

## HCG DIET

### HCG Injections/ HCG Sublingual drops (Human Chorionic Gonadotropin)

HCG is a hormone secreted by the placenta during pregnancy (the same hormone detected in home pregnancy kits). It was first used to help weight loss because several physicians noted that overweight women actually lost weight when they were pregnant. More than a dozen medical studies have shown that combined with a low calorie diet and exercise, HCG increases fat loss and helps with loss of inches. HCG has not been approved by the FDA for weight loss, although it has been approved for the treatment of other medical conditions. Federal laws allow medical providers to use approved drugs for alternative treatments. It is called "Off Label Usage" and occurs quite frequently in the medical profession.

HCG is used in extremely low doses for weight loss.

Some of the benefits of HCG include the following:

- 1) Positive effect on mood
- 2) Increased energy levels
- 3) Relief of back pain
- 4) Relief of migraine pain
- 5) More rapid loss of inches

### For Those Needing or Wanting to Lose Weight Quickly The hCG Diet Offers Safe and Rapid Weight Loss

#### History/General Information

By using a combination of VLCD (very low calorie diet) and hCG injections, the hCG diet focuses on losing and maintaining weight by shifting one's food intake to 500 calories while taking hCG, or the Human Chorionic Gonadotropin hormone. This combination helps to reset one's metabolism to ensure long-term weight loss.

The hCG diet was originally developed by Dr. A.T.W. Simeons to aid clinically obese patients in quickly returning to a safer weight zone to avoid deadly health conditions. Research of 40 years and thousands of cases conducted by Dr. Simeons has led to the concept of the hCG diet, which is meant to be a healthier interpretation and implementation of weight loss rather than the purely cosmetic, over-hyped diets of today. Unlike other mainstream diets, the hCG diet refocuses one's attention to smaller portions, less fatty foods, less fatty topical products and structured routines that promote more long-term

weight-loss. It is not a diet solely for the purpose of losing weight to look good.

The hCG diet is meant to promote a healthier lifestyle through careful consideration and use of less fatty foods and products.

It is combined with rapid weight loss to help patients get back into safer weight zones so that they are out of immediate danger and can focus on the internal changes that will promote healthier living for years to come.

There are several variations and protocols of the original hCG diet. However interpreted, the consumption of foods such as sweet fruits, starches, eggs and milk are carefully limited or omitted during the treatment process. The hCG diet also limits the use of certain topical products such as lotions, chapstick and conditioners which contain fatty substances and harmful chemicals that may react with or defeat the purpose of the hCG.

## Preparing For The Diet

### Mental Preparation:

Recognize the need to lose weight.

It is difficult to succeed in anything without a full understanding as to why you are doing it. Write down all the reasons as to why you are going to succeed with this diet. Remember, these goals are what will keep you committed and focused throughout the entire protocol.

### Physical Preparation:

(1) Create an inventory of foods that conform to the hCG Diet. Calculate the quantities that will be required to get you through the entire hCG Diet protocol, be it a short protocol or the 40 day protocol. Create a grocery list if you do not have enough in your current inventory. Remember, to purchase the appropriate spices and sweeteners.(Stevia, Cayenne, Ground Pepper, Dill, Garlic, Ginger, Non-iodized salts, etc...)

(2) Prepare the first weeks meals ahead of time.

Cook the meats thoroughly and keep refrigerated. Some menu items will be fine kept frozen. Not being prepared will make the diet more difficult to stay committed to.

By diversifying your menu you don't feel the desire to skip meals or cheat. The easiest way to set yourself up for failure is to not be prepared.

Pre-cook 3 to 4 of your meals ahead of time. Meats can be grilled, sautéed in water or baked. The purpose in precooking (primarily your

meats) is to be prepared. If you are in a rush it makes it easier to get stuck in a bind with nothing on hand but a convenience store, restaurant, or vending machine. Those foods are tempting enough, especially when first beginning a change in lifestyle. SO, be prepared. Most likely you won't gain cheating here and there but it will slow down the diet process for 1 to 3 days and for some people they lose enthusiasm and quit. Be prepared! Stay focused. It's a very small sacrifice. The hCG diet is only days, not years long. It is short yet when done properly the weight stays off. Fast food, vending machines and convenience stores won't prepare the foods as well as you will nor do most of their menu items conform to the hCG Diet.

