



'A Place of Clarity'

Weight loss Stall

It is not uncommon to plateau but usually this occurs in the 3rd or 4th week (if people are going on to 42 days). If your weight stalls for 2-3 days revert to only ONE VEGETABLE with your protein portion as per Dr Simeon's original Protocol. He also suggests that if a 'stall' lasts longer than 4 days, do an apple only day. 6 apples only for the day. This seems to kick start weight loss.

The most common reason for no weight loss on the scales is fluid retention. When the fat cells dissolve they initially refill with fluid which weighs heavy. As the cell wall dissolves the fluid releases and weight loss follows. The body will also retain water to deal with the extra calories if you are going over 500 calories OR if you are dehydrated.

Check list:

- Are you drinking 2-3 litres per day of water and/or herb teas? Some peoples bodies have been so dehydrated that they no longer know how to utilise water efficiently. Add a dash only of either lemon juice or apple juice to each glass. (the sugar molecule will transport the water to the intracellular space where it is needed)
- If you have an allergy to gluten (about 70% of people do) you will retain fluid. Try stopping the bread sticks or double baked bread.
- Are you still regularly passing urine and is it a pale straw colour? Darker urine means dehydration.
- Are you constipated? Use "Alpine Tea" before bed. Available at some chemists and health shops.
- Count exact calories for a couple of days to make sure you are not exceeding 500 calories.
- Are you using any moisturisers with oil in it? The Q.V range is oil free.
- Do not take a multi-vitamin that contains Vit E oil or take any Omega 3 fish oil tablets.

I have my own theories about liver toxicity which is common in obesity which can stall weight loss. As the old fat store dissolve the liver has to do a lot of work to process the toxins stored in the fat. Eventually the weight just suddenly comes away. For this reason we added an amino acid for liver support into the 'Waimarama International HCG drops'.

Make sure you measure as well as weigh. Often the body continues to reshape and you are still losing centimetres. Your clothes keep getting looser and people begin to comment even though your scales say that you are staying the same weight.

Finally, just stay with the exact Protocol. The weight WILL come off, and in all the right places.