

hCG Diet Guide



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The statements in this book have not been evaluated by the U.S. Food and Drug Administration. This information is not intended to diagnose, treat, cure, or prevent any disease.

Since 1975, the FDA has required labeling and advertising of hcg to state: HCG has not been demonstrated to be an effective adjunctive therapy in the treatment of obesity. There is no conclusive evidence that it decreases weight beyond that resulting from caloric restriction or that it decreases the hunger and discomfort associated with calorie-restricted diets.

For more information contact : support@hcgskinnydiet.com

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Preface

Hcg diet plan is a healthy way to discard visible bulges and flabby muscles from the body. The diet centers round Hcg that stands for Human chorionic gonadotropin hormone and its ability to burn unused fat into energy.

This is a naturally occurring hormone that is produced in pregnant females during their initial months. Medical studies suggest that both men and women can consume this for a dramatic drop in their body weight. Hcg is a glycoprotein hormone that has several key roles, especially in boosting metabolism.



The
Ultimate
Fat Burning

hCG
Diet

- It triggers the metabolic rate by supplying fuel derived from burning stored fat in the body.
- Acts as appetite suppressant and hence, lowers the crav-ings for sweet, starch and junk food items.
- The 500 calorie per day that comes along with Hcg restrict further loading of fat and also detox the gastro-intestinal tract.
- 125 i.u. to 200 i.u. of HCG should be taken everyday.

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HCG Skinny Diet® Guide



Dr. Simeons in his book 'Pounds and Inches' first introduced the Hcg. It came out as an ultimate means to discard body weight. A modified lifestyle with a smarter intake of food increases the potentials of this hormone.

Simeons' scientific weight loss protocol helps users to shed 1 to 3 pounds everyday. So, losing 40 lbs in a month is quite an achievable target for all Hcg users.

Hcg is found in various forms. One can get injections, pills and diet drops online and even over the counter in drug stores. However, according to reports, it is seen that the homeopathic sublingual drops are popular than other counterparts.

- The homeopathic diet drops are taken under the tongue whereas injections are administered under the skin or in muscle.
- The diet drops do not lead to pain and cramps unlike shots.
- The oral drops acts faster as it dissolves faster.
- The sublingual drops are ready made and don't require a mixing job.

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What Is HCG? Introduction

HCG that stands for Human Chorionic Gonadotropin hormone basically shows up in pregnant women during their initial months. It is detectable by urine test. There are many key functions of this glycoprotein-based hormone.

- It improves the immunity, fertility, detects pregnancy and nourishes the placenta.
- Homeopathy has its own set up for HCG weight loss treatment. The diluted drug of this branch of medical science is very effective as it takes less time to get absorbed.
- Moreover, it is not problematic like Hcg pills or painful like the injection shots. In most cases 3 oral drops are taken under the tongue and in less than 5 minutes it starts working through blood circulation.
- Dr. Simeons first discovered HCG as a good weight loss accelerator in his book, "Pounds and Inches". According to the method, people who want to shed extra pounds have to stick to 500 calories per day. He or she must eliminate sweet things, flour, alcohol and butter during the treatment. Introduction of HCG in the body mainly helps in breaking down the abnormal fat resources that consequently releases calories, proteins and fats into your bloodstream.

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During this process your body not only get 500 calorie from the diet but 1500-4000 calories supplemented from the energy released from your abnormal fat stores. The consistent weight loss keeps you motivated and HCG maintains your high metabolic rate throughout the entire diet plan. As a result you would lose up to 1 pound of Abnormal Fat each day.

- Obese people who want to get rid off their flabby figure and bulging waist lines should feed on organic diet. He or she has to rely upon salads, raw food and fruits. The study also says that some moderate workouts like cardiovascular and aerobics are likely to increase the power of the Hcg.
- Medical researches show that this naturally occurring hormone can be introduced to both men and women for several other health benefits. It is a clinically proven treatment for weight loss. Hcg in the forms of injection, pills, oral drops and powder is available in market and online.
- As suggested in Dr. Simeons' 'Pounds and Inches', a full-grown man should not take more than 200 international units of Hcg per day. Normally, people prefer 175 to 200 i.u. of this hormone. In minor cases you can also use 125 i.u.

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What is Homeopathy?