(3) Know your goal and starting point.

Use charts to keep track of weight loss and inches lost. Monitor daily. Weigh yourself each morning after waking up and eliminating. Wear similar outfits to weigh yourself as each outfit may vary in weight. Keep your charts by the scale and near a mirror. We have found that for most people the first ten pounds lost are not noticeable. The following pounds will show significantly as well as the measurements will show significant reduction in inches. Choose a day to start. (STAY COMMITTED!)

## Frequently Asked

What is HCG and how does it work?

HCG is a natural hormone produced in the body. It has many functions and is used medically to treat a variety of conditions. It is the pregnancy hormone. This hormone allows the body to metabolize fat and use it as energy for both mother and fetus. This acts as a "fail-safe" mechanism when energy is needed immediately. For weight loss, we use only a very small amount of HCG to capitalize on this same mechanism.

Is HCG Safe?

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 and if you have any swelling, shortness of breath, dizziness or heavy redness consult a doctor or medical professional immediately.

Is HCG safe for men?

The HCG hormone is naturally present in men. It is found in every human tissue, including males, pregnant women, and non-pregnant

women. Men get even faster results and tend to lose more weight than women.

If HCG works so well for weight loss, why don't pregnant women lose weight?

HCG works to mobilize fat for utilization by the body only when there is a significant decrease in calories and fat. For weight loss, a very low calorie diet of all the right foods is used to trigger HCG to help rid the body of fat.

Will my metabolism slow down if I am on a very low calorie diet? It is true that normally when cutting back on calories and fat, our body stores fat and our metabolism slows down. This happens because fat is really a life-saving source of stored energy. When a very low calorie diet is used in conjunction with the HCG, the hormone signals the body to use stored fat for energy, and will eliminate excess fat reserves. It is a natural process, so no ill effects on your metabolism will result. The HCG keeps the body from going into starvation mode and holding onto fat as it resets your metabolism.

Wouldn't I lose the same amount of weight eating a very low calorie diet without HCG? You can lose weight simply by eating fewer calories and fat, but because the body stores fat during times of deprivation, you will most likely lose muscle and bone before fat. This causes cellular metabolism to slow down, so in the long run, it would make gaining weight easier, as well as decrease bone density and muscle mass. By using HCG with the low calorie diet, extra fat is mobilized for energy and the rest is eliminated; the low calorie diet is vital in preventing immediate refilling of emptied fat cells. You benefit by preferentially getting rid of excess fat without affecting your bone and muscle.

With HCG you can lose the weight quickly and keep it off!

The HCG diet is very low calorie, will I get hungry?

It is common to feel mild hunger during the first few days. This will pass and by the second week you will find your servings to be satisfying. Because HCG mobilizes fat and makes it available to the body

as an energy source, it naturally reduces appetite. So even though you are taking in fewer calories, your body can access the energy you have stored in fat cells. Drinking lots of the green tea all day (we like the cold fruity sweet one sweetened with stevia) helps a ton as a natural appetite suppressant and your energy level. Overall, most people have plenty of energy and feel good while on the program.

Will HCG interfere with any medications I am currently taking? What about birth control pills or Depo-Provera injections?

HCG formulas do not interact with ANY medications, including birth control pills or Depo-Provera.

Will I experience any changes in my menstrual cycle taking HCG?

Because the amount of HCG is so small, there are no changes to your menstrual cycle. Likewise, HCG will not affect your ability to become pregnant, nor will it increase your chances of getting pregnant. It is best to avoid starting the HCG diet if you are within 5-6 days of your menstrual period. Wait until after your menstrual period is complete to start HCG. Once on HCG and you have a menstrual cycle, you can maintain the diet and continue taking HCG.

What about pregnancy and taking HCG?

If you are pregnant do not take HCG. If you become pregnant during the HCG diet, stop taking HCG and consult your OB-GYN.

How much weight can I expect to lose on the program?

Most people will lose between 25-35 pounds on the 40 day program. Everyone is different. It depends on many factors including how much excess weight you have and how much weight needs to be lost. Often, people lose 7-10 lbs in the first week.

Does the weight loss slow down after the first two weeks?

Many times there is a large amount of weight loss in the first week, then a plateau or leveling off of weight loss. This does not mean that your weight loss has stopped. Typically, inches are being lost continuously while on the program, and after a period of time, patients will experience another large drop on the scale. Weight loss is thus achieved in this stair-step fashion.

