



# **HCG**

# **Homeopathic**

# **Weight Loss**

# **Protocol**

As experienced by

**Tom and Jeannette Wuhrman**

Information is provided for the purpose of assisting others to achieve maximum lifetime weight loss and improved health.

**Tools and Charts are included at the end of the guide to help you shop, prepare and record your progress**

hCG Fresh Start is a distribution company only and offers no medical advice. We are not and do not profess to be medical licensed doctors or medical professionals. Advice offered in this guide is merely the recommendations of 3<sup>rd</sup> party professionals. This diet is solely based on Dr. A. T.W. Simeons original protocol called "Pounds and Inches". All products recommended are from certified 3<sup>rd</sup> party manufactures and are not manufactured by hCG Fresh Start. HCG has not been demonstrated to be effective adjunctive therapy in the treatment of obesity. There is no substantial evidence that it increases weight loss beyond that resulting from caloric restriction, that it causes a more attractive or "normal" distribution of fat, or that it decreases the hunger and discomfort associated with calorie-restricted diets.



We are heading toward our goal weight and going strong! Tom is shown at a 55lb loss and Jeannette is down 62lbs. We are so thankful and excited about finally having the tool we need to reach our healthy natural weight.

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### Welcome to **YOUR Fresh Start** with hCG homeopathic drops!

We are Tom and Jeannette Wuhrman. We are excited to share with you our life changing discovery. Both of us have struggled our entire lives to lose weight. We've tried most diet plans; and had a measure of success with several of them. However, bad habits and slow metabolisms always took us right back up on the scale and usually to a higher weight than before we started.

After seeing some friends who had successfully used hCG homeopathic drops to lose a large amount of weight plus an improvement with several health issues we were excited to give hCG a try. Using hCG homeopathic drops along with the recommended low calorie diet, we have each lost 50 lbs or more and Tom has experienced major corrections in his blood sugar levels, blood pressure and cholesterol levels. We are now on our second round of drops with continued success. The biggest change is the relief in knowing that we now have the tools we need to lose our excess weight, improve our health and most importantly, keep the weight off!

We made the decision to begin "hCG Fresh Start" for the purpose of offering the very best product available at a price that would make it affordable to most people.

So, read through the information in this booklet, feel free to contact us with any questions.

### **hCG Fresh Start Protocol Guide**

First decide how long you would like to stay on the protocol. This usually depends on how much weight you need to lose. You will average a .5 to 2 lbs loss per day. Overall you will average a 1 lb. a day loss when you have completed the diet. You must stay on the drops a minimum of 23 days, and not longer than 40 days. **One 2oz bottle used at 36 total drops/day will last 35-40 days.**

Some other things to take into consideration are:

1. Upcoming trips or events that would make it difficult if you were in phase 1 of the protocol. (taking drops and on the **VLCD [Very Low Calorie Diet]**)
2. Guest or extended period of an extraordinarily busy schedule.
3. It is better to plan around these times than to make it impossible to stay the course.

**Dosage:** As indicated on the bottle you should take 10 to 12 drops, three times a day. 30 to 36 drops total per day. **It is beneficial** to spread the drops throughout the day. Options: If 3 doses a day is difficult you may take 15-17 drops in the morning and evening. If you can you may take 5-6 drops, six times a day. **One 2oz bottle used at 36 total drops/day will last 35-40 days.**

**TAKE** the hCG drops while looking into a mirror. Use the dropper included and count out the drops very carefully, placing them under your tongue. Hold the drops under your tongue for one minute and then swallow. Wait 15 minutes before eating or drinking anything.

**HCG Fresh Start Drops do not need to be refrigerated, but do keep them out of direct sunlight. Do not use if tamper evident seal is broken or missing. As with any drug, if you are pregnant or nursing a baby, consult a health care professional before using this product. Keep out of the reach of children.**

**Days 1 & 2  
Time to Binge! Very important step for your success!!!**

Start your hCG Fresh Start drops and begin high fat, high calorie diet. This is an essential step in resetting the body's fat regulating system. Emphasis on FAT!! Stay full and eat often. FAT! See the section below for binge menu ideas.

**Days 3-23 (up to 40)  
You must be on the drops for a minimum of 23 days and no more than 40 days.**

Continue hCG drops that are now signaling the body to release stored fat as "food" for the body. Supplement with the recommended low calorie diet plan. The burned fat is providing a constant flow of fuel (2,000 – 3,500 a day)

**3 Days following completion of drops remain on VLCD**

Once you have finished your chosen number of days on hCG drops. You will **CONTINUE THE 500 VLCD FOR THREE DAYS!** This is very important as the drops will remain in your system for these 3 days so you must remain at the 500 calorie level.

**21 Day Maintenance Phase begins the day after your 3 days with no drops and still on the very low calorie diet (VLCD)**

You have now been off of the drops for 3 days and you can slowly begin to increase your calorie intake. **These 3 weeks are important** because your hypothalamus will reset at your lower weight and this is what will allow you to maintain your new lower weight forever. Add in fats oils and mix your vegetables all you want. Double your protein (or eat until you feel full). You will be surprised that you will not require or want to eat as much as you did before using the hCG Diet Protocol. **ONLY TWO RULES DURING THE 21 DAY MAINTENANCE - NO SUGARS NO STARCHES!!**

## **Binge Day Food Suggestions**

On the first two days of the HCG diet, your job is to get down as much fatty food as you can without making yourself physically ill. So, eat and stay full.

**REMEMBER TO TAKE YOU HCG DROPS ON YOUR BINGE DAYS!!**

FOOD SUGGESTIONS:

**Breakfast:** donuts, cinnamon roll, chocolate milk, bagel and cream cheese, eggs, bacon

**Snack:** Your favorite chocolate candy bar, Coke or Pepsi and a chili dog

**Lunch:** Pizza, juicy bacon cheeseburger, avocado, homemade macaroni and cheese

**Snack:** A pint of Ben and Jerry's, 2<sup>ND</sup> favorite candy bar, twinkies, chocolate cake

**Snack:** French fries and a chocolate shake, fried chicken or hot wings

**Dinner:** Fettuccini with nice fatty Alfredo sauce, garlic bread, huge New York or rib-eye steak batter dipped onion rings, mashed potatoes or french fries, New York Style cheesecake

**Snack:** potato chips, pudding with real whipped cream

**Snack:** Oreos and whole chocolate milk, brownie baked with chocolate chips and rocky road ice cream on top

**Your Very Low Calorie Diet - VLCD**

**Two Servings of Fruit a day - at least 6 hours apart**

Apple, 6-9 strawberries, an orange, OR ½ grapefruit

You decide when you want to eat your fruit servings to best help spread out your food during the day.

