

HCG Weight Loss Diet Program



YOUR GUIDE TO A NEW YOU

Introduction

What is HCG?

HCG, Human Chorionic Gonadotropin, is a hormone produced in women during pregnancy. As soon as the new embryo starts to develop, the mother's body begins releasing large amounts of HCG into the bloodstream. Current scientific philosophy believes that HCG helps maintain the pregnancy and the early growth of the fetus. By moving nutrients from the mother's stored fat supply into the bloodstream, HCG helps ensure that the developing fetus always has an adequate food supply, even when the mother is eating too little.

In the 1950's, Dr. A.T.W. Simeons discovered that HCG can safely be used as a weight-loss aid in people who are not pregnant. It works for both women and men. He found that HCG moves about 2000 to 3000 calories per day of stored fat into the bloodstream where it becomes available for metabolism. With these additional nutrients in the bloodstream, a person can successfully stay on a very low-calorie diet without experiencing extreme fatigue, weakness, or hunger.

When the HCG diet program is properly followed, the result is rapid weight loss and improved body shape as the body rids itself of excess stored fat. People often lose in a stair-step fashion, that is, they will lose for a few days then stay the same for a day or two, then start losing again, and so on.

As fat is consumed, abnormal fat deposits like the double chin, potbelly, and fat around hips and thighs begin to disappear. Because HCG retains the essential structural fat, there may be other beneficial effects as well. Some have claimed a noticeable reduction in fine lines and wrinkles due to this effect.

Dr. Simeons used HCG as an aid to weight loss in his clinics for over 30 years, and reported no adverse side effects during that period of extensive testing. He asserted that when used according to his protocol, it is entirely safe for both men and women.

The homeopathic form of HCG has been developed to work in the same way that injected HCG does, namely, it signals the body to release fat from storage. Instead of injections, a few drops of the formula are placed under the tongue and are rapidly absorbed into the bloodstream. Homeopathic HCG drops have been used by thousands upon thousands of participants who report them to be just as effective and much easier, safer, and more comfortable than injections.

Results

Most participants report an average loss of about 0.5 to 1.5 pounds per day (averaged over the entire course of the HCG diet). A small percentage of participants have reported higher average weight loss of 2 or more pounds per day. Individual results and weight loss patterns vary.

You need to consider the full course of your plan. Do not get too concerned over the day-to-day fluctuations in your weight or what happens over a short time frame, especially if you have not made any recent changes to your eating pattern.

The first week can be a big adjustment in many ways as your body reacts to what may be a dramatically different diet, where more calories come from burning fat than from your food intake. People react to this change differently. For example, some people feel hungry the first week as they adjust, while others never feel hungry. Headaches are common initially, but they seldom last longer than the first week. Try to be patient and allow your body to make some changes.

Low Calorie Diet + HCG = Results

You must follow the entire HCG diet protocol as described in this guide, which is based entirely on Dr. Simeons' research. HCG unlocks your body's stored fat and makes it available to be burned for energy nutrition as soon as calories are properly restricted. Also, the 500 calories each day cannot come from just any foods, but must come from a combination of specifically allowed foods.

In pregnancy, caloric restriction may happen naturally due to morning sickness or lack of proper nutrition. For the HCG diet, Dr. Simeons deliberately restricted calories as part of a special diet, so HCG would take effect. If calories are too high, HCG will not take effect because the body doesn't need the extra nutrients.

On the other hand, if you follow the diet without HCG, you are simply starving yourself. You'll be burning the wrong kind of fat (structural), or there won't be enough fat in the bloodstream for energy. Simply put, both HCG and the diet are required.

Be diligent in following the precise protocol and fantastic results can be yours.

When to Start

With the exception of menstruating women, you can start your HCG diet program whenever you want!

Menstruating Women

The ideal time for you to start your HCG diet program is the first day after your period ends. If that doesn't work for you, you can also start at least 10 days before your period. The important thing is that you don't want your period to fall during the Loading Phase or Transition Phase. Plan accordingly.

Keep in mind that you do **NOT** take any HCG drops during your period. You simply continue the diet and resume taking the drops again as soon as your period is over. It doesn't cause any hardship, but you'll get really hungry if you don't start taking HCG again as soon as your period is over. Note that weight loss often slows during your period.

