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THE PHASES OF THE HCG PROTOCOL

Phase 1

This phase is totally optional. If the patient wants to bypass this and get right to the diet, that is permissible. Dr. Simeons did not have a phase 1 but when the book by Kevin Trudeau was released it was recommended. This phase contains many do's and don'ts which are designed to address the new causes of obesity that did not exist when Simeons developed "The Weight Loss Cure Protocol". It is recommended that you do as many of the do's and don'ts during the Phase 1 thirty-day period. The benefits of Phase 1 include increased energy and mental clarity, increasing metabolism, decreasing hunger, decreasing food cravings, alleviating depression, increasing overall health and vitality, and flattening of the stomach. People should lose between five and thirty pounds during Phase 1. Ideally, do this phase for at least thirty days. You can do this phase for a shorter or longer period if you so desire. When you complete this phase immediately begin Phase 2.

These results are achieved by cleansing the liver, cleansing the colon, reducing Candida yeast overgrowth, handling nutritional deficiencies, correcting the thyroid, pancreas, and hormonal imbalances, cleansing the body of toxins, hydrating the cells, reducing heavy metals, reducing parasites, increasing muscle mass, stimulating the lymphatic system, and reducing stress. All of these factors have been now proven to create an abnormally operating hypothalamus contributing to your overweight condition. Doing Phase 1 will have tremendous long-term benefits. It will make your fat and weight loss during the Simeons protocol happen faster and you will lose more weight and fat than if you do not do Phase 1. Phase 1 accelerates the entire process and helps guarantee that the weight will not come back.

This phase lasts 30 days and consists of many cleansing techniques. Kevin Trudeau suggests the following cleanses : 1) Colon Cleanse 2) Candida Cleanse 3) Drinking Eleotin Tea to help promote a healthy pancreas 4) Drink green tea daily 5) Take a whole food supplement 6) Coral

Calcium 7) Probiotics 8) Heavy Metal Cleanse 9) Yerba Mate Tea to provide energy and reduce appetite 10) Eat Breakfast (For the complete list refer to Kevin Trudeau's book, "The Weight Loss Cure"

Phase 2

Phase 2 is the exact Simeons "weight loss cure protocol" as outlined in the manuscript "Pounds and Inches": A New Approach to Obesity. It is the exact protocol being used by medical doctors around the world with spectacular results. This phase is designed to stimulate the hypothalamus to release the secure fat deposits in the problem areas at an accelerated rate. This phase must be done for a minimum of three weeks and a maximum of six weeks. During this phase you should lose approximately one pound per day. You will be losing the secured abnormal fat reserves. You should notice a dramatic reshaping and re-sculpting of your body. Energy levels will be high, hunger and appetite low, and many people see an improvement of other medical conditions and symptoms.

The Diet

The 500 calorie diet is explained on the day of the second injection to those patients who will be preparing their own food, and it is most important that the person who will actually cook is present - the wife, the mother or the cook, as the case may be. Here in Italy patients are given the following diet sheet.

THIS PHASE MUST BE DONE UNDER THE SUPERVISION OF A LICENSED HEALTH CARE PRACTITIONER!

It must be noted here that Dr. Simeons believes you should gorge yourself for the first two days of the injections. Here is an excerpt from his book, "Pounds and Inches":

“Patients whose general condition is low, owing to excessive previous dieting, must eat to capacity for about one week before starting treatment, regardless of how much weight they may gain in the process. One cannot keep a patient comfortably on 500 Calories unless his normal fat reserves are reasonably well stocked. It is for this reason also that every case, even those that are actually gaining must eat to capacity of the most fattening food, they can get down until they have had their third injection. It is a fundamental mistake to put a patient on 500 Calories as soon as the injections are started, as it seems to take about three injections before abnormally deposited fat begins to circulate and thus become available. We distinguish between the first three injections, which we call ‘non-effective’ as far as the loss of weight is concerned, and the subsequent injections given while the patient is dieting, which we call effective. The average loss of weight is calculated on the number of effective injections and from the weight reached on the day of the third injections which may be well above what it was two days earlier when the first injection was given.”