Examples:

- grapefruit in the morning and an apple in the afternoon
- strawberries in the afternoon and an orange in the evening.

I personally did the best having an afternoon and evening fruit mostly because I am used to not eating in the morning so coffee or tea was just fine for me until lunch. Feel free to make this work for you. Try not to eat less than two fruits per day.

**Two Servings of lean protein a day**

**100 grams = 3.5oz**

(3.5 oz weighed raw) beef, chicken breast, turkey, veal, white fish (tilapia, halibut, flounder, sole, cod), Tuna-albacore only, lobster, crab, or shrimp.

**NO** Salmon, eel, herring, tuna fish or any dried, pickled or smoked fish.

All visible fat must be carefully removed before cooking. 3 egg whites & 1 egg with yolk can be substituted for a protein once or twice a week.

(We actually had 100 grams (3.5oz) twice a day measured after cooking and we have had excellent results.)

**DON'T EAT THE SAME PROTEIN TWICE ON THE SAME DAY**

**Two Servings of Vegetables a day**

**100 grams = 3.5oz**

lettuce (any type, the greener the better), tomatoes, celery spinach, onions, red radishes, cucumbers, asparagus, zucchini, cabbage, chard, chicory, beet-greens, broccoli

**NO** pumpkin, beet roots, potatoes, carrots, corn, peas, green beans

Fresh is best...frozen is ok if necessary.

According to Dr. Simeons protocol, you are to NOT MIX your vegetables. This is a bit hard to get used to but most of the time it was fine. I did however, regularly add green onions to lettuce or while cooking my protein. Tom often had ½ a tomato on his lettuce at dinner.

General rule: do your best to follow the protocol, OR do what you have to do to be able to stay on the program. Just be prepared to back off of something if it slows down your weight loss.

Your success on the hCG diet depends mostly on how closely you stick to the original diet set forth by Dr. Simeons.

**DON'T EAT THE SAME VEGETABLE TWICE ON THE SAME DAY**

### **Fluids...lots of Fluids**

Water, 10 glasses (2 liters) of water MINIMUM should be consumed daily. Bottled or filtered.

Tea (any kind) or coffee in any quantity, no sugar

Green tea is great to help with energy and even helps to burn more fat.

1 Tablespoon of milk allowed in a 24 hour period. Stevia may be used as a sweetener.

You can have 1 small lemon a day to use as you wish.

### **2 Grissino breadsticks, 2 melba toasts, 1 slice of Ezekiel bread**

Check Trader Joe's or similar stores for other cracker/bread products with similar ingredients being mindful of fat and sugar content.

### **Seasonings and Condiments**

The juice of one lemon is allowed for all purposes and recommended to alkalize the body. Sea Salt, pepper, vinegar, mustard, (watch brands for added sugar) garlic, sweet basil, parsley, thyme, chives, cilantro, etc. Many different seasoning will work, just check for sugar.

**You can have 1 tablespoon of extra virgin olive oil a day.**

Salsa/hot sauce are both tasty and good for your body. NO oil, butter, sugar or dressings of any kind. We have especially enjoyed Grill Mates Montreal Steak seasoning. It is a great blend of pepper and garlic, etc. I sometimes put it on my chicken.

## TIPS FOR SUCCESS

- **If you eat something not on the diet, you WILL gain the next day.**
- You will lose faster if:
- Eat 1/2 a grapefruit each day
- Use apple cider vinegar on salad.
- Fresh lemon in your water or iced tea.
- Hot sauce enhances the weight loss as it increases your metabolism
- Eat 1 piece of sprouted Ezekiel bread a day.
- Keep a daily food diary and weight loss list. This is a very important part of your success. If you gain or even if you lose better than usual, you will want to know why.
- Buy a digital scale that measures pounds and ounces. Some days you may lose 0.2 or 0.8 of a pound, but the next day you may lose 1-2 pounds. (Costco has a great one for about \$20)
- Buy a small food scale to weigh your meal ingredients. (Target sells a nice little one for \$5.00. It has a handy container and has worked well for us.
- Be prepared. Cook some chicken or other meats on the grill and freeze for later.
- You can experiment with different seasonings.
- Have several varieties of apples nearby for a snack.
- Buy green leaf lettuce or spinach as they are much healthier than iceberg lettuce
- Make salads every day. I like to wash and shred the lettuce and put it back in the refrigerator, it will crisp up nicely. And if you make up salad ahead of time, you are more likely to eat it. Salad gives you fiber and a feeling of fullness.
- Don't eat the same protein, fruit or vegetable more than once a day.
- Make sure you eat protein at lunch and dinner even if you aren't hungry.

## REMEMBER....

- Weigh yourself every morning after you have emptied your bladder. Wearing the same clothing every time. No clothes are good and easy to remember.
- Print the Fresh Start Calendar to help you track your progress and identify any patterns that may help you adjust your menu. The "Tools and Charts" document includes weighing and measuring guidelines.
- Take a potassium supplement or drink a low-sodium V-8 Daily!
- Take a multi-vitamin daily with food
- Take Calcium
- Take a sublingual B-12 (more details below)
- Low sodium V-8 juice can be substituted for 1 piece of Ezekiel bread.
- Use stevia as a substitute for sugar. Stevia is also available in several flavors. Sweet and Low is also acceptable.
- Use organic products (food as well as personal care products)

**Vitamin B-12** is highly recommended during the hCG protocol because of its many benefits:

- Helps with food cravings and hunger
- Assists with weight loss
- Better sleep
- Increased Level of Energy
- Healthier Immune System
- Deeper and More Restful Sleep

- Increased Metabolism
- Improved Weight Control
- Reduced Stress
- Reduced Depression
- Enhanced Sexuality

"Natures Bounty" makes a good sublingual tablet available at Costco or most drugstores. We will soon be carrying a sublingual B-12 vitamin.