Homeopathy is a form of alternative medicine, first proposed by German physician Samuel Hahnemann in 1796, which attempts to treat patients with heavily diluted preparations. Homeopathic remedies are prepared by serial dilution with shaking by forceful striking, which homeopaths term "succussion," after each dilution under the assumption that this increases the effect of the treatment. Dilution often continues until none of the original substance remains.

How it Works ?

Homeopathy works on the principle that extreme dilution enhances the curative properties of a substance, while eliminating any possible side effects.

This is just the reverse of conventional drug philosophy where a minimum dose is required for effect. Starting from the conventional dose, as we decrease the concentration (or increase the dilution), the medicine become less and less efficient. But below a threshold, the medicine starts getting potent again. Depending on the dilution, homeopathic remedies may not contain any pharmacologically active molecules, and for such remedies to

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have pharmacological effect would violate fundamental principles of science.

Homeopathy can only be tracked by clinical evidence; it would no longer be homeopathic if scientific evidence was prevalent in the active ingredient to produce the results.

For Example:

If you take Homeopathic HCG drops for losing weight, you'll lose weight but you will get negative results in your (HCG) pregnancy test.

If you need to know more you could review these too...

- <http://en.wikipedia.org/wiki/Homeopathy>
- <http://www.hcgdietchips.org>
- <http://hpathy.com/abc-homeopathy/homeopathy-principles/>
- <http://www.dailymail.co.uk/health/article-4040/Homeopathy-works.html>

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How homeopathic diet drops are made ?

The active Ingredient in the diet drops is a naturally occurring hormone, Human Chorionic Gonadotropin or HCG. These drops are made by serial dilution of Human chorionic gonadotrophin or HCG with shaking by forceful striking, which homeopaths term “succussion. They also contain adrenal, liver, thyroid and fat metabo-lized in potencies of 3x, 6x, 12x,30x, and 60x in a colloidal mineral water base.

Homeopathic drops intake is a proven way to reduce body weight. Initially, you have to feed on high calorie diet for 2 days. After that as your daily drop of Hcg starts on, you have to eat a very low calorie diet, say up to 500 calories per day. Some light workouts like aerobics and cardiovascular exercises will bring extra potency in the treatment.

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HCG Oral Drops Diet Instructions

There are 3 phases of HCG diet plan. They are known as Loading, Maintenance and Stabilization Phase.

Dieters should follow 2 days of loading phase, 21 - 40 days of Maintenance & 21 days of Stabilization phase.

Read these instructions carefully to get maximum benefits from Dr Simeons' HCG weight loss diet :

TABLE 1.

| Phases | Dosage | Calories | Days |
|---------------|---------------------------|---|---------|
| Loading | 10-15 Drops 3 Times Daily | 1500 - 2000 Calories | 2 |
| Maintenance | 10-15 Drops 3 Times Daily | 500 Calories | 21- 40* |
| Stabilization | No Drops Needed | Calorie intake should be gradually increased upto 800 (Women) - 1000 (Men). Avoid Sugar & Starch. | 21 |
| Total | | | 44 |

* Maintenance Phase is not restricted to mere 21 protocol days but can be stretched till 40 days.

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Phase 1 - Loading Phase (2 days)

The initial 2 days of the HCG weight loss therapy is called Loading Phase. In this stage, users have to eat high calorie food. Dieters have to Load as much food as he or she can, as this abnormal fat reserves will prepare the body to combat in the low calorie diet days.

- The original diet calls for 10-15 drops 3 times a day. How-ever studies have shown that 6-10 drops 6 times a day is more effective.
- You can gorge on fried chicken, pork, pizza, burger, butter cookies, beef pies, chocolate, rice and macaroni.
- Force-feeding is very crucial in this stage as it encourages the hypothalamus to burn more fat, even after the ending of loading days.
- The 2 days of loading phases is followed by the 2nd HCG phase that is known as Maintenance Phase.

