slower the second time around as your body is closer to an effective metabolism and weight.