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**Dr. Simeon HCG Diet Protocol prohibits  
use of any products containing oil/fat.**

Because we absorb oil through our skin and it can hinder the effectiveness of the hCG. Yes, it is true, read more about it in Dr Simeon's book.

**DON'T TAKE** any fat-soluble vitamins, such as FISH OIL while you are following the HCG Diet Plan.

**DON'T USE any** oil based cosmetics, (foundations especially) lotions, creams, soap, deodorant, shampoo. (Zest, Ivory and Dial are good).

**USE** lotions and moisturizers with a **mineral oil** base. Coconut oil, plain mineral oil and most baby oils are good. If you need to use a sunscreen, use an oil-free lotion

\*\*\*Now don't go crazy with this, just check the labels of your usual products and then replace them with an oil free product to use while taking the drops. Be advised that oil based cosmetics and lotions CAN negatively affect your weight loss. You may still lose .5 lbs a day but you actually would have lost much more without absorbing the oil laden lotion or foundation. It is worth the effort to be careful about what you put on your skin because after all, you are doing this protocol in order to lose as much weight as possible in the shortest period of time. So, it is up to you.

**COOKING TIPS**

- Grill meats and chicken for several meals, then cut, put in baggies, and freezer until needed.
- I will put 5 or 6 frozen chicken breasts in my large frying pan and slow cook them, shred them, add spices (our favorite is Grill Mates Montreal or lemon pepper) and a bunch of chopped green onion. I let it simmer a long while and even add water to keep it moist. When done to your satisfaction, remove the lid cook down any juice, cool, refrigerator or freezer.
- In addition to your outdoor grill try a George Foreman Indoor grill. Frozen shrimp, fish, steak and meat patties, cook in a matter of minutes.
- Experiment with different spices: garlic (fresh), onion (any kind), pepper (both black and cayenne), rosemary, dill weed, oregano; basil, lemon, and vinegar or apple cider vinegar (Just check the labels of your spices to make sure they don't have sugar.)
- Cook fish or meat in a dry pan, (or use the 1tablespoon of extra virgin olive oil you can use per day) season with salt, pepper and other spices. Get the pan hot, and then quickly brown the meat. When the meat is done take it out, turn down the fire and put a little water in the pan to deglaze it. After the brown bits from the meat get loosened and the liquid is warmed, pour over the meat. With fish cook the same, but use tomatoes or tomato juice. It tastes great with oregano, basil, or dill and some very thin sliced onion to make the "sauce."

## **PLAN AHEAD TO EAT OUT**

When you are on a diet, about the hardest thing is eating out with others. It's hard enough to resist temptation at home and work. If you have a choice, try to pick a restaurant that has really good salads or better yet, a salad bar. Then no one will pay any attention and you can pick and choose what you'll eat. It may be a challenge because you can't have the cheese, bacon bits and croutons. But you can eat out with others. Depending on the restaurant or buffet, you can have some baked or grilled chicken, shrimp, or fish. If strawberries are on the buffet, you can have a handful of them (6 large). Otherwise you can save your fruit for a snack later on.

If you go to a buffet you can eat the allowed foods. It's best if you don't have to tell anyone you are dieting. Let your amazing weight loss be the first reason to speak about the hCG diet. Even those who try to be helpful can be discouraging. They mean well, as they are either worried about your health or don't think that this HCG Diet can really work. Then the conversation usually turns to their diet success and failures.

## **ARM YOURSELF WITH KNOWLEDGE**

We encourage you to read Dr. Simeon's book "Pounds and Inches" along with other sections of our website so you will have a basic understanding of homeopathic hCG, what it is and how it works. While on the hCG diet protocol, "Pounds and Inches" is the go-to information guide to get your answers. The more you understand how this works and what is happening to you the more success you will experience!

Your knowledge along with your fantastic new body will be all you need to share with others the benefits of hCG Fresh Start homeopathic drops.

You can download Dr. Simeon's book for free on our website [www.hcgfreshstart.net](http://www.hcgfreshstart.net)

## **A FEW WORDS FROM DR. SIMEON**

### **The First Days of Treatment**

*On the day of the third set of shots it is almost routine to hear two remarks. One is: "You know, Doctor, I'm sure it's only psychological, but I already feel quite different". So common is this remark, even from very skeptical patients that we hesitate to accept the psychological interpretation. The other typical remark is: "Now that I have been allowed to eat anything I want, I can't get it down. Since yesterday I feel like a stuffed pig. Food just doesn't seem to interest me anymore, and I am longing to get on with your diet". Many patients notice that they are passing more urine and that the swelling in their ankles is less even before they start dieting.*

*On the day of the fourth set of shots most patients declare that they are feeling fine. They have usually lost two pounds or more. Some say they feel a bit empty but hasten to explain that this does not amount to hunger. Some complain of a mild headache of which they have been forewarned and for which they have been given permission to take aspirin.*

*During the second and third day of following the low calorie diet these minor complaints improve while the weight continues to drop at about double the usually overall average of almost one pound per day. By the fourth day people have been known to lose as much as 8- 10 pounds. It is usually at this point that a difference appears between those patients who have literally eaten to capacity during the first two days of treatment and those who have not. The former feel remarkably well; they have no hunger, nor do they feel tempted when others eat normally at the same table. They feel lighter, more clear-headed and notice a desire to move quite contrary to their previous lethargy. Those who have*



*disregarded the advice to eat to capacity continue to have minor discomforts and do not have the same euphoric sense of self-being until about a week later. It seems that their normal fat reserves require that much more time before they are fully stocked. So eat to your full capacity on your first two days of introducing the HCG into your body, and your body will thank you for it. It is perfectly satisfactory and normal to have an evacuation of the bowel only once every 3 to 4 days due to the low calorie diet. As long as you are taking plenty of fluids, this never leads to any disturbance. If however there isn't an evacuation of the bowel at least every 4 days you may want to use a laxative or a suppository.*

### **Plateau Breakers**

Remember, you will average about 1lb per day of lost weight over the course of your diet. However, due to the way hCG works, you may not lose weight every day and may even plateau at the same weight for a few days.