Is it ok to skip a meal or protein at one of my meals?

NO!!!!!!!!!!!!!! Never skip any of your meals. It's important to eat all of your 500 calories and especially your protein so that you lose fat and not muscle.

Can I exercise daily?

No exercise! Or if you must exercise, low key exercise only. You can do about 20 min. of walking a day and a few sit ups or push-ups if you feel that is needed. Exercise burns calories and therefore causes your hunger to increase. The combination of low calorie intake and exercise could cause your body to go into starvation mode. This can negatively impact your stamina and commitment to the diet. So take it easy. And

remember, you will be losing fat. So when you do go back to the gym, it's a skinner, more energetic you!

Do I have to take vitamins while doing this diet?

We recommend taking B12 every day. The sublingual B is the recommended B supplement because it is in liquid form and is absorbed right in your system. This will increase with energy and increase your metabolism. Also a good Multi Vitamin helps, make sure it is sugar free and has no fat soluble ingredients like fish oils or vitamin D. Potassium is also good especially if you experience leg cramps (which can be common while on this diet). Calcium/magnesium combo is also a good one to take if needed.

Is it normal to get a headache during the first week?

Some people may experience light headaches during the first week, this is because your body is releasing fat cells very rapidly and you will be going through a major detoxification. You may take an Aspirin or Tylenol as long as it's not sugar coated.

Can I take the drops longer than 42 days if I want to keep losing weight?

Yes! You can take them up to 42 days. After 42 days you must take a break for 2 weeks before you start another session. This is to make sure your body doesn't become immune to the HCG. You will need 1 bottle to go a 42 day round. Just remember the last 3 days of your plan is no drops and continue diet for 3 days until the HCG is flushed out of your body before going into maintenance. Exercise is encouraged once you start maintenance and are back to 1200-1500 calorie diet.

Can I Drink Alcohol on the HCG Diet?

In the original HCG diet protocol by Dr. Simeons, it does not mention or account for alcohol. It has found that some HCG Users whom have been drinkers or even those that are borderline alcoholic, do surprisingly well on the HCG diet. If the simple instructions are followed correctly, the HCG diet will get them out of their drinking routine. These users have even said that they don't even feel the need to drink while on the HCG diet because HCG works with the hypothalamus gland which controls the emotional eating/ drinking part of the brain, along with other aspects.

Can I wear makeup

The answer is yes. However try to avoid lotions, moisturizers or liquid make-ups with oil. HCG is very sensitive to oils, creams and fats. These

could slow the weight loss process down; you only want it to target your stored fat. You can use any mineral makeup or pressed powders and of course oil free foundations are fine. Other types of eye makeup and lipstick are fine. Stay away from lip glosses and Chapstick. If your lips get dry the protocol says to use Carmex. It also says if needed you can use mineral oil (baby oil) if needed as a moisturizer.

What do I do if my weight loss plateaus?

If the weight loss slows try the following: Increase water consumption (try to drink 1/2-1 gallon a day) and or green tea consumption

Eliminate the fruits from two to one per day.

If mixing vegetables, stop. Check all condiments for sugar content.

If having constipation problems, try a laxative tea. This is usually very effective.

It is not uncommon on this diet to have a bowel movement once every 3-4 days, if provided you are consuming plenty of fluids. This has not lead to any disruptions. If weight loss has hit a plateau for more than 5-6 days an "apple day" may be observed. In an Apple day you consume 6apples within 24 hours with nothing else to eat or drink except water.

## The 23 Day Program

### Why do I have to do the "Gorging Days"?

Everyone asks this question. The fact is that this phase is required to bring the hypothalamus gland in balance. But don't worry, whatever is gained here is lost again very quickly!