Program Overview

The Four Phases

The HCG diet program is divided into 4 phases of various lengths. Here they are in order:

1. Loading Phase (2 days). Some call these the "binge" or "gorge" days. You start taking HCG drops on Day 1. For these first 2 days you must eat the most fattening foods you can until you are completely full. Concentrate on foods high in fats and oils, rather than sugar.

2. Core Phase (13-43 days). On the morning of Day 3, you begin the 500-calorie-per-day diet. You also continue taking the HCG drops at the specified dosage. The length of this phase depends on how much weight you want to lose.

3. Transition Phase (3 days). Stop taking the HCG drops at the end of the Core Phase. Continue on the 500-calorie-per-day diet for the 3 days in this phase while your body transitions and eliminates the high level of HCG in your body.

4. Maintenance Phase (21 days). Slowly increase your food intake and begin eating any foods that you want, except sugars, starches, or artificial sweeteners. Your metabolism is still trying to stabilize during this phase. Therefore, watch your weight closely, and slowly increase your calorie intake at a rate that allows you to maintain your new lower weight.

HCG Program Day by Day

Some people find it easier to understand the program if the phases are broken down into days.

Day 1: Start taking HCG drops. Eat to capacity the most fattening foods you can. This is the Loading Phase.

Day 2: Same as Day 1.

Day 3: Begin the special 500-calorie diet. Continue taking HCG drops. This is the Core Phase.

Day 4+: Same as day 3.

Stop taking the HCG drops 3 days before ending the 500-calorie diet. In other words, continue the 500-calorie diet for a full 3 days without taking any of the drops. These 3 days are the Transition Phase.

On the 4th day after you stopped taking the HCG drops, the Maintenance Phase begins.

Length of the Diet Program

You can design your Diet Program so it lasts anywhere between 18 and 48 days, depending on how much weight you want to lose. Most people do the maximum 48-day program, but you can do less.

Keep in mind that when we talk about a Diet Program, we're talking about the Loading Phase, the Core Phase, and the Transition Phase. The lengths of the Loading and Transition Phases are always the same. It's the Core Phase that can change.

18-Day Program

The HCG Diet Program should never last less than 18 days, even for patients who only need to lose a few pounds. The brain's fat-control center requires this amount of time to reset.

Even if you happen to reach your desired weight before reaching Day 18, continue the rest of the program as outlined. You will then be able to eat more during the Maintenance Phase if you want to increase your weight back up to a certain level. Daily weighing of yourself during the Maintenance Phase will help you to know how much more you can eat to reach your target weight.

The 18-Day HCG Diet Program is recommended for weight loss up to 15-20 pounds.

48-Day Program

The maximum length for a single diet program is 48 days. The body starts becoming resistant to HCG after that length of time.

You may reach your statistically normal weight before the 48 days are over. If this happens, (as long as you are at least 15 days into the diet, see previous section) simply stop taking HCG and move into the Transition Phase. The reason for this is that the HCG diet is self-limiting. One sign that you may have reached your normal weight is a sudden increase in hunger near the end of your program and after having lost a good amount of weight.

Repeating the Program for Additional Weight Loss

After the 3-week Maintenance Phase, you must wait 3 more weeks before starting a second round of the diet. If you want to do a third round, or more, the length of time that you should wait after the Maintenance Phase gets longer each time, with a maximum of 9 weeks:

3 weeks after the first round

5 weeks after the second round

9 weeks after the third, fourth, fifth,... rounds

The Phases in Detail

1. Loading Phase (2 days)

Some call these the "binge" or "gorge" days. Most overweight people are extremely low on needed reserve fat, while having an excess of abnormal fat. On these days, you will saturate your bloodstream with the nutrients

your body needs to restock your reserve fat to ease hunger as you transition into the Core Phase.

Length. This phase lasts for your first two days only.

HCG Intake. Begin taking the HCG drops according to your chosen dosage and schedule. You'll find details about dosage options later in this book.

Diet. Eat to capacity the most fattening foods you can. Concentrate on foods high in fats and oils, rather than sugary sweets. It takes the HCG several days to release enough fat stores to sustain you on a 500-calorie-per-day diet.

Weigh-In. On the morning of your first day, record your beginning weight and girth measurements. Empty your bladder first, and wear clothing of the same weight each time you weigh yourself.

2. Core Phase (13-43 days)

This is when you start Dr. Simeons' 500-calorie diet. By now, HCG is ready to quickly move stored fat into your bloodstream to make up your body's energy needs. You should start losing weight very quickly, especially for the first week of the diet.