Plateaus do occur at times on the HCG diet, even when the HCG diet is being followed perfectly". A plateau is a stall in the loss of weight for more than 3 days which can last up to 10 days, but are typically 4-6 days.

Two methods are offered to help break the plateau:

1. **HCG Apple Day:** Starts at lunch on HCG diet day and ends the next day at lunch. 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.
2. **=OR=** Drink allowable drinks all day and then have a large steak with a raw apple or tomato for dinner.

### **If you gain Weight**

**If you have a weight gain of more than 1-2 pounds, first of all re-evaluate what you ate and drank the day before. Then look at these plateau breakers listed below and implement them. If none are relevant, consider having an apple or steak day.**

- Increase water intake to 2 - 3 quarts per day.
- Stop mixing vegetables.
- Don't eat breadsticks.
- Cut American beef down or out.
- Keep a food diary. If you don't gain, go over everything you ate to find out the culprit.
- Check all condiments for any form of sugar. (Example: Garlic Salt and seasoning salts may list sugar as an ingredient.)
- Make sure there are no additives in the chicken or your other protein sources – many times these are injected with some form of sugar even in the grocery store.
- For women, your cycle may be coming into play- just wait a couple of days and you will start losing again. Many women don't lose weight during their cycle.
- Have you changed or started one or more medications? The change may just cause a few days delay as your body adjusts. You may want to consult with your physician to possibly change again or go back to the previous medication if the plateau continues or if all plateau breaking methods fail.
- Consider adding a brisk walk, or any type of 15 minute activities to your day a few times week-- anything that raises the heart rate throughout the day. The activity increases your metabolism and may increase your rate of loss. Exercise is hardly mentioned in the protocol. Exercise is good for everyone; however, it is simply not required to successfully lose weight on this

protocol. With that being said, Tom worked 25 hours a week at a physical job while on our first round of drops and he seemed to maintain a slightly higher daily average weight loss than Jeannette as she had little to no physical activity.

- Make sure you are getting enough sleep. Jeannette generally stays up late and occasionally attributed that to a "no loss" day. Oddly, simply weighing again an hour or so later (without eating or drinking anything) reveals a drop on the scale of up to 2 pounds. This suggests that routine and adequate sleep can effect what the scale registers. While this probably doesn't actually affect the rate of loss, it can cause discouragement. Therefore, routine and exceptions such as being "up late and getting up early", should be kept to a minimum. (if possible)
- Try including 2 Tbsp of apple cider vinegar or juice daily.

Remember that people are very different. What works for one person does not necessarily work for another person. What causes stalls or gains for one person does not necessarily do the same for others. Just relax and experiment until you break the plateau or weight gain.

### **Why You Don't Lose Weight Everyday**

*Dr. Simeon: The weight registered by the scale is determined by two processes not necessarily synchronized. Under the influence of HCG, fat is being extracted from the cells stored in the fatty tissue. When these cells are empty and therefore serve no purpose, the body breaks down the cellular structure and absorbs it, but the breaking up of useless cells, connective tissue, blood vessels, etc., may lag behind the process of fat-extraction. When this happens the body appears to replace some of the extracted fat with water which is retained for this purpose.*

*As water is heavier than fat the scales may show no loss of weight, although sufficient fat has actually been consumed to make up for the deficit in the 500-Calorie diet. When this tissue is finally broken down, the water is liberated and there is a sudden flood of urine and a marked loss of weight.*

*Patients, who have in the past, regularly used diuretics as a method of reducing, lose fat during the first two or three weeks of treatment which shows in their measurements, but the scale may show little or no loss because they are replacing the normal water content of their body which has been dehydrated. Diuretics should never be used for reducing.*

*On or about the day of ovulation or during the three days preceding the onset of menstruation sometimes a woman may not reduce weight due to water gain. Be patient, the fat is being reduced.*

*Eating more than is allowed. Very often a person wants to know why extra food weighing one ounce should increase their weight by six ounces. We explain this in the following way: Under the influence of HCG the blood is saturated with food and the blood volume has adjusted itself so that it can only just accommodate the 500 calories which come in from the intestinal tract in the course of the day. Any additional income, however little this may be, cannot be accommodated and the blood is therefore forced to increase its volume sufficiently to hold the extra food, which it can only do in a very diluted form. Thus it is not the weight of what is eaten that plays the determining role but rather the amount of water which the body must retain to accommodate this food.*

*To this explanation patients may reply: Well, if I put on that much every time I eat a little extra, how can I hold my weight after the treatment? It must therefore be made clear that this only happens as long as they are under HCG. When treatment is over, the blood is no longer saturated and can easily accommodate extra food without having to increase its volume.*

*Though we allow the free use of salt, the daily amount taken should be roughly the same. A sudden increase will of course be followed by a corresponding increase in weight as shown by the scale. An increase in the intake of salt is one of the most common causes for an increase in weight from one day to the next. Such an increase can be ignored, provided it is accounted for. It in no way influences the regular loss of fat.*

*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.*

## **THE MAINTENANCE PHASE**

After your last day of taking the HCG drops, continue to stay on the 500 calorie diet for 3 additional days. For the next 21 days you can add other foods back into your diet

REMEMBER: NO SUGAR OR STARCH.

**Don't let down your guard or get sloppy with your food choices. Cheating during the maintenance phase could very well undermine all of your hard work over the last 23 to 45. Continue to weigh yourself every morning and don't gain or lose more than 2 pounds while on maintenance.**

**The maintenance phase is an equally important three weeks. As this is when your weight will stabilize and your hypothalamus will reset at your new weight.**

### **During the Maintenance Phase you can enjoy:**

- All Fruits and vegetables except for starches (example: Potatoes, peas, corn)
- Larger amounts of protein rich meats,
- Nuts (go slow with these)
- Cheeses, Eggs, cream or half & half for coffee, Milk & Soy Products,
- Butter and fats
- Yogurt – plain only
- Salmon and fatty fishes
- Extravagant salads using low carb dressings like Ranch and Blue Cheese
- Blue Corn chips and guacamole
- Sugar-free Ice Cream
- Sugar free chocolates
- Alcohol – small quantities of wine with meals. Watch the scale though
- Diet Drinks - though it would be better for you to stay away drinks with lot of additives

### **Dr. Simeon- A weight gain of 2 pounds in 1 day during Maintenance**

If you have a weight gain of more than 1-2 pounds, evaluate what you ate and drank the day before. As long as your weight stays within 2 pounds of the weight reached on the day of the last HCG dose, you should take no notice of any increase.

