

The HCG Protocol Preparation and Eating Plan (500 calories a day)

Preparation

Purchase

- a set of digital bathroom scales
- a set of digital kitchen scales
- dressmakers tape measure
- natural non-mint toothpaste
- Q.V oil free products. Body wash, skin moisturising lotion, daily face cream and night cream
- Soup stock (make sure no corn starch or sugar), herbs, spices, apple cider vinegar, Braggs all purpose seasoning.
- Sparkling mineral water, herb teas and coffee substitute as desired
- Food on the list. (See Protocol Food download for full list of protein, vegetables and fruit)Weigh protein into 100gm parcels and freeze some. Remove all fat.

Study ‘The Protocol’ by Dr A.T.W Simeon (on web site down loads)

Make the decision that this is only 3 weeks of your life. If you stick to a maximum of 500 calories per day, this Protocol really works; in fact it is the most exciting weight loss solution to ever come your way. Getting your body back and buying that new wardrobe is so much more exciting than bread or cake! You won’t be hungry. Just do it.

DAY ONE AND TWO

Commence H.C.G drops.

- Drop onto a PLASTIC spoon for accurate dosage



The HCG Protocol Preparation and Eating Plan

'A Place of Clarity'

- 9 x drops under the tongue 3 x per day. Hold there for approx 1 minute. Do not swallow as HCG is destroyed by your stomach acid.
- Nothing by mouth 15 minutes before or after taking drops.
- Keep your homeopathic drops away from electronics including your mobile phone.

These are your two 'Load' days. Eat well and often including fats and carbohydrates. (oily fish, avocado, olive oil, butter, yoghurt, nuts) This is very important to saturate your good fat cells whilst the H.C.G builds up in your system. This eliminates hunger in the first 3 days before abnormally stored fat is released energy for the body.

N/B If your condition is very low due to excessive previous dieting; you must do this for 1 week, regardless of how much weight you gain, to build up normal fat reserves.

Weigh and measure your body. Take photographs if you wish. Begin daily record sheet.

Increase fluids to a minimum of two litres per day. Add a dash of lemon or apple juice to water which assists hydration and drink as much camomile and green tea as you like. Do not drink coffee until one hour after drops and reduce your caffeine intake. You will drop a lot of fluid retention through urine as the body re-hydrates. Many will lose weight even on these two 'Load' days.

DAY THREE ONWARD

Weigh every morning

Measure once a week

The HCG Protocol Preparation and Eating Plan

Take your H.C.G drops first thing in the morning then again 15 minutes before lunch and dinner.

DAILY EATING PLAN

Do not attempt this eating plan without quality H.C.G homeopathic drops. HCG will draw up to 2000 calories per day from your stored fat into circulation. This is why you can eat a low calorie diet and feel well without hunger. **Over eating will result in no weight loss or a weight gain.**

- Two meals which consist of 100gm protein and any amount of vegetables and/or salad as long as your daily intake does not exceed 500 calories. (See Protocol Food download for list of allowable foods) **If it is not on the list...do not eat it.**
- Two allowable fruits per day. (apple, grapefruit, orange or handful of strawberries)
- 1 Tbls of milk per day. Vegetarians must drink 500mls of milk per day to make up protein
- 2 x slices of double baked bread or bread sticks. Use soft white non grain bread. Bake on trays in the oven at 100 degrees for 20 minutes, turn oven off and leave until crisp. Bread sticks are available in the International section at Countdown. Save these for a snack with vegemite, sliced cucumber or tomato.

Breakfast:

Eat nothing but drink plenty of allowable fluids. Eat one of your fruits or bread portions if you need to.

Cook food in a dry pan with a little stock, hot oven, grill or make soups and casseroles. No oil. Season with salt, pepper, garlic, ginger, herbs, spices, or



The HCG Protocol Preparation and Eating Plan

'A Place of Clarity'

curry powder. Purchase pure stock with no corn starch or glucose or make your own.

Make up a large bottle of dressing for salads and vegetables.

Use apple cider vinegar, lemon juice, a little orange or apple juice, mustard powder, garlic, herbs, spices and Braggs natural seasoning to make an interesting and tasty dressing. No oil.

When choosing egg as your protein you can use up to 3 egg whites to create an omelette.

OPTIONAL ADDITIONS

- Mineral supplement that includes Potassium
- Vitamin C
- Sublingual Vitamin B12 (drops under tongue)
- Colloidal silver
- Phylum Husks (helps to remove fat from your system and cleans out the bowel. Take capsules with plenty of water)
- Avoid a multi vitamin as it will probably contain vitamin E oil and cease fish oil tablets for the duration of the Protocol.

END OF YOUR H.C.G PROGRAMME

Continue 500 calorie diet for 2 days after completing drops until the H.C.G is out of your system. This is important to avoid gaining weight over these two days as the H.C.G is already releasing stored fat. Any extra calories will get stored in your 'good' fat reserves.



The HCG Protocol Preparation and Eating Plan

'A Place of Clarity'

Once the H.C.G is out of your system you **MUST** increase your calories, especially your protein. You do not want to deplete your 'good' fat reserves.

Complete 3 weeks with no sugar, starch or carbohydrate (bread, cakes, biscuits, pastry, pasta, rice, potato). Mark this date on your calendar. It takes 3 weeks for the weight you have lost to stabilise without fluctuations. It is normal for your weight to increase by about a kilo and then stabilise about 500 grams higher than your weight at the end of your drops.

Complete a minimum of 23 days on the Protocol in order to reset the hypothalamus and a maximum of 42 days

Continue to weigh daily. (see 3 week Stabilisation download)

Wait a further 3 weeks minimum (total 6 weeks off the drops) before commencing another round of H.C.G treatment. This pause can be as long as you want. To maintain the great energy you felt on 'The Protocol' use whole grains and avoid refined carbohydrates and sugars. Weigh daily and keenly observe how these foods affect your weight.

Allow a total of 8 weeks before round 3.

Allow a total of 12 weeks before round 4.

Allow a total of 20 weeks before round 5.

These spaces stop you from developing immunity to H.C.G



The HCG Protocol Preparation and Eating Plan

'A Place of Clarity'

REMEMBER- When all the abnormal fat stores have been consumed, normal hunger on the low calorie diet will resume. If you have not completed your 23 days stay on the drops but have lost all the abnormally stored fat, introduce a few more calories like extra fruit, 150-200grms protein, extra milk and extra bread sticks. This keeps your 'good' fat reserves and a healthy normal weight whilst allowing the necessary time required to re set the hypothalamus gland. This is not a diet for those who aspire to being very thin. You would have to burn your 'good' fat to achieve this at the detriment to your health.