Length. This phase can last anywhere from 13 to 43 days, depending on how much weight you want to lose.

HCG Intake. Continue taking the drops every day according to your chosen dosage and schedule.

Diet. Begin the 500-calorie-per-day diet on Day 3. You'll find details about the special diet later in this book.

Weigh-In. Continue to weigh yourself each morning and record it. Don't get too concerned over day-to-day fluctuations. Instead, look at your overall weight loss or average loss per day since starting the Core Phase. If your weight loss stops for more than 3 days, review the Checklist later in this book for ending your weight loss plateau.

Exercise. No vigorous exercise is allowed during this phase. If you feel up to it, some form of light resistance weight training or light aerobic exercise is okay. But let your energy levels be your guide. Don't overdo it. This will not only cause you to feel weak and tired, but will also cause a significant increase in hunger.

3. Transition Phase (3 days)

Your body will eliminate all traces of HCG during this phase. It takes a full 72 hours.

Length. This phase makes up the last 3 days of your diet program.

HCG Intake. Stop taking the drops. You're done with them unless you start another round in the future.

Diet. Continue the same 500-calorie diet for these final three days.

Weigh-In. Continue to weigh yourself each morning as usual. You may lose some additional weight during this phase.

4. Maintenance Phase (21 days)

The purpose of this phase is to get your metabolism stabilized at your new weight. During these 3 weeks, your brain's fat-control center resets and your ending weight stabilizes.

Length. This phase lasts for 21 days.

Diet. Slowly increase your food intake and begin eating any foods that you want, except sugars, starches, or artificial sweeteners. Your metabolism is still trying to stabilize during this phase. Therefore, watch your weight closely, and slowly increase your calorie intake at a rate that allows you to maintain your new lower weight. Dairy, nuts, vegetables, and fruits of all kinds are allowed, but limit the amount of very sweet fruit. After this phase, slowly add starch and sugars back into your diet.

Weigh-In. Weigh yourself each morning. You should stay within 2-3 pounds of the weight you recorded on the first day of this phase. If you exceed that pound limit, reduce your calorie intake until you are back to within the 2-3 pound limit.

Food Choices

Dr. Simeons spent years of research to come up with a healthy, balanced diet that was as attractive as possible, without jeopardizing the loss of weight while under HCG treatment. Every item has been carefully considered. The key to remember is, "All things not listed are forbidden, and nothing permissible has been left out" (as stated by Dr. Simeons). The guidelines in this book have been carefully based on Dr. Simeons' diet protocol.

The total daily caloric intake during the Core and Transition Phases should not exceed 500 calories, made up of the foods described below:

Proteins

Eat 2 servings anytime during the day, but not at the same time. Meat can be cooked by broiling, grilling, or boiling, but don't use any additional fat or oils during cooking.

Serving size: One serving is 3 1/2 oz (100 grams), weighed raw. Remove all visible fat first. Use a food scale to help get the correct weight.

Allowed Items:

Beef and veal choices. Veal is your best choice. American beef is typically heavily marbled with fat that's impossible to remove, so if you must use American beef, don't use ground beef. Instead, get whole cuts that are extra lean, at least 95%.

Chicken choices. Boneless, skinless chicken breast only.

Fish choices. You can use crab, crayfish, lobster, shrimp, or any fresh white-fleshed fish. Salmon, eel, tuna, mackerel, herring, and dried or pickled fish are NOT allowed. However, white albacore tuna packed in water may be used.

Vegetarian options and substitutions. Vegetarians typically get their daily protein from leguminous plants, but these foods are not allowed on the HCG diet. Vegetarian Menu Options are discussed later in this book.

Diabetics may eat one protein item each morning to control blood sugar.

Do not skip or reduce your protein servings. Protein is very important for maintaining muscle. If you don't eat enough protein, you may start retaining water, resulting in a weight loss plateau.

Vegetables

Eat 2 servings anytime during the day, but not at the same time. Best if eaten with the protein servings.

Serving size: One serving is 2 cups for leafy greens and 1 cup for the other vegetables.

Allowed items: Asparagus, beet greens, cabbage, celery, chard, chicory greens, cucumber, fennel, green salad, onion, red radishes, spinach, or tomato (1 medium sized).

One item per serving. NO mixing of vegetables to create one serving.