But the moment the scale goes above two pounds (even if this is only a few ounces) **you must on that same day**

- skip breakfast and lunch and drink about half the normal liquid.
- In the evening eat a huge steak and 1 apple or 1 raw tomato – nothing else.
- The other option would be to eat 6 apples during the day, nothing else.

It is of utmost importance that this is done on the day the scale goes above 2 pounds and not postponed until the following day. Please note, if you don't do a steak or apple day when you notice the scale goes above 2 pounds, several days of strict dieting may be necessary to correct the situation. Most people hardly ever need to do this. If they keep their weight at the point reached at the end of the treatment, even a heavy dinner does not bring about an increase of two pounds on the next morning.

You may be surprised at how small your appetite becomes. And actually how much you can get away with eating and not gaining a pound! You will find that you are much more satisfied with less food to eat! In fact, many people are usually disappointed that they cannot manage their first normal meal, which they have been planning for!

### **Beware of over-enthusiasm**

After treatment has ended, most people are afraid to begin adding foods back into their diets, afraid they may gain weight. If you do not begin to add foods back in again, the opposite may actually occur and you may gain unwanted weight. So make sure you begin to add some of the foods again.

Unless an adequate amount of protein is eaten as soon as the treatment is over, protein deficiency is bound to develop. This inevitably causes the marked retention of water known as hunger- edema. The treatment is very simple. The patient is told to eat two eggs for breakfast and a huge steak for lunch and dinner followed by a large helping of cheese. When these instructions are followed, clients report that two pounds have vanished overnight and that the ankles are normal size.

### **AFTER MAINTENANCE - LIFE!**

Congratulations! You have completed the hCG Diet Protocol. It is a great accomplishment!

Time to begin slowly adding other foods which you have not been able to enjoy during your weight loss protocol. Sugars, starches, good whole wheat bread. It is recommended that you continue to weigh yourself every day. The slow going allows your body time to adjust as the new food is being introduced.

The first three weeks of eating as you wish please continue to be very diligent about any weight gain 2lbs or more in a day. Have a steak or apple day if necessary to keep your weight stable during these three weeks as well as the three previous weeks. This should put you back down 2-5 lbs and get you back in your "range". This will insure that your hypothalamus gland is reset and you will be solid at your new weight set point. Remember, the scale and steak days are your friends...FOR LIFE!

You will notice that you aren't as hungry as you were before and that some of the foods you used to eat just don't appeal to you anymore. Now that your hypothalamus has been re-set you will find that your metabolism burns the fat and calories faster than before.

You will enjoy a lot more energy because of how your body is burning the calories. Enjoy exercise and more physical activities. Just make it part of your lifestyle to weigh every morning, know how your food is affecting your weight and again, all it takes to keep on track is a steak or apple day if you go up more than 2 lbs over your set weight. Not a bad punishment for living your life to its fullest!

## **ADDITIONAL ISSUES AND INFORMATION**

### **HOW HCG WORKS**

**Homeopathic** hCG is taken orally, under the tongue to be rapidly absorbed into your body. This allows a person to subsist more on their stored fat than on what they eat. It triggers the body to provide a constant flow of "food" from the abnormal fat that your body is breaking down and using.

Many Americans work out regularly and burn calories yet can't seem to eliminate the weight. This is because using a low calorie diet along with exercise burns normal and structural fat and some muscle before it begins to burn the abnormally stored fat. Abnormal fat in excessive accumulations fixed throughout the body cause obesity. The use of HCG releases abnormal fat deposits and makes the fat available for consumption by the body.

In the 1950's, Dr. ATW Simeons began using small doses of hCG by injection in obese patients to decrease appetite and observed weight loss and decreased inches around hips, thighs, buttocks and stomachs. The use of homeopathic hCG has continued to gain in popularity as a successful, natural approach to weight loss

From Dr. Simeon: *“When an obese patient tries to reduce by starving himself, he will first lose his normal fat reserves. When these are exhausted he begins to burn up structural fat, and only as a last resort will the body yield its abnormal reserves, though by that time the patient usually feels so weak and hungry that the diet is abandoned.*

*It is just for this reason that obese patients complain that when they diet they lose the wrong fat. They feel famished and tired and their face becomes drawn and haggard, but their belly, hips, thighs and upper arms show little improvement. The fat they have come to detest stays on and the fat they need to cover their bones gets less and less. Their skin wrinkles and they look old and miserable. And that is one of the most frustrating and depressing experiences a human being can have.”*

*In obese clients, these deposits are not usually accessible to the body until the person has gone through both his normal fat (your energy in/energy out reserve) and structural fat (fat between your organs, in your face, etc.) as described above. This is the reason why no matter how much some people exercise and starve him/herself, they still have, for example, a big butt.*

*The HCG coupled with the very low calorie diet allows these abnormal fat deposits to be tapped into, released into the blood stream and used by the body similar to how a pregnant woman who is nauseous for weeks at a time typically remains relatively healthy and is additionally able to give birth to a healthy baby.*

*Without the effect of HCG, Dr. Simeons and the rest of the world agreed that a typical very low calorie diet leaves the dieter looking haggard (with a skeleton-like face), starving, and facing excess nutritional deficiency. Most diets begin weight loss by depleting your structural fat (that fat which cushions your organs and gives your face a soft, non-skeletal look) and your normal fat reserves.*

*Dr. Simeons described the process as tapping into the abnormal fat deposits, and further proposed that HCG potentially affects your hypothalamus and your base metabolism.”*

### **SAFETY**

hCG is extremely safe. Women may experience very high levels during pregnancy with no adverse affects. Currently there are no known established clinical side effects to homeopathic remedies and medicines but as with any diet we recommend that you consult with a doctor before starting this diet

The HCG diet protocol inherently is an effective detox because only a small amount of food is eaten each day and all of the food should be quite healthy. This alone gives your entire system rest from the onslaught of unhealthy, processed foods and drinks people typically take in. Some experts feel this detox allows your hypothalamus to clear itself of the chemical build-up that could be preventing weight loss and re-establishes the natural functioning and hormone release of the hypothalamus.

