

Adjustments to the Simeon's Protocol at BSRX

Here is a list of revisions that we institute at BSRX. Please read thoroughly.

Cosmetics; the use of light, organic type products are fine. There is no evidence that someone should not use cosmetics, at all.

Creams & lotions should be light, organic and contain NO oil. If you need a list of manufacturers that we support, please notify Kay @ 719-278-0910.

The dietary part of the protocol is sensitive. Here are some points we want to highlight:

- 1) the first two days are free days; eat what you want and enjoy it. Day Three is the institution of the 500 calorie diet.
- 2) follow the diet to the letter; no substitutions or changes are allowed.
- 3) Try to adhere to the desired schedule of eating. If you have to move a meal because of a tight schedule that is fine. Get the correct number of meals in each day as designed.
- 4) Cravings and excessive appetite is NOT normal. Additional treatment may be required to manage these situations. They may be critical issues. We have a great series of natural products that will reduce the incidence and give you peace of mind.

Supplements and medications are not changed because of the protocol. Continue on all the products that you are using at the onset, e.g., thyroid meds, vitamins, etc.

G I De-Tox and other cleanses can be done simultaneously with the protocol. You do not have to do one at a time for them to be effective. Check with us about two great products that are inexpensive and effective for liver and GI cleanses.

Additional weight loss protocols, like our B12 Lipotropic can be done at the same time as the protocol if desired.

Be sure to understand that there are supplements that will enhance your results. They will support the protocol. If you are interested in getting these products, notify Dr. Abernathy at 719-278-0910.

The length of the protocol is 6 weeks. Shorter excursions will reduce the results. Evidence exists that the protocol will continue to work weeks after the protocol ends. The later weeks of the protocol continue to shape and contour your body. Inch and weight loss are more obvious during the early weeks. Be patient and enjoy the full array of positive benefits.

An effective oral version of HCG is now available through BSRX. Our in-house trials suggest that it is nearly as effective as the injectible form. We encourage you to consider this great product. It is truly 'one of a kind' and made at pharmaceutical standards. Don't be fooled by gray market and bogus products on the internet. There is no quality control on those unregulated products. It is ruining the industry and becoming unlawful.

Blood work is NOT required for the HCG program, but highly encouraged. We can see many marginal conditions that may be affecting your metabolism and health. Our panels are designed to cover the gambit of possibilities, that are often not supported by the average physician. Keep in mind that there are 7 endocrine glands that manage the metabolism and aging. The hypothalamus is just one of them. It is analogous to an individual entering family therapy and only one of the family shows up for counseling. There will issues in some aspect, as time proceeds. Blood work gives you the bottom line about your health, metabolism, age related conditions, and can be researched to your satisfaction. Your insurance will cover most of a blood draw. We have a discount package for the un-insured that costs approximately \$350, for 20 tests. If you have questions about this, please direct them to Dr. Abernathy @ 719-278-0910.