Fruits

Eat 2 items anytime during the day, but not at the same time.

Serving size: Varies depending on the fruit.

Allowed items: One apple, a handful of strawberries, one medium orange, or one half of a grapefruit.

Small apples actually have more calories than large ones, so two small apples do not equal one regular apple.

Be sure to eat all the flesh of an orange or grapefruit; do not squeeze it for the juice only.

Use only fresh fruit, not frozen, dried, or canned.

Don't substitute other fruits even if they are low in calories. The chemical makeup of other fruits interfere with how your excess fat will be eliminated.

Starches

Eat 2 items anytime during the day, but not at the same time.

Serving size: One grissini (breadstick) or one Melba toast.

Allowed items: Only two types of starch are allowed - grissini breadsticks and Melba toast.

The Melba and grissini are to be of equal weights, so check packages for portion sizes, weights, and calorie counts.

Fluids

It is recommended that you drink at least 2 quarts (8 cups) per day of the following:

Allowed items: Non-caloric drinks without sugar (check labels carefully) at any time during the day in any quantity. Water, herbal tea, green tea, black tea, and coffee without sugar are permitted. You may sweeten drinks with saccharine or stevia, a natural sugarless sweetener. The juice of one lemon per day is allowed, and one tablespoon of milk is allowed once a day. Yerba mate tea is highly recommended for those having trouble with hunger.

Not allowed: Do not use any sweetener other than saccharine or stevia. Do not use non-dairy creamer or other substitutes. Alcoholic drinks are not allowed.

Seasonings

You can freely use any of the allowed seasonings.

Allowed items: Salt, pepper, vinegar, mustard powder, sweet basil, garlic, parsley, thyme, marjoram, and most other herbs and spices. The juice of one lemon or lime is allowed per day. If you use salt, try to use about the same amount each day. A sudden increase in salt may cause water retention.

Not allowed: Do not use butter. Do not use ANY type of oil. Do not use commercial dressings.

Sugar, Fat, and Oil

Sugar, fat, and oil in ANY form are not allowed.

Allowed items: Saccharine or stevia, a natural sugarless sweetener.

Not allowed:

Sweeteners. Do not use aspartame, Nutrisweet, acesulfame, sucralose, Splenda, or any other chemicalized sugars as sweeteners. Truvia is also not allowed, as it contains a type of sugar.

Fats and oils. Do not use butter. Do not use ANY type of oil, including fish oil, olive oil, butter, coconut oil, cooking oil, palm oil, etc.

Do not use commercial dressings of any kind, even fat-free salad dressing. Lotions and other skin products containing fats or oils are not allowed.

Vegetarian Menu Options

The vegetable, fruit, and starch servings are the same as the main protocol. Only the protein servings are different. Note that using the vegetarian menu options may result in slower weight loss than following the original diet protocol. However, vegetarians can still have a successful HCG weight loss program.

Protein Serving Substitutions:

1 serving of a protein shake. Choose a brand which contains at least 20 grams of protein per serving but no more than 110 calories, 2 grams of fat, and 2 grams of carbs. No sweeteners or sugars other than stevia are allowed.

1 soy patty, no more than 110 calories.

1 whole egg plus 3 egg whites. Yolks are high in fat and the whites are very low.

3 1/2 oz of fat-free cottage cheese. This option will likely slow your weight loss. No other cheeses are allowed.

8 oz (1 cup) of fat-free milk for one protein serving. This choice will likely slow your weight loss.

What If I Make a Mistake?

Sometimes, despite your best intentions, you may find yourself having eaten something that's not in the diet protocol. Maybe you forgot or weren't thinking clearly, or maybe you simply gave in to temptation. What do you do now?

First of all, don't panic! This is not the end. You can recover and still have a very successful diet program. The important thing is to get back on track right away. You may find that your weight stalls or even goes up the next day, but don't let that get you down. Follow the diet strictly the next several days, and your weight will go back down. When you finish the course of treatment and look at your overall weight loss, you will be glad that you didn't let this temporary setback stop you.

Dosage Options

Frequency versus Size of Dose

It is important to know that homeopathy works on frequency of dose as well as size of dose. In other words, taking a smaller amount more often will sometimes give better results than taking a larger amount less often.

Generally speaking, your overall weight loss has more to do with your plan length than your HCG dosage, but you may want to experiment with different dosages and frequencies to see how it affects your results and how you feel.