### **MADE IN THE UNITED STATES**

Fresh Start hCG homeopathic drops are high grade sub-lingual drops packaged in a sealed bottle with a dropper. It is purchased from a very reputable manufacturer who has been supplying homeopathic and natural products to healthcare professionals and health conscience companies for many years. Their hCG drops are made in the USA, registered with the FDA and assigned a National Drug Code (NDC). The lot #, NDC # and Mfg date are printed on the label. This should be evident with any hCG product you consider purchasing.

### **WEIGHT LOSS PATTERN**

It is common to lose between .5 and 2 0 pounds per day. A loss of 7-14 lbs in the first week .is common. Though it is necessary to weigh every morning, do not be discouraged with losses of only a few ounces. These days are often followed by a 2 pound loss. In the end the average loss is 1 pound for every day on the program.

### **BUY ENOUGH TO REACH YOUR WEIGHT LOSS GOAL**

That depends on how much weight you have to lose. Average weight loss in women is approximately 1 1/2 pounds per day in the first week, and approximately 1/2 pound a day thereafter. Men usually lose more, and they lose it faster. The 2oz bottle will last you 35 – 40 days.

### **JUST NEED TO LOSE A LITTLE WEIGHT**

You MUST stay on the hCG for a MINIMUM of 23 days. If you reach your goal weight before you reach 23 days, you should increase your calorie intake (especially your protein) while still taking the hCG for 23 days.

If you begin the hcg diet and you only need to lose a small amount of weight, you don't have as many "abnormal fat reserves" available and the hunger experienced throughout the program may be more intense. Thus the increase in food intake. Many people who only need to lost 10-15 pounds experience tremendous success with the hCG Fresh Start protocol. By following the protocol you will reset your hypothalamus and keep the weight off FOREVER!

**NO, YOU ARE NOT STARVING YOURSELF!** Don't worry, you are not starving yourself! You are losing abnormal stored fat – NOT muscle. It is this stored fat that your body naturally holds on to in case you need it later! In place of food taken by mouth the hcg releases the stored fat to be used as energy. You burn about a pound of fat each day (one pound is about 3000 to 3500 calories). Therefore, your body has these calories available to consume each day. You will be getting 500 calories from your food and about 2500 (or more) calories from the fat. You may experience mild hunger during the first few days, most do not. If you do experience hunger it will pass soon. Rest assured, your body is feeding off of thousands of calories per day while your stored fat is melting away!

### **HEALTH ISSUES -**

### **ALWAYS CONSULT YOUR HEALTH CARE PROVIDER BEFORE BEGINNING ANY DIET PROGRAM**

We do not recommend using hCG if you are pregnant or nursing, or if you have had certain cancers that could be hormonally affected. If you have a history of gallstones there is an increased chance of having another episode. Check with your health care professional if you have had your gallbladder removed, or if you have autoimmunity, lupus, or inflammatory conditions. You should check with your health care professional before beginning any new weight loss program, especially if you have health conditions.

### **CHOLESTEROL LEVELS**

It is common for cholesterol levels to fluctuate while on the HCG program. Tom had a blood panel towards the end of his first round of drops and his levels had been high in the past but the panel showed all the numbers in the normal range. Many users experience their cholesterol levels drop and improve.

## **BLOOD SUGAR**

Though the lowering of blood sugar levels is a common occurrence, including the need for major changes in diabetic medication levels, it should not be expected as a result of the hCG diet protocol. Often it depends on how long you've been diabetic, how many medications you are currently using, your fasting blood sugar levels, your blood sugar range, etc.

## **BLOOD PRESSURE**

Many users have experienced a decrease in blood pressure. Some have been able to stop taking their medications, AGAIN this should not be done without medical advice.

## **CONSTIPATION**

If you have tried the food suggestions for an apple or steak day and you did not get relief, it is fine to use a natural laxative product, as long as it doesn't contain sugar. Also increase your fluid intake.

## **COLD/FLU OVER THE COUNTER MEDICINE**

Feel free to use what is necessary to relieve your symptoms. As always No Sugar.

## **VITAMINS**

We recommend that you take a sublingual B12 every day. They come in both a liquid and tablet form. They will increase your energy and metabolism. Also a multi vitamin is good, just make sure it is sugar free and has no fat soluble ingredients like fish oil.

Dr. Simeons states very emphatically that your blood will be saturated with vitamins and minerals released from your fat cells. He states that there is no need for additional supplements. However, in the past 40-50 years our food sources have drastically changed so supplementing is much more common and necessary. You decide and of course, check with your health care provider regarding any supplements he/she has recommended to you before discontinuing their use.

## **SWEETNERS**

Sweetleaf Liquid Stevia is the preferred brand. Stevia also comes in several flavors to add a little excitement to your drinks and even foods. Aspartame, Nutrisweet, Sucralose, and Splenda are chemically derived sugar substitutes and are not recommended during this treatment.

## **LADIES**

In menstruating women, the best time to start treatment is immediately after a period. Treatment may be started later, but have at least 10 days before the onset of the next period. Once you are on hCG and you have a menstrual cycle, you can maintain the diet and continue taking hCG. Because the amount of hCG is so small, there are no changes to your menstrual cycle. HCG will not affect your ability to become pregnant, nor will it increase your chances of getting pregnant

Do not use hCG while you are nursing. You produce "prolactin" which interferes with HCG.

Do not use hCG if you are pregnant or trying to get pregnant. If you are using hCG and become pregnant, stop taking it and consult your physician.

Homeopaths by nature are said to not interfere with prescriptions including birth control pills. We have not heard of any adverse reactions with any prescriptions, but please check with your healthcare provider.