PHASE 1 - Days 1- 2  
Gorging Days plus hCG

PHASE 2 - Days 3-23  
hCG + 500 Calorie Diet

PHASE 3 - Days 24-26  
500 Calorie Diet only No hCG

## The 40 Day Program

PHASE 1 - Days 1- 2  
Gorging Days plus hCG s

PHASE 2 - Days 3-40  
hCG + 500 Calorie Diet

PHASE 3 - Days 41-43  
500 Calorie Diet only No hCG

## Let's Look at the Diet Details

### Breakfast and Between Meals

### Lunch and Dinner

COFFEE OR TEA [UNLIMITED DAILY]  
ONE TABLESPOON OF FAT FREE MILK DAILY  
SACCHARIN OR STEVIA [UNLIMITED]  
ONE FRUIT AT BREAKFAST OR BETWEEN MEALS— TWO PER DAY  
ONE MELBA TOAST OR GRISSINI BREAD STICK AT BREAKFAST OR BETWEEN MEALS—  
TWO PER DAY

#### Protein\*

Choose one of the following protein items for Lunch and Dinner

VEAL  
SHRIMP  
CHICKEN BREAST CRAB  
LOBSTER  
BEEF  
WHITE FISH

ALL VISABLE FAT MUST BE REMOVED BEFORE COOKING  
ALL MEATS & SEAFOOD MUST BE BROILED, BOILED, BAKED, FRIED OR GRILLED WITH NO  
ADDITIONAL FAT  
SALMON, EEL, FRESH TUNA OR HERRING - DRIED OR PICKLED ARE NOT PERMITTED  
THE CHICKEN BREAST MUST BE REMOVED FROM THE BONE ALL PROTEIN MUST WEIGH  
100g RAW

#### Vegetables

Choose one Vegetable from the following vegetables for Lunch and Dinner:  
Spinach Chard Cabbage Chicory Onions  
Red radish Beet-greens  
Green salad Fennel Tomatoes Celery Asparagus Cucumbers

Follow the instructions and you will be more than satisfied with the  
results of the hCG Diet!

The only thing you have to lose, is 500g a day!

Typical day will look like the following:

Breakfast: Coffee, tea, water and a fruit

Lunch: 100 grams of lean meat, Vegetable, Coffee, Tea, or water

Afternoon snack: Fruit, Low carbohydrate (low starch cracker)

Dinner: 100 grams of lean meat (remember no same proteins in a day)

Vegetable, Coffee, Tea, or water.



You may change fruit schedule and have one for dinner instead of breakfast.

Two fruits or vegetables should not be taken together.

## Phase 2: Days 3-23 or 46 (depending on the plan)

These days you will consume only 500 calories total per day. Sounds crazy, yet during the following days the hCG will get your body to use those stored abnormal fats for energy instead of craving foods. The five hundred calories are food specific, what is meant by that is, no breads, sugars, or fatty foods. There are very few exceptions to that rule. Apples, strawberries, oranges, lemons and limes will become your best friend while on the hCG diet. Chicken and white fish will be the main component for protein calories. Lettuce, tomatoes, spinach, and various other vegetables will also give you fiber and vitamins. Below we have gathered some information from calorie counter dot com as to the calories in some of the recommended foods. Beef is okay as long as it is the extra lean and not consumed too frequently. It is important to drain all grease and oils from cooked meats.

## Phase 3 Maintenance Phase

The maintenance phase is every bit as important as the weight loss phase. The purpose of the maintenance phase is to maintain metabolic function and customize your metabolic balance with your new weight.

The maintenance phase lasts for three weeks and begins immediately after your last day of very low calorie dieting. During the maintenance phase you will increase your calorie intake to 1500 calories, making up 3 meals and snacks. It is important that these meals are comprised of healthy foods. You may now consume any meats, eggs, fruits, cheeses, milk, vegetables and low sugar dairy products. Avoid foods with significant starches such as corn and potatoes. Stay away from starches and sugar religiously. When they are combined weight gain will occur drastically. It is important to note that your new weight has not yet become stable (i.e. does not show violent fluctuations after an occasional excess.)

During the maintenance phase it is encouraged to begin a regular workout routine of both aerobic and anaerobic exercises. 30 minutes of cardio per day and light weights with higher repetition. It is recommended to consult your physician before participating in any vigorous activity. During the maintenance phase you may reintroduce healthy oils into your body such as flax seed oil, extra virgin olive oil and coconut oil. Avoid the unhealthy oils such as vegetable oil and shortening. Butter may be consumed lightly.

Make-up, lotions, and moisturizers are allowed during the maintenance phase. Once the maintenance phase is complete you may consume sugars, starches and healthy carbs in moderation. We recommend whole grains, oats, wheat bread, etc...) Avoid heavy starch and sugars such as those found in potatoes, yams and rice. Hydrogenated oils should be avoided typically found in some canned goods and pastries. Strive to stay away from processed foods. Avoid high volumes of fructose syrup in such things as canned fruit, fruit drinks and soda.