Dosage Options

You can choose from three dosage options.

Option 1: Six Times Daily

Suggested dose: 5 drops

This works well as long as your daily schedule allows for this frequency. It is sometimes difficult for people to stay on schedule with so many doses every day.

Option 2: Three Times Daily

Suggested dose: 10 drops

This is often the easiest balance between convenience and frequency.

Option 3: Two Times Daily

Suggested dose: 15 drops

If you simply cannot take a midday dose, follow this schedule, but it is not highly recommended.

How to Take the HCG

1. For best results, do not eat or drink anything for 15 minutes before or after taking the dose.
2. Fill the dropper with HCG liquid.
3. Hold the tip of the dropper over a spoon. Squeeze the bulb very gently until a single drop of liquid falls into the spoon. Repeat until you get the number of drops for the desired dosage level. The reason we recommend measuring the dose into a spoon is because it is too easy to give yourself the wrong number of drops when putting the drops directly into your mouth with the dropper.
4. Pour the liquid from the spoon under your tongue. Hold the liquid under your tongue for about 1 minute before swallowing.
5. Remember not to eat or drink anything for 15 minutes after taking the dose. This allows for maximum absorption into the capillaries under the tongue.

Your Daily Schedule

When figuring out your daily schedule, three things are absolutely required:

1. Weigh yourself first thing every morning. Tracking your weight is important to your success, but remember that day-to-day fluctuations are normal.
2. Take your first dose of HCG right after weighing yourself, then follow your chosen dosage schedule the rest of the day.
3. Don't eat two of the same food type together. For example, two starch servings cannot be eaten in the same meal.

Other than these 3 key points, you can design your schedule to fit your needs. Many people use one of the following schedules:

Daily Schedule, Example 1

- 1. Weigh Yourself.** As soon as you get up in the morning, empty your bladder, weigh yourself, and record your weight.
- 2. Take First Dose of HCG:** Right after weighing yourself, take your first dose of HCG drops.
- 3. Breakfast:** Fluids (tea, coffee, water).
- 4. Snack:** One fruit.
- 5. Lunch:** One protein, one vegetable, and one starch.
- 6. Snack:** One fruit.
- 7. Dinner:** One protein, one vegetable, and one starch. Ideally between 5-7 PM.

Fluids should always be taken throughout the day, not just at breakfast or meals.

Daily Schedule, Example 2

- 1. Weigh Yourself.**
- 2. Take First Dose of HCG.**
- 3. Breakfast:** One fruit with fluids (tea, coffee, water).
- 4. Lunch:** One protein, one vegetable, and one starch.
- 5. Dinner:** One protein, one vegetable, one starch, and one fruit.

Daily Schedule, Example 3

- 1. Weigh Yourself.**
- 2. Take First Dose of HCG.**

3. Breakfast: Fluids (tea, coffee, water).

4. Lunch: One protein, one vegetable, one starch, and one fruit.

5. Dinner: One protein and one vegetable.

6. Snack before bed: One starch and one fruit.

Overcoming Obstacles

Motivate Yourself!

Remember to weigh yourself each morning and record it. Take your measurements on a weekly basis and record them. Seeing the daily and weekly changes will help keep you motivated.

Take before and after pictures of yourself. You will be surprised at the change your body has made once you have completed the program.

Keep a food journal. This is a good way to keep track of what foods work best for your body. If you stall or plateau, your food journal might help you figure out why.

Caring for Your Skin and Hair

The fats and oils in skin care products are absorbed through the skin and metabolized as if they had been eaten. Avoid all cosmetics and lotions that are rich in fats and oils. Note that products labeled as "oil-free" may still have added fats.

Mineral makeup is approved. Most lipstick, eyebrow pencils, and powder may be used. Mascara is fine because it doesn't get on your skin. Baby shampoo makes a good makeup remover.

Good alternatives to lotions are organic aloe vera, petroleum jelly, or baby oil (mineral oil).

Any shampoos are fine, and conditioners are safe as long as they are not massaged deeply into the scalp and are rinsed out thoroughly. Hairspray, hair coloring, gel, and nail polish are allowed.

Dealing with Hunger

Although many customers feel no hunger at all while using HCG, others feel mild hunger or more at some point on the 500-calorie diet. There are several things to keep in mind to help you combat this issue if it happens to you.