## **EXERCISE**

It is recommended that you do only light exercise while doing the hCG Diet. Walking, Yoga, Pilates. Stay away from high calorie burning exercises (ex. Running, aerobics). Your body will be in a fat burning mode not a muscle building mode. Any muscle building could cause undue fatigue. Exercise burns calories and therefore may cause your hunger to increase. The combination of low calorie intake and exercise may also cause your body to go into starvation mode. So take it easy. Just remember, you will be losing fat.

## **HELPFUL EXCERPTS FROM DR. SIMEONS BOOK, "POUNDS AND INCHES."**

### ***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. On this score the physician can confidently relieve their apprehension by explaining that 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. Actually, a low blood count not due to any serious disorder of the blood forming tissues improves during treatment, and we have never encountered a significant protein deficiency nor signs of a lack of vitamins in patients who are dieting regularly.*

### **The Plateau**

A plateau lasts 4-6 days and frequently occurs during the second half of a full course, particularly in patients that have been doing well and whose overall average of nearly a pound per effective injection has been maintained. Those who are losing more than the average all have a plateau sooner or later. A plateau always corrects itself, but many patients who have become accustomed to a regular daily loss get unnecessarily worried. No amount of explanation convinces them that a plateau does not mean that they are no longer responding normally to treatment. In such cases we consider it permissible, for purely psychological reasons, to break up the plateau. This can be done with a so-called "apple day". An apple-day begins at lunch and continues until just before lunch of the following day. The patients are given six large apples and are told to eat one whenever they feel the desire though six apples is the maximum allowed. During an apple-day no other food or liquids except plain water are allowed and of water they may only drink just enough to quench an uncomfortable thirst if eating an apple still leaves them thirsty. Most patients feel no need for water and are quite happy with their six apples. The apple-day produces a gratifying loss of weight on the following day, chiefly due to the elimination of water. This water is not regained when the patients resume their normal 500-calorie diet at lunch, and on the following days they continue to lose weight satisfactorily.

### **Constipation**

An excess of water keeps the feces soft, and that is very important in the obese, who commonly suffer from constipation and a spastic colon. While a patient is under treatment we never permit the use of any kind of laxative taken by mouth. We explain that owing to the restricted diet it is perfectly satisfactory and normal to have an evacuation of the bowel only once every three to four days and that, provided plenty of fluids are taken, this never leads to any disturbance. Only in those patients who begin to fret after four days do we allow the use of a suppository. Patients who observe this rule find that after treatment they have a perfectly normal bowel action and this delights many of them almost as much as their loss of weight.

### **Muscular Fatigue**

Towards the end of a full course, when a good deal of fat has been rapidly lost, some patients complain that lifting a weight or climbing stairs requires a greater muscular effort than before. They feel neither breathlessness nor exhaustion but simply that their muscles have to work harder. This phenomenon, which disappears soon after the end of the treatment, is caused by the removal of abnormal fat deposited between, in, and around the muscles. The removal of this fat makes the muscles too long, and so in order to achieve a certain skeletal movement - say the bending of an arm - the muscles have to perform greater contraction than before. Within a short while the muscle adjusts itself perfectly to the new situation, but under HCG the loss of fat is so rapid that this adjustment cannot keep up with it. Patients often have to be reassured that this does not mean that they are "getting weak". This phenomenon does not occur in patients who regularly take vigorous exercise and continue to do so during treatment.

### **Massage**

I never allow any kind of massage during treatment. It is entirely unnecessary and merely disturbs a very delicate process which is going on in the tissues. Few indeed are the masseurs and masseuses who can resist the temptation to knead and hammer abnormal fat deposits. In the course of rapid reduction it is sometimes possible to pick up a fold of skin which has not yet had time to adjust itself, as it always does under HCG, to the changed figure. This fold contains its normal subcutaneous fat and may be almost an inch thick. It is one of the main objects of the HCG treatment to keep that fat there. Patients and their masseurs do not always understand this and give this fat a working-over. I have seen such patients who were as black and blue as if they had received a sound thrashing. In my opinion, massage, thumping, rolling, kneading, and shivering undertaken for the purpose of reducing abnormal fat can do nothing but harm.

### **Teeth and Vitamins**

Patients whose teeth are in poor repair sometimes get more trouble under prolonged treatment, just as may occur in pregnancy. In such cases we do allow calcium and vitamin D, though not in an oily solution. The only other vitamin we permit is vitamin C, which we use in large doses combined with an antihistamine at the onset of a common cold. There is no objection to the use of an antibiotic if this is required, for instance by the dentist. In cases of bronchial asthma and hay fever we have occasionally resorted to cortisone during treatment and find that triamcinolone is the least likely to interfere with the loss of weight, but many asthmatics improve with HCG alone.





## LET'S GET READY

Have It	Need It	Be Prepared to start when your drops arrive! The more things you have on hand the better your success
		Vitamin B-12 and any daily vitamin you decide to take - No Fish Oil or fat soluble ones
		Food scale that measures ounces - Target sells one with a small basket for \$5
		Weight scale that measures pounds and ounces - Target and Walmart carry some
		Measuring tape
		Ziploc bags - weigh and cut meat to freeze for later meals
		Approved spices and seasonings
		Stevia or Sweet and Low packets
		Flavored Stevia drops to spruce up tea, coffee, and water – try vanilla and chocolate
		Baby oil or mineral oil for moisturizing
		Oil-free deodorant
		Oil-free hand soap
		Oil-free bar soap
		Oil-free conditioner
		Oil-free shampoo

### PRINT

- ▶ **Your hCG Fresh Start Protocol Guide** – It is nice to have this close for easy reference while you are learning the protocol
- ▶ **Your Fresh Start Tracking Calendar** – It is highly recommended that you track your weight loss, inches lost and anything you think will help you find a diet issue if you gain or plateau.
- ▶ **Your Tools and Charts** – Guidelines to measure yourself and weight charts for reference
- ▶ **Your Quick Reference Sheet** to keep as a reminder of the basic details. Add to it whatever might be helpful for you personally.