Phase 2 – Maintenance Period (21-40 days)

Maintenance Phase is not restricted to mere 21 protocol days but can be stretched till 40 days depending on your goal weight. In this phase, you are introduced with the 500 calorie diet (VLCD), one of the main aspects of this hormonal therapy. For about 3 weeks, your body will get the very low calorie

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diet along with the combination of 10-15 drops three times a day. Now, this brilliant combination targets your abnormal fat banks that might be located in various parts of the body such as your chin, thighs, flabby arms, buttocks, hip and lower abdomen etc. HCG burns the abnormal fat bank and release energy into your blood stream that can range from 1500 to 4000 calories. So, this additional bulk energy coupled with 500 calorie resets your metabolism and melts the excessive fat from the body. It naturally makes you slim in few days.

- As explained above this phase lasts between 21 to 40 days, depending on your goal weight. The more weight you would want to lose, the longer this phase could be stretched with maximum duration of 40 days.
- Please note: A minimum of 21 days is must on this phase even if you have few pounds to lose.
- The original diet calls for 10-15 drops 3 times a day. However studies have shown that 6-10 drops 6 times a day is more effective.
- Maintain your weight by taking 500-calorie diet everyday.
- Do not consume sugar, starch and fried food items.
- You will not have hunger pangs as your body is getting adequate supply of calories from the localized fat banks.
- Incase of women, HCG drops can be resumed immediately after the menstruation along with VLCD

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- It strengthens your immune system.

Phase 3 – Stabilization period (21 days)

The Stabilization Phase is the final phase where you could skip the drops. We strongly recommend a transition from the very low calorie diet to a controlled diet with moderate calorie restriction. But completely avoid sugar and starch to keep the weight stable. This would result in a daily fat intake of around 800 calories for women and 1,000 for men.

This phase is started under any one of the following conditions:

- It's been 21 days or more on maintenance phase and you have reached your goal weight.
- It's been 40 days on maintenance phase.
- You have lost 34 pounds (15kgs) on maintenance phase.

You should undergo a minimum of 44 days HCG treatment even if you have to lose a few pounds. If a patient needs to lose more than 15 pounds then extension of the maintenance phase up to 40 days is advisable, bringing the total days of the protocol to about 60.

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You can easily lose up to 34 pounds (15Kg) in your first round of HCG. It is advisable to employ multiple rounds for losing more weight. You should start your second round of HCG after six weeks if you don't achieve your goal weight during the first round.

HCG is available in various forms but it is advisable to consume the homeopathic diet drops. Sublingual drops are possibly the secured and simplest way to infuse this hormone in the body. These drops have no side effects in the body. Unlike shots and pills, these diet drops are completely safe and painless.

- No body lumps and muscle cramps.
- The drops are usually taken under the tongue.
- Required no mixing like the injections.
- The drops do not have an expiry date.
- A great shelf life.
- The diluted hormone acts faster as it is taken under the tongue.
- 10 to 48 drops will shed 1-3 lbs in 24 hours.
- Available online and over the counter in drug stores.

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Pros And Cons Of HCG Diet Program

Pros

- Boosts muscle growth by removing toxin deposits from them.
- Support the performances of other endocrine glands.
- Burn out the abnormal fat banks in the body.
- It churns out the unused fat reserves in the body and melts them through accelerating metabolism.
- Lowers cholesterol.
- Suppresses appetite without making one physically weak.
- Improves sleep and hydrates the body.
- It brings a healthy glow on skin by eliminating unused and abnormal fat banks from the body.
- Resets metabolism and makes one energetic.
- Brings positive outlook on its users.
- Detoxes the impurities trapped in the body.

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Cons

- Sugar and starch should be avoided.
- Junk and packaged food products and all high calorie edible things are strict no during HCG protocol days.
- Dairy products are also restricted.

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Plateau Breakers

Plateau Breaker diet is one of the most highlighted topic in Simeons' Hcg weight loss program. Plateau is a common dietary stage when an user stop losing weight. Those who are consistently shedding abnormal fat up to 1-3 lbs daily can face a plateau. To break this weight loss stagnancy , HCG comes with an



Apple Day. No solid food except 6 apples should be consumed in this day. And the plan is really very effective as the apple diet regularize shedding of localized abnormal fat.

- User should survive on 6 apples in a day.
- Take water only to quench thirst in this day.
- No other solid foods except apples can be taken on Plateau Breaking day.
- Say no to American beef.
- Increase your protein intake by 0.5 ounces.
- Avoid sugar and starch.
- Users can take stevia and garlic salt for taste.
- Try to avoid mixing vegetables.