Some people experience particular hunger during the first few days or the first week. This hunger can be diminished or completely avoided by proper loading. It is imperative that you take the loading days seriously. The fats consumed during the loading days saturate your bloodstream with nutrients to sustain your body during the first week of the 500-calorie diet and will ease hunger during the transition. Hunger during the first week is almost always the result of improper loading.

During the first week and beyond, it is important to recognize the difference between feeling hungry and feeling empty. During the 500-calorie diet, the volume of food you eat is small, and your stomach will often be empty. However, actual hunger pangs will be mild or absent while taking HCG due to the amount of calories circulating in your system from the large amounts of fat being released. You will often find that even tiny servings will satisfy you.

Finally, it is a normal function of your body to feel hunger for a period of time before a meal. This feeling can be difficult to adjust to for those who may be used to eating snacks or meals regardless of bodily needs.

If you feel hungry, try drinking a lot of tea or other fluids (yerba mate is highly recommended).

Health Concerns

Exercise. If exercising during the program, you still must stick to the 500-calorie diet and not increase your calories. Vigorous exercise is not recommended. However, light resistance weight training can help maintain muscle tone. On alternate days, you could do moderate aerobic exercise such as walking for 20 to 30 minutes.

Prescription medication. There are no reports of homeopathic HCG interacting negatively with commonly prescribed medications. Consult with your doctor before changing or discontinuing your prescribed medications or if you have questions or concerns about your medication. Most doctors have found that health problems such as blood pressure, low thyroid, and type II diabetes improve as a result of the HCG program. Often, medications can be reduced or discontinued with the doctor's approval, after the program is completed.

A few doctors have not yet educated themselves about HCG or the general health benefits of the HCG program. You may want to take some information about HCG with you to help explain what it is and how it works, along with the positive results you have experienced.

Vitamins. Multivitamins are allowed. However, unless you have a medical need, do not take any fat-soluble vitamin supplements such as vitamins A, D, E, and K. They are often made with certain types of fats, oils, or sugars. These vitamin supplements may be added back to your diet during the Maintenance Phase.

Side effects. There are no serious side effects known to be associated with homeopathic HCG itself, but the 500-calorie diet sometimes has side effects simply because it's usually such a drastic change from participants' former eating habits. Side effects may include:

Headache. Some people experience headaches during the first week. You are free to use the pain medication of your choice to treat headaches.

Mild dizziness. This symptom usually goes away after the first week.

Constipation. On a low-calorie diet, it's normal for bowel movements to come less often, sometimes just once every 3 or 4 days. This isn't constipation. If you truly feel constipated, you can take a mild, sugar-free laxative.

Rash (very rare). As your body consumes fat, normal toxins are released into your body. Because of the speed at which your body consumes fat on the HCG diet, these toxins can build up and cause a minor rash.

Leg cramps (rare). Cramps may occur due to the lack of potassium in the Core Phase diet.

Nutrition. Nutrition deficiencies shouldn't be a problem when the diet protocol is followed correctly. You get nutrition from the fat cells your body consumes. According to Dr. Simeons, "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."

Massage. No massage is allowed during the program. Mechanical manipulation of fat deposits causes damage to the fat cells and does more harm than good.

However, if you experience anything that concerns you or a serious headache that lasts longer than a few days, you should consult with your doctor.

Checklist For Weight Loss Plateau

If your weight loss has stalled, it could be a natural occurrence. For most people, weight loss happens in a stair-step fashion (large weight loss followed by less or no weight loss, followed by large weight loss, and so on). On the other hand, even minor dietary or protocol errors can cause an interruption in weight loss. Read over the following tips to help figure out what may be causing you to plateau.

Look at the big picture. At the end of the day, if you can't figure out what you did wrong and you didn't cheat, don't worry about it. Focus on your long term weight loss.

For women, your period may be starting. Weight loss usually slows during your period.

Try increasing your protein serving by ½ oz to ensure you are not retaining water due to protein deficiency.

Increase your water intake above the normally recommended 2 quarts per day. Do not drink electrolyte-type drinks, such as Gatorade, as a replacement for water.

Carefully check all condiments and seasonings for any form of sugar. Garlic salt, balsamic vinegar, and other seemingly safe products may contain sugar. Watch out for tricky scientific names for sugar, such as erythritol.