During and after the maintenance phase you should not gain any weight. Continue to weigh yourself daily. If you experience a common 2 pound gain within the maintenance phase do not worry. However once the scale registers above a 800g weight gain it is important to observe a "Steak Day" the same day the gain is noticed. Many clinics have discovered that a steak day will eliminate the weight. Steak Day: Drink plenty of water (1/2 to 1 gallon). Consume zero calories for breakfast, lunch, and snacks. For dinner consume a large unsalted steak. Eat with an apple or tomato.

## Phase 4

This is the lifetime maintenance of the program. Continue to keep sugars to a minimum, and introduce starches back to your diet very slowly. Continue to eat proteins and stay away from heavily processed or fast foods. Weigh yourself often, and use the steak day if you have gained beyond your set baseline weight.

### INSTRUCTIONS

#### The rest of the "skinny" on the hCG diet...

The diet actually begins the day after the 2nd day of taking [hCG](#) . You will be using your own food and can be purchased in your local supermarket and prepared at home. In some instances you can purchase food from a restaurant if it is prepared properly. If you are going to prepare your own food, that's great. If someone else will be doing the preparation, it would be a good idea to have them read about the diet and it's guidelines.

The history of the hCG Diet begins with Dr. A T W Simeons of Rome, Italy. He was born in London and graduated [summa cum laude] at the University of Heidelberg. He settled in Rome in 1949 at the Salvatore Mundi International Hospital. He is the author, researcher and scientist who developed this hCG diet more than thirty-five years ago. His research covered forty years of grappling with the fundamental problem of being over-weight. Throughout those fifty years he investigated every new theory, method and promising lead. He experimentally screened and critically evaluated each aspect.

Upon his death in 1970 he stated:

"The protocol [the hCG diet] was everything that I hoped it would be — no hunger, no food cravings, no grumpiness, no feeling of deprivation, no fatigue, a dramatic reshaping of the body with the burning of the secure problem area fat deposits." His results have been documented and heralded in Medical Journals around the world. Dr. Simeons then wrote his findings in a book entitled "Pounds [and Inches](#)". Even though the book is filled with medical jargon, it can give the reader a thorough understanding of how the diet came to be and the research that went into its findings.

As Dr. Simeons writes in the Foreword of his book:

"This book discusses a new interpretation of the nature of obesity and while it does not advocate yet another fancy slimming diet it does describe a method of treatment which has grown out of theoretical considerations based on clinical observation."

In his studies he found that in ALL cases of weight loss brought about by dieting, thyroid treatments, appetite-reducing drugs, laxatives, violent exercise, massage, or baths, the loss is only temporary and will be rapidly regained as soon as the reducing regimen is relaxed or eliminated. His conclusion is simple, "none of

these measures [or methods] corrects the basic disorder". Through the hCG Diet Program the "basic disorder" is addressed, targeted and finally controlled.

We do not want to overwhelm the casual reader with technical details, but there is some general information that is important to understand. Everybody thinks fat is just fat. That is not the case. There are actually three kinds of fat and the hCG Diet deals with all three.

**Structural Fat:** this kind of fat fills the gaps between various organs— a sort of packing material. Structural Fat also performs the important functions of bedding the kidneys in soft elastic tissue, protecting the coronary arteries and keeping the skin both smooth and taut. It also provides the springy cushion of hard fat under the bones of the feet, without which we couldn't walk. An excess of this fat can not produce obesity.

**Normal Fat:** This is the fuel upon which the body can freely draw from when the intestinal nutritional requirement demands it. Such Normal Fat is deposited all over the body. An excess of this fat can not produce obesity.

**Abnormal Fat:** This is the bad fat and it is the accumulation of this Fat, and this Fat only, that an overweight person carries. It is deposited all over the body and is most frequently accumulated on the hips, buttocks, stomach, arms, face, etc. Although Abnormal Fat is a potential reserve for body fuel, it is not available to the body in a nutritional emergency as is Normal Fat. This is how fat is utilized in the body. When someone overweight goes on a diet, they try to reduce their weight by starving themselves. First they will lose their Normal Fat. When this is exhausted, the body begins to burn up Structural Fat and then only as a last resort, the body yields its Abnormal Fat.