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- Don't eat bread sticks as they are very fattening.
- Consider the potency of your HCG – you may need a new, fresh batch.
- Stick to organic food.
- Grilled chicken, steaks and shrimps can be taken.
- Carefully monitor your HCG ampule, you might need a fresh batch.
- Stop other medication before undergoing HCG weight loss program.
- Consult with your physician if your plateau breaking diet fails to regularize weight reduction.
- Apple Day as a plateau breaker is not a psychological phe-nomenon; it really lowers weight up to 1-2 lbs.
- To lose 40 lbs and more, users can stay 5 days in Plateau Breaking diet.
- Users can skip little portion of their meal from their daily allotment. E.g. skipping a loaf of bread, some strawberries or may be a grilled shrimp from your daily diet can matter a lot.
- Moderate workouts like brisk walking, yoga, aerobics and warm-ups will enhance the productivity of HCG.
- This accelerates metabolism by burning out abnormal fat banks in the body.

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- The protocol does not encourage physical exercise but we suggest the dieters to carry out some light workouts everyday.
- Women should consult a doctor or go through Simeons' 'Pounds and Inches' about how to take the Plateau Breaking diet during their menstruation days.
- Additives and packaged chicken and mutton should be avoided. Refined flour and breads and dairy products should also be shunned.
- Try to include apple cider vinegar and lemon juice in your daily menu.

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Top 4 Reasons For Failure with the HCG Diet

The HCG diet is a comprehensive medical breakthrough in the weight loss industry. Lately this diet has been growing more and more as the place to turn to when trying to lose weight with minimal effort. Reports show repeatedly over and over that people sticking to the diet will lose 1-2 pounds a day. Well what happens when you don't lose that pound, what happens when you don't lose anything for several days? The information contained below is meant to help those that have been on the diet before to determine the reasons of any struggles that could persist through taking the HCG diet drops along with the 500-calorie diet.

- (1) Cheating! Simply put, it's cheating on the diet. What if your intake of calories was 700 instead of 500? Even though it is such a small amount what this forces your body to do is now that you are producing 700 calories your body shifts to start pulling your energy from your calories again. The whole purpose of the HCG diet is to shift the bodies' efforts to pull your energy from stored fat deposits. Even if you're just slightly above the 500-calorie intake then it will change the source on where the body will pull its energy.

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- (2) The wrong types of calories and proteins. When on the HCG diet we commonly see the word protein and immediately think steak, pork, beef, and other meats high in fat content. While it is ok to have these in extremely small rations it should not be looked at as a main course because of the volume of fat content found in these types of meats. When thinking of main courses for proteins in our meals, fish, chicken, and lean slices of beef become much better and healthier method along with providing our bodies an easier job to burn the stored fat we are trying to shed.
- (3) Constipation. One of the most common side effects of the HCG diet is constipation. When we don't lose weight for several days and we aren't using the bathroom as often this could be to blame and it is recommended that while on the HCG diet that natural colon cleansing methods are applied regularly to promote the body to pass our stools.
- (4) Lack of consistency, whether it be with taking our HCG diet drops or calorie intake. This is probably one of the most common reasons of people not to lose weight on the HCG diet.

When the menu calls for a 1 serving of vegetables, 1 serving of fruit, and a protein we often substitute other foods

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to fill in for the ones we don't want. Or we succumb to our temptations and substitute another fruit instead of the vegetable.

The body demands a specific balance and any deficiency will force the body to pull its energy from other sources. For example, fruits have a large amount of natural sugar. If we double up on the natural amount of sugar then the body will begin to shift to pull our energy from that source, as a result our body will burn through it very quickly and then as a result we will start to get hungry, and our body will demand a higher intake of calories.

Our body while on the HCG diet is in a state of deficiency, if the balance is knocked off even just a little bit for one day, it can throw off the results by a large amount for days to come.

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HCG Shopping List - A Must Read Before You Buy Your Groceries

HCG shopping list can be a huge shift of lifestyle as you will get to know what is good for your health and what is not. The list will give you a fair idea of natural food items and the names of the brands supplying them. All these foodstuffs are unrefined, wild and do not contain any preservatives, hormonal interference and added flavors and colors. Dieters can check these food items in nearby supermarkets and can also order them online. Prices are relatively affordable.