If you are nearing the end of your program, you may have reached your ideal weight. If so, it is time to stop losing. Stop taking HCG and move directly into the Transition Phase. If you are unsure what your ideal weight is, check available charts for the suggested weight range for your height and build.

If you have started or switched medications, you may plateau for a few days while your body gets used to the change. However, if the plateau continues and all the other plateau-breakers don't work, you may want to ask your physician if you can go back to the previous medication or perhaps try another kind.

You are not required to eat all 500 calories each day, especially if you aren't feeling hungry. You can try dropping one or both of the starch or fruit items.

For one day, eat 6 apples only, and nothing else. Many participants report a loss of 2 pounds the day after an apple day. Only one apple day per week is allowed.

Make sure nothing has been added to your chicken or other protein sources. They can be injected with some forms of sugar even in the grocery store.

Consider doing a "mini steak day." On this day you drink all the water, tea, and coffee you want throughout the day, but don't eat any food until dinner. For dinner, you have a 3 1/2 oz steak with either an apple or a raw tomato. The next day you return to the regular 500-calorie diet. However, you should only do this if you don't feel hungry, due to the HCG effect.

Make sure you're getting enough sleep. Some clients have reported that when they stay up late and get up early, the scale reflects little to no weight loss. Less sleep will also increase the feeling of hunger during the day.

Try taking 2 Tablespoons of apple cider vinegar (ACV) per day. One of the many benefits attributed to ACV intake is increased weight loss. Dilute the ACV with water to prevent potential discomfort caused by taking it undiluted. Take it in a single dose to reduce the negative impact on teeth enamel.

After the Diet

After finishing the last day of the 500-calorie diet, you begin the 3-week Maintenance Phase. The purpose of this phase is to stabilize your metabolism at its new level and finish resetting your brain's fat-control center. It takes about three weeks for your Core Phase ending weight to become stable.

Following the instructions for this phase is extremely important, as resetting your metabolism helps prevent or at least limit future storage of abnormal fat.

Length. This phase lasts for 21 days.

Diet. During these 21 days you are allowed to eat almost any food you choose, EXCEPT for the following:

1. No sugar. This means no concentrated or manufactured sugar, such as dextrose, sucrose, honey, molasses, corn syrup, high fructose corn syrup, etc. You are allowed to eat fruit, but be careful of very sweet fruits.

2. No starch. Starches are foods like breads, pastas, white rice, potatoes, corn, etc. This means no grissini and no Melba toast during the Maintenance Phase. Dr. Simeons said, "If no carbohydrates whatsoever are eaten, fats can be indulged in somewhat more liberally . . . but as soon as fats and starch are combined, things are very liable to get out of hand."

3. No artificial sweeteners, except stevia and saccharine.

4. No fast food, trans fats, or nitrites.

We strongly suggest adding foods back in one at a time, monitoring how you feel, and measuring their effect on your weight as you go along. You may add dairy (i.e. milk and cheese), nuts, vegetables, and fruits of all kinds back into your diet. Make sure your diet is well balanced. Be careful to get enough protein every day during this phase. Protein deficiency causes water retention, which increases your weight. You may increase your food intake to a level that allows you to stay at your Core Phase ending weight. Everyone's needs are different. Many people find that they can't eat as much as they expect during the Maintenance Phase.

On the other hand, some people mistakenly try to eat very little, hoping to lose even more weight. Absolutely do not try to continue the 500-calorie diet because it will not be enough for your body's needs anymore. Remember that the point of this phase is to maintain and stabilize your current weight, not lose or gain additional pounds.

Start off slow, watch your weight, and adjust your calorie intake as needed.

Weigh-In. In addition to knowing your approximate caloric intake, be guided by the scales in what and how much you eat. In other words, weigh yourself every morning just as you did during the other phases, that is, when you first get out of bed and after emptying your bladder.

Keeping the Weight Off

After the 3-week Maintenance Phase, you begin eating a normal, healthy diet and transitioning into a healthy lifestyle at your new weight. During this period you may cautiously add starches one at a time, as guided by morning weighing. Keep your sugar intake as low as possible. For best long-term results:

1. Eat a well balanced diet of protein, vegetables, fruits, and grains. Stay away from fast foods, trans fats, nitrites, and sweets.
2. Keep your calorie intake within reasonable limits for a person of your age, build, and activity level.
3. Continuing to weigh yourself each morning will help you maintain your new weight. If you start to gain, you'll be able to do something about it right away.
4. Establish a routine of activity and exercise suitable for your condition. Choose activities you enjoy and can keep up with long-term. A combination of resistance weight training and aerobic exercise is highly recommended. For instance, do weight training one day and aerobic exercise the next day.