By that time the dieter usually feels weak and hungry. They feel famished and tired. Their face becomes drawn and haggard. However, their belly, hips, thighs and upper arms show little improvement. The fat they have come to detest remains and the fat they need to cover their bones gets less and less. Their skin wrinkles and they look old and miserable. Dr. Simeon's believed this to be one of the most frustrating and depressing experiences a human being can have.

His findings suggest that being overweight has its psychological effects and they only feel physically well as long as their weight stays stationary or they are gaining. That doesn't mean that they do not feel guilty or ashamed about what they have been led to believe is a lack of control. They may also feel horrified by the appearance of their nude body and the tightness of their clothes. Being overweight is a vicious cycle that a person must navigate. Think about it. More caloric energy is required to keep a large body at a certain temperature than to heat a small body. Therefore, all other factors being equal, an overweight person requires more food than a lean one. It would stand to reason then that if an overweight person eats only the additional food his body requires, he should be able to keep his weight stationary. Yet every physician who has studied overweight patients under rigorous controlled conditions knows that this is not true. Many overweight patients actually gain weight on a diet which is calorically deficient of their basic needs. At this Dr. Simeon's concludes, "There must be some other mechanism at work".

In an effort to unravel this mystery of what this "other mechanism" might be, many medical studies have been started and later abandoned. Also, potential theories are numerous. These include theories about the Thyroid Gland, the Pituitary Gland, the Adrenal Glands and the Hypothalamus. You can add to these the Psychological theories of why someone is overweight. In his book Dr. Simeon's discusses these ideas and why they are not the missing puzzle piece of the "other mechanism",

Dr. Simeon's traveled to India and found doctors administering hCG to overweight patients who had large hips, buttocks and thighs. He was intrigued, and began

his first study of hCG. The Indian doctors were giving small daily doses of hCG to these patients. The results showed that their ravenous appetite disappeared and their shape also changed. Their Abnormal Fat deposits from their hips also disappeared and the body was using its Abnormal Fat for fuel!

hCG was the "other mechanism" and the secret to the diet's success story. But what is hCG? In medical terms it is Human Chorionic Gonadotropin. It is a "naturally occurring hormone" that is produced during a women's pregnancy by the developing embryo soon after conception and later is found in the placenta. Through a series of trials and experiments on thousands of patients, Dr. Simeons found that the best results were achieved by restricting the patient's daily diet to 500 Calories and also giving a small dose of hCG. The conclusion was that patients lost an average of one pound per day. Patients had a reduced appetite and could comfortably go about their normal occupations. "It was also perfectly evident that only Abnormal Fat was being consumed, as there were no signs of any depletion of Normal Fat. Their skin remained fresh and gradually their figures became entirely normal."

How does this happen? Dr. Simeons explains that a woman may gain weight during pregnancy, but she never becomes obese in the strict sense of the word. Her body is under the influence of the hCG which circulates in enormous quantities in her body during pregnancy, Abnormal Fat deposits are never formed. At delivery she is suddenly deprived of hCG and Abnormal Fat starts to leave fixed fat deposits.

hCG has been medically known for more than eighty years. Initially it was used to diagnose early pregnancy by testing a women's urine. It is never found in the human body except during pregnancy and is never found in a male. hCG has no effect on normal sex-glands of the male or female—it is not a sex-hormone.

During pregnancy a women produces as much as one million IUs [International Units] per day. The hCG diet injection is a miniscule amount of about 125 IUs per day. This dosage does not change whether the patient is 400 or 150 pounds and the 500 calorie diet is the same. The resulting daily weight loss average of one pound is also the same, however larger patients have shown much higher results.

Now it's time to start! In all probability this is not your first diet and the reason for starting this one is that the others did not produce the results you expected. This hCG Diet is different. You will see a new and improved you. Your life expectancy will increase and your overall well being will be enhanced. Believe it! It is true!

Now the tough part. There are requirements. Strict adherence to the 500 calories and eating only permitted foods is essential to your success. YOU WILL NOT BE HUNGRY! The hCG will reduce or eliminate food cravings.

The minimum Diet Treatment lasts 26 days. A 6 week resting period after the 23 or 43 day cycle is required before you can restart the diet and lose additional weight.