Day One:

- ❑ *Take an injection of between 125-200 units of hCG (human chorionic Gonadotrophin) first thing in the morning.*
- ❑ *Drink one-half to one gallon of water throughout the day*
- ❑ *Gorge yourself and eat as much food as you can throughout the day.*
- ❑ *Do any of the items from Phase 1 as you choose.*

Day Two:

- ❑ *Repeat Day One*

Day Three:

- ❑ *Weigh yourself immediately upon arising, after emptying the bladder, without clothes.*
- ❑ *Take an injection between 125-200 units first thing in the morning*
- ❑ *Drink one-half to one gallon of water throughout the day as well as any organic tea you desire.*

Breakfast: Tea or coffee in any quantity without sugar. Only one tablespoonful of milk allowed in 24 hours. Stevia and Xyletal may be used.

Lunch:

1. 100 grams (3 ½ ounces) of veal, beef, chicken breast, turkey, 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.
2. One type of main vegetable like broccoli or Asparagus or a salad consisting of the following (1 – 1 ½ cups): spinach, chard, chicory, beet-greens, green salad, tomatoes, celery, fennel, onions, red radishes or, cucumbers. Home-made Salsa as a dressing or part of vegetable or fruit.
3. One breadstick (grissino) or one Melba toast.
4. An apple or a handful of strawberries or other berries (1 cup) or one-half grapefruit or one whole orange.

Dinner : The same four choices as lunch. Change up meats and fruits if possible.

The juice of one lemon daily is allowed for all purposes. Salt, pepper, vinegar (red cider, balsamic, and wine), 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 about 1 gallon 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.

No cosmetics other than lipstick, eyebrow pencil and powder may be used without special permission. You may NOT use any oil of any kind while on this protocol.

Every item in the list is gone over carefully, continually stressing the point that no variations other than those listed may be introduced. All things not listed are forbidden, and the patient is assured that nothing permissible has been left out. The 100 grams of meat must be scrupulously weighed raw after all visible fat has been removed. To do this accurately the patient must have a letter-scale, as kitchen scales are not sufficiently accurate and the butcher should certainly not be relied upon. Those not uncommon patients, who feel that even so little food is too much for them, can omit anything they wish.

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. In the

beginning patients are advised to check every meal against their diet sheet before starting to eat and not to rely on their memory. It is also worth pointing out that any attempt to observe this diet without HCG will lead to trouble in two to three days. We have had cases in which patients have proudly flaunted their dieting powers in front of their friends without mentioning the fact that they are also receiving treatment with HCG. They let their friends try the same diet, and when this proves to be a failure - as it necessarily must - the patient starts raking in unmerited kudos for superhuman willpower.

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.

The most tiresome patients are those who start counting calories and then come up with all manner of ingenious variations which they compile from their little books. When one has spent years of weary research trying to make a diet as attractive as possible without jeopardizing the loss of weight, culinary geniuses who are out to improve their unhappy lot are hard to take.

Schedule for Food Intake

10:00am - Fruit and bread stick or 1 melba toast

12:00-1pm -Meat and salad meal

3:00pm - Fruit and bread stick or 1 melba toast

5:00-6pm - Meat and salad meal

Day Four Through Day Forty-Five

Follow the Day Three instructions every day for the entire course of treatment. In order to achieve permanent results you must continue the treatment exactly as described for a minimum of twenty-one days and a maximum of forty-five days.

The Simeons “weight loss cure protocol,” as you can see, consists of a daily injection of hCG, combined with a very strict AND specific food consumption plan. The specific foods cause chemical reactions in the body, combined with the hCG to activate the hypothalamus into releasing the secure abnormal fat reserves causing dramatic weight loss with the loss of muscle or structural fat. The amount of food consumed is approximately 500 calories. The reason for the very low caloric intake is that the body will only release the abnormal fat reserves after it has burned the consumed calories. Interestingly enough, eating lower amount of calories do not speed up the process. Eating smaller quantities of food actually stop the fat releasing mechanism. Dr. Simeons discovered that by changing the food, the fat releasing process is also slowed or stopped. For example, when Simeons added mushrooms or artichokes, even though they had the same or less amounts of calories, the fat releasing was slowed or stopped completely. This is due to unique chemical compositions in the food.

The last injection day Injection

On the day you receive the last hCG injection you must follow the diet program exactly. For the next two days you also must follow the diet exactly. This is because your body is flooded with hCG and it should take two days for it to leave the body.

Hunger will vary for each individual. Hunger pangs will last no more than five to seven days. The more you did in Phase 1, in many cases, determines how long the hunger pains last.