Remember, the long-term benefits of losing weight and keeping it off are monumental in terms of better health, financial benefits, happiness, and enhanced quality of life. If you fall back into previous unhealthy eating habits, no exercise, and so on, you will quite likely gain back the weight you went to so much effort to lose.

The HCG diet has given you a jump-start to a new and healthy life in the long term. You can eat good things for your body and still enjoy the extras every once in a while. You now have the tools to be successful.

Appendix

Weight Loss Chart

Day	Weight	Daily loss	Day	Weight	Daily loss
<i>Example 1</i>	<i>150</i>	<i>-</i>	24		
<i>Example 2</i>	<i>148</i>	<i>2</i>	25		
Day 1		<i>-</i>	26		
2			27		
3			28		
4			29		
5			30		
6			31		
7			32		
8			33		
9			34		
10			35		
11			36		
12			37		
13			38		
14			39		
15			40		
16			41		
17			42		
18			43		
19			44		
20			45		
21			46		
22			47		
23			48		

Body Measurements Chart

Week	Waist	Hips	Stomach	Chest	Thigh	Arm
0 (initial)						
1						
2						
3						
4						
5						
6						
7						

Make sure the measuring tape is flat and not twisted. Don't pull too tight, but make sure the measuring tape is touching your skin all the way around. Above all, be consistent in how you take the measurements each time.

Waist. Measure around the narrowest point above your hip bones.

Hips. Measure at the biggest point between your waist and thigh.

Stomach. Measure at the navel line.

Chest. Measure at the biggest point, or at the nipple line.

Thigh. Measure around one leg at the biggest point.

Arm. Measure around one arm at the biggest point (the bicep).

Daily Meal Chart

Day	Protein	Vegetable	Fruit	Starch
Example	Veal	Spinach	Orange	Grissini
	Crab	Cucumber	Apple	Melba toast
Day 3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				

Daily Meal Chart (continued)

Day	Protein	Vegetable	Fruit	Starch
17				
18				
19				
20				
21				
22				
23				
24				
25				
26				
27				
28				
29				
30				
31				

Food Charts

Proteins	Portion Size	Calories	Protein (g)	Notes
Chicken Breast	3.5 oz	115	23	Boneless, skinless
Veal	3.5 oz	112	20	
Steak, Tenderloin	3.5 oz	148	22	“filet mignon”
Steak, Sirloin	3.5 oz	131	22	No visible fat
Steak, Rib Eye	3.5 oz	161	20	No visible fat
Crab	3.5 oz	84	20	Cooked, meat only
Cod	3.5 oz	82	18	
Halibut	3.5 oz	110	21	
Lobster	3.5 oz	90	19	Cooked, meat only
Shrimp	3.5 oz	106	20	
Tuna, Albacore	3.5 oz	116	25	Water packed

Note: This chart of food is meant to give an estimate of selected Nutritional Information for SOME of the allowed Protein foods in the diet. It is not meant to be a complete list of ALL allowed Protein foods.

Fruits	Portion Size	Calories	Carbs (g)	Notes
Apple	1 whole	95	25	About 3” diameter
Grapefruit	Half	41	11	About 4” diameter
Orange	1 whole	62	15	About 2.5” diameter
Strawberries	1 cup	46	11	

Food Charts (continued)

Vegetables	Portion Size	Calories	Carbs (g)	Notes
Asparagus	1 cup	27	5	Chopped
Beet Greens	2 cups	16	3	
Cabbage	1 cup	18	4	Shredded
Celery	1 cup	16	3	Diced
Chard	2 cups	14	3	
Chicory	2 cups	13	3	
Cucumbers	1 cup	16	4	Sliced
Fennel	1cup	27	6	Sliced
Green Salad	2.5 cups	20	3	Iceberg and Romaine
Onions	1 cup	46	11	Sliced
Red Radishes	1 cup	19	4	Sliced
Spinach	2 cups	14	2	
Tomatoes	1 cup	32	7	Diced

Starches	Portion Size	Calories	Carbs (g)	Notes
Grissini	1	21	4	Breadstick only
Melba Toast	1	20	4	