List Of Food Items That Can Stimulate Weight Loss

Bread

Sprouted Grain Breads :

Breads are an essential part of your menu. Try to consume whole bread and sprouted bread products as these holds a bunch of nutrients and dietary fibers. You can shop pasta, bagels, crackers, cakes, muffins and normal breads made with whole wheat.

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You can look out for Food for Life brand's Ezekiel 4.9 Organic Bread. You are likely to get Organic Sprouted Barley, Organic Sprouted Millet, Organic Spelt, Malted Barley, Organic Sprouted Lentils, Organic Sprouted Soybeans, Filtered Water, Fresh Yeast, Organic Sprouted Wheat and Sea Salt. Most importantly, bread varieties like Cinnamon Raisin, Rolls, Tortillas and English Muffins are available in this brand.

Know Your Bread :

It is very important to read the ingredients of the bread or any food items you are shopping. Avoid those having preservatives and synthetic qualities. Always go for natural edible things, especially when you are on a diet.



Rice Bread :

Make Rice bread or Brown rice flour your second option if you are not getting enough of sprouted and whole grain bread. Rice flour is free from gluten and wheat germ making you digest them easily.

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Spelt Bread :

Spelt bread is widely consumed throughout the world. People who are not very tolerant to wheat germ and gluten can consume spelt bread. It makes great breakfast items such as sandwiches and toasts, cookies and pretzels. Spelt flakes can also be taken along with lemon juice and strawberries and raspberries. However, people with more than 25 BMI should avoid excessive eating of spelt breads.



While shopping bread, always be sure that it does not contain the following ingredients :

- Hydrogenated vegetable oil
- High Fructose Corn Syrup
- Refined and bleached flour
- Wheat Gluten
- Artificial or Synthetic flavor and color
- Sugar and starch
- Preservatives

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Dairy Products

While shopping dairy products, take notice of the ingredients enlisted in the packet. Never purchase the pasteurized and homogenized milk and cheese. Try to consume raw milk available from its original source, i.e. cow or buffalo. Search for a local farm or websites supplying organic milk. Some websites have a wide variety of naturally made dairy products that is an integral part of our daily menu.

- Butter and Cheese (www.grasslandmeats.com)
- A Campaign for Real Milk (www.realmilk.com)
- Organic Pastures (www.organicpastures.com)
 - Whole milk
 - Cultured raw Butter
 - Unaltered Cream
 - Qephor
 - Unpasteurized Cheese
 - Colostrum
 - Kombucha
- The Weston A. Price Foundation (www.westonaprice.org)

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The above stated websites are reliable source of organic dairy products. However, if you find it difficult to shop these items online, just be sure of some labeled ingredients in the dairy products while shopping.

- Free of Antibiotics
- Free of Hormones
- No Preservatives

Meats, Poultry and Fish

Meats, poultry food items and fishes are your basic protein resources. These protein ingredients lost their potency when antibiotics and hormones are introduced in them, to stay them fresh for a long time. So, your poultry shopping should be free of antibiotic, preservatives, hormones etc. you can check your nearby local farms and authorized poultry food supplier, whether the animals are organic grass fed or not. If it is not possible, look at these websites, trusted for naturally good meat.

U.S. Wellness Meats (www.grasslandmeats.com)

Vital Choice (www.vitalchoiceorganics.com)

While purchasing meat, eggs, fishes you should carefully go through the ingredient table. If it include added color, flavor, perfume, hormone and preservatives, at once avoid them. Same is with fish also. Only opt for wild

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fish as farm raised fishes contain more chemicals and artificially injected hormone.

- Grown without the use of growth hormones
- Grown without the use of antibiotics

Nut Butter

Nut butters made from raw nuts like almond, walnut, cashew and macadamia. Do not consume roasted nut as these contain saturated oil and salt. Stay away from nut butter that enlists dry roasted almonds in the top of the ingredient list. Though, natural peanut butter is not a very regular thing in superstores, cashew and macadamia organic nut butter are good for your health.

I like many of us, if you are too fond of peanut butter, here is the recipe of this delicious butter. Take 1 cup of raw peanut, 4 tbsp water, ½ tbsp raw honey and 1 ½ tbsp extra virgin olive or coconut oil. Blend all ingredients and serve it on bread or meat.