Most asked question

*The most common question asked is that if a person just did this low calorie diet without the hCG injections, wouldn't they still lose weight? Every legitimate double-blind study shows that when people eat this diet without the hCG injections they do, in fact, lose weight. However, they do not lose the problem area secure fat deposits. Their body is not reshaped. They lose muscle and structural fat. They have massive hunger and fatigue. When they stop the diet they immediately gain all the weight back, plus more! Those who do the diet WITH hcg injections lost MORE weight than the other group, had no hunger or fatigue, and lost fat in the problem areas. Their bodies were completely reshaped. They did not lose structural fat and muscle. Most importantly, when they stopped the diet and hCG injections, **THEY DID NOT GAIN THE WEIGHT BACK!** Although there are critics and so-called experts that continue to debunk and discredit "Simeons's weight loss cure protocol," the hundreds of thousands of patients achieving these results, combined with the thousands of patients achieving these results, combined with the massive amounts of scientific documentation, double-blind studies and observations, are proof beyond a doubt that this is in fact the ultimate cure for obesity. This method has passed the test of time.*

Phase 3

Phase 3 lasts three weeks. This phase should be done immediately upon completing Phase 2. This combined with Phase 2 is the original Simeons "weight loss cure protocol." This phase is designed to reset the hypothalamus and bodyweight set point. This is an important phase that keeps the weight off permanently. Successful execution and completion of this phase resets your metabolism higher, resets your hunger lower, and resets your hypothalamus so that in the future it does not store fat in the abnormal problem area secure fat reserves. This phase helps guarantee that your body is corrected from the abnormal condition which caused the obesity.

This phase is relatively simple. For twenty-one days immediately following the last day of the Phase 2 restricted diet, you are allowed to eat as much food and any type of food you choose.

The Simeons Protocol just states that you may not have any sugar or starches for this period.

The Trudeau book goes into a little more detail.

The exceptions are as follows:

- ❑ *No sugar, dextrose, sucrose, honey, molasses, high fructose corn syrup, corn syrup, or any sweetener except for Stevia.*
- ❑ *No starch, including breads, pastas, any wheat product, white rice, potatoes, yams, etc.*
- ❑ *No artificial sweeteners of any kind with the exception of Stevia.*
- ❑ *No food from fast food restaurants.*
- ❑ *No trans fats, including hydrogenated or partially hydrogenated oils.*
- ❑ *No nitrites*
- ❑ *Limit ice cold drinks*
- ❑ *Drink one-half to one gallon of pure spring water daily.*
- ❑ *Eat a minimum of two organic apples per day*
- ❑ *Eat a minimum of one grapefruit per day.*
- ❑ *Take one to three teaspoons of raw organic apple cider vinegar per day.*
- ❑ *eat something 6 times a day*

You must absolutely weigh yourself every morning after first emptying your bladder. You must NOT gain or lose more than 2 lbs. during this period of time as this is the time the Dr. Simeons says the hypothalamus is resetting. The moment the scale goes beyond two pounds, even by only a few ounces, you must do the following steps:

- *The same day you notice the increase you must entirely skip all food until 6:00- p.m. During this time, you must drink at least one-half gallon of pure water. In the evening, eat the biggest steak you can from grass fed organic beef. This steak can be grilled or fried with oil and seasoned with pepper and herbs, but no salt. You may have either a large organic raw tomato or large organic raw apple.*

When you successfully complete the twenty-one days of Phase 3, you are ready to begin your new life as a normal person.

Phase 4

This phase is for the rest of your life. It contains the simple easy to follow do's and don'ts that make sure that the hypothalamus does not get overtaxed and go back to the abnormal state, creating low metabolism, high hunger, food cravings, and the abnormal storing of fat in the problem area fat reserves leading to a return of the weight and the obesity condition.

The simplest rule to follow is to eat anything you want, as much as you want, as often as you want. The only caveat is to only eat 100% organic food. If you do this you will never be consuming all of the things that are designed to overtax you hypothalamus and create conditions of obesity. This is almost impossible to do in the real world so basically avoid as best you can, the man made ingredients that cause obesity.

Stay away from fast food and brand name foods. Prepare you meals at home. Buy fresh produce from places like your farmer's market. This would be a good time to do the cleanses from phase 1. Use Stevia for your sweetener. Always stay away from products that have 1) mineral oil 2) propylene glycol or 3) sodium laureth sulfate as these contain deadly poisonous chemicals.

Have a truly great life!