Follow the instructions and you will be more than satisfied with the results of the hCG Diet

## Calorie Counter of hCG Diet Approved Foods

Seafood (avg. 98 calories) Cod (3.5 oz) – 83 calories	Fennel (1 cup,sliced)- 27 calories Lettuce, all varieties (3.5 oz) - 10 cal.
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Crab Meat (3.5 oz) - 100 calories Flounder (3.5 oz) - 90 calories Haddock (3.5 oz) - 88 calories Halibut (3.5 oz) - 110 calories Lobster (3.5 oz) - 98 calories Red Snapper (3.5 oz) - 110 calories Shrimp (3.5 oz) - 110 calories Tilapia (3.5 oz) - 94 calories	Lettuce, all varieties (1 cup) - 8 cal. Lettuce, all varieties (small head) - 32 calories Onions (medium yellow, raw)- 64 calories Red Radishes (3.5 oz) - 12 calories Red Radishes (one medium) - 1 cal. Spinach, raw (3.5 oz) - 20 calories Spinach, raw (1 cup) - 7 calories Spinach, frozen (3.5 oz) - 23 calories Spinach, frozen (1 cup) - 41 calories Spinach, cooked (3.5 oz) - 31 calories Spinach, cooked (1 cup) - 48 calories Tomato (3.5 oz) - 20 calories Tomato (cherry) - 3 calories Tomato (plumb) - 11 calories Tomato (small) - 16 calories Tomato (medium) - 22 calories Tomato (large) - 33 calories
<b>Very Lean Beef</b> (avg. 152 calories) 93/7 Lean Ground Beef (3.5 oz) - 150 calories Cube Steak (3.5 oz) - 160 calories Sirloin Tip Side Steaks (3.5 oz) - 130 calories Top Round Steak (3.5 oz) - 166 calories Tri-Tip Steak (3.5 oz) - 154 calories Veal (avg 114 calories) Veal, sirloin (3.5 oz) - 110 calories Veal, loin chop (3.5 oz) - 117 calories	<b>Fruit</b> Apple (small) - 55 calories Apple (medium) - 72 calories Apple (large) - 110 calories Lemon- 24 calories Lime- 20 calories Orange (navel) - 69 calories Orange (Florida) - 65 calories Orange (California) - 59 calories Strawberries, 12 large - 72 calories Strawberries, 20 medium - 80 calories Pink Grapefruit (1/2 large) - 53 calories Pink Grapefruit (1/2 med.) -41 calories
<b>Chicken</b> Chicken Breast (3.5 oz) - 87 calories	<b>Bread</b> Grissini Breadstick (3 g) - 12 calories Melba Toast (3 gram) - 12 calories Melba Toast (5 gram) - 20 calories
<b>Vegetables</b> (avg. 18.8 cal) Asparagus (3.5 oz) - 20 calories Asparagus (2" tip) - 1 calories Asparagus (small spear) - 2 calories Asparagus (medium spear) - 3 calories Asparagus (large spear) - 4 calories Beet Greens (1 cup raw)-8 calories Celery (3.5 oz) - 15 cal Celery (medium stalk) - 6 calories Cabbage (3.5 oz) - 24 calories Cabbage (1 cup shredded) - 17 calories Chard, Swiss raw (1 cup)-7 calories Cucumber (3.5 oz) - 12 calories Cucumber (small) - 19 calories Cucumber (medium) - 24 calories Cucumber (large) - 34 calories Cucumber (English long) - 60 calories	

### Weeks 1-3 after stopping the Diet:

This is the Maintenance and Rest Period. Once you have completed the 23 or 40 Day Diet Plan your body needs to adjust to your Abnormal Fat loss. You can eat all foods with the exception of starches and sugars. Continue to weigh yourself each morning.

### Weeks 4-6 after stopping the Diet:

The Maintenance and Rest period continues, but at this time you can start to bring back starches and sugars. This should be done in small quantities. Continue to weigh yourself each morning.

### After 6 weeks:

If you did not reach your weight goal during the 1st Cycle and you are still in good health, you can now continue on Cycle 2. This Cycle is a repeat of the 1st Cycle. As long as you have 6 weeks or more in between each Cycle you can continue until you reach your intended goal.

"If you skirt the diet rules you will never know if you could have lost even more if you had followed the in instructions correctly." Dr. Simeons