### THINGS TO DO

- ▶ Take your "Before Pictures". Tight fitting clothes with front, back and side shots.
- ▶ Take your measurements according to instructions in "Tools and Charts". Record them on the chart
- ▶ Fill out the Fresh Start Calendar with the appropriate dates and beginning weight
- ▶ Plan and shop for your binge day!! Fat, Fat, Fat, eat as much as you need to remain full continually. Get your favorites, all the things you love to eat but shouldn't. Suggestions in the guide
- ▶ Get your kitchen and house ready. If you will also be preparing meals for your family, try setting up a separate cabinet for your things so you are not always looking at temptation.

**Enjoy the Process. You will be detoxing, losing weight and regularly noticing great changes in your body shape. Stay positive, celebrate every pound gone and get ready to do some serious clothes shopping!!!**



This packet includes some tools to assist you in documenting your progress of weight loss with hCG Fresh Start Homeopathic Drops. Use any of the provided charts you feel will be helpful to track your accomplishments not only in weight loss but in anything else you wish to recall that contributed to your success.

## Calculate Your Body Frame Size

1. Extend your arm in front of your body bending your elbow at a ninety degree angle to your body so that your forearm is parallel to your body.
2. Keep your fingers straight and turn the inside of your wrist towards your body.
3. Place your thumb and index finger on the two prominent bones on either side of your elbow, then measure the distance between the bones with a tape measure or calipers.

Compare your measurements to the chart below. The chart lists elbow measurements for a medium frame - if your elbow measurement for that particular height is less than the number of inches listed, you are a small frame - if your elbow measurement for that particular height is more than the number of inches listed, you are a large frame.

Elbow Measurements for Medium Frame			
Men	Elbow Measurement	Women	Elbow Measurement
5'2" - 5'3"	2-1/2" to 2-7/8"	4'10"-4'11"	2-1/4" to 2-1/2"
5'4" - 5'7"	2-5/8" to 2-7/8"	5'0" - 5'3"	2-1/4" to 2-1/2"
5'8" - 5'11"	2-3/4" to 3"	5'4" - 5'7"	2-3/8" to 2-5/8"
6'0" - 6'3"	2-3/4" to 3-1/8"	5/8" - 5'11"	2-3/8" to 2-5/8"
6'4"	2-7/8" to 3-1/4"	6'0"	2-1/2" to 2-3/4"

## Weight Chart for Men

Height	Small Frame	Medium Frame	Large Frame
5'2"	128-134	131-141	138-150
5'3"	130-136	133-143	140-153
5'4"	132-138	135-145	142-156
5'5"	134-140	137-148	144-160
5'6"	136-142	139-151	146-164
5'7"	138-145	142-154	149-168
5'8"	140-148	145-157	152-172
5'9"	142-151	148-160	155-176
5'10"	144-154	151-163	158-180
5'11"	146-157	154-166	161-184
6'0"	149-160	157-170	164-188
6'1"	152-164	160-174	168-192
6'2"	155-168	164-178	172-197
6'3"	158-172	167-182	176-202
6'4"	162-176	171-187	181-207

## Weight Chart for Women

Height	Small Frame	Medium Frame	Large Frame
4'10"	102-111	109-121	118-131
4'11"	103-113	111-123	120-134
5'0"	104-115	113-126	122-137
5'1"	106-118	115-129	125-140
5'2"	108-121	118-132	128-143
5'3"	111-124	121-135	131-147
5'4"	114-127	124-138	134-151
5'5"	117-130	127-141	137-155
5'6"	120-133	130-144	140-159
5'7"	123-136	133-147	143-163
5'8"	126-139	136-150	146-167
5'9"	129-142	139-153	149-170
5'10"	132-145	142-156	152-173
5'11"	135-148	145-159	155-176
6'0"	138-151	148-162	158-179

# How to Measure Yourself!

- ▶ **Neck** – Measure the circumference at fullest part.
- ▶ **Bust** - Measure the fullest point with tape measure straight across back.
- ▶ **Chest** - Measure at the underarm above the breasts.
- ▶ **Diaphragm** - Measure around the ribcage, halfway between bust and waist.
- ▶ **Waist** – Measure at natural waist
- ▶ **Stomach** – Measure at the largest place of your midsection
- ▶ **High Hip** - Measure 2" to 4" below the string at the top of the hip bones
- ▶ **Full Hip** - Measure the fullest part of hip
- ▶ **Circumference of Thigh** - Measure the leg at the fullest part of the thigh.
- ▶ **Circumference Knee** - Measure the leg at the fullest part of the knee
- ▶ **Circumference of Calf** - Measure the leg at the fullest part of the calf

Date the column and record your measurements every week beginning with your starting point. To keep a running total of inches lost, mark your weight weekly as: Neck 20/3 (present measurement/total inches lost so far)

<b>Date</b>									
<b>Neck</b>									
<b>Bust</b>									
<b>Chest</b>									
<b>Diap.</b>									
<b>Waist</b>									
<b>Stomach</b>									
<b>High Hip</b>									
<b>Full Hip</b>									
<b>Thigh</b>									
<b>Knee</b>									
<b>Calf</b>									



# HCG Fresh Start Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
DAY: /	DAY: /	DAY: /	DAY: /	DAY: /	DAY: /	DAY: /
W:	W:	W:	W:	W:	W:	W:
DAY: /	DAY: /	DAY: /	DAY: /	DAY: /	DAY: /	DAY: /
W:	W:	W:	W:	W:	W:	W:
DAY: /	DAY: /	DAY: /	DAY: /	DAY: /	DAY: /	DAY: /
W:	W:	W:	W:	W:	W:	W:
DAY: /	DAY: /	DAY: /	DAY: /	DAY: /	DAY: /	DAY: /
W:	W:	W:	W:	W:	W:	W:
DAY: /	DAY: /	DAY: /	DAY: /	DAY: /	DAY: /	DAY: /
W:	W:	W:	W:	W:	W:	W:
DAY: /	DAY: /	DAY: /	DAY: /	DAY: /	DAY: /	DAY: /
W:	W:	W:	W:	W:	W:	W:

Write the date in the triangle - chart protocol days, (DAY: 1 etc.) - binge days - daily weight loss - body measurements - BM days - 3 days on 500 VLCD after drops maintenance phase - - special events or weight milestones - and big breakthrough days when the number on the scale reflects progress and victory!