- Nut Butters (www.wildfamilynaturals.com)
- Nut Butters (<http://nutbutter.worldofrawfood.com>)

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Oil

Oil is the most necessary thing in your menu. Some oils are good and some are bad for your health. Extra virgin olive and coconut oils are beneficial for you, especially when you are on a special diet. being said that, organic butter that is free of salt and is derived from grass fed animals are very good. Dieters can use butter as dressings and in bread. While shopping grocery items, read the oil composition very carefully.

- Certified organic
- Unrefined
- No chemicals (including hexane) added
- Unbleached
- Not deodorized
- Not hydrogenated
- Made from traditional coconut palms only (no GMO varieties)
- Cold-pressed (no heat used in the extraction process)

You can also buy organic oil from trusted websites. These are ;

- Extra Virgin Traditional Philippine (www.wildfamilynaturals.com)
- Extra Virgin Coconut Oil (www.naturalsunfood.com)

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- Tropical Traditions (www.tropicaltraditions.com)

Dieters who have the habit of cooking know that for medium-heat cooking or sauntering extra virgin olive oil is best. The cold pressed and unrefined olive oil is sold in dark bottles. Check out for this in your local food store or you can order from these websites ;

1. Bragg EVOO (www.truefoodsmkt.com)
2. Purely Organic, Ltd. (www.purelyorganic.com)
3. Whole Foods Market (www.wholefoodsmarket.com)

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Omega-3 Supplements

Cod liver oil is a very good source of Omega 3 and vitamin D. use this oil during winter as in this time our body does not get enough vitamin D from sunlight. It is found in the forms of soft gel and liquid. Opt for the gel one and refrigerate it.

If you have a knack for fish oil, always take it during summers for its low vitamin-D content. Again there are soft gel and liquid form.

Use fish oil as per instruction on the bottle or take 1 ml for every 10 pounds of your total body weight. To give you an idea of the quantity good for our body is, 1 teaspoon = 5 ml.

Contact with your local grocery store or order from these websites;

- Krill Oil (<http://fishoilforyou.getprograde.com/icon>)
- Sockeye Salmon Oil softgels (<http://salmonoil.vitalchoiceorgan-ics.com>)
- Carlson Labs (<http://www.carlsonlabs.com>)
- Nordic Naturals (<http://nordicnaturals.com>)

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Salt

You have to maintain your health smartly when you are on a hormonal diet like HCG for weight loss. Pure unrefined sea salt, which has no additives, is good for your health. Eg, Celtic sea salt.

Now, if you want to add this salt in your daily menu than order now from this website.

Celtic Sea Salt brand (www.celticseas.com)

Redmond's Real Salt (www.wildfamilynaturals.com)

Himalayan Salt (www.wildfamilynaturals.com)

A health note on salt has made into this e-book as this ingredient also controls our weight. For this, you should always consume unrefined salt, Himalayan salt and garlic salt. If your grocery store has no labeled unrefined salt granules, just carefully read the compositions and avoid this if it has the following contents :

- Sugar (added to stabilize Iodine and as anti-caking chemical)
- Aluminum Silicate

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Stevia

Stevia is a natural ingredient for sweetening food items. It is very beneficial for obese, diabetic, elder people. It can be found in various forms like liquid, powder and gel.

The liquid extract of stevia is ideal for cooking and baking. You can also use powdered stevia in hot liquid but it does not dissolve in cold ones. This is a widely used food item and dieters can get this into local grocery stores. If not, go through this website ;

- Steviva (www.stevivasweetener.com)

While purchasing stevia, read the contents of the stevia bottle very carefully and reject if it contain Maltodextrin. Some people also feel bloating and heavy because of the inulin fiber but this is also found in many fruits and vegetables.

Xylitol

Ensuring your body immunity or response, dieters can replace stevia (if allergic) for xylitol. Ensure that the product contain no additives and preservatives.

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Agave Syrup

It is another natural sweetener just like stevia. Use in moderate amount as it has calories in the form of carbohydrates. The raw and organic Agave syrup is good for you. Avoid the syrup if it has the addition of chemicals, preservatives and toxins. If the label say, Agave Nectar or pure Agave nectar, buy it and use it in your dishes.

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A Peek Into Simeons Weight Loss Protocol

Dr. Simeons' "**Pounds and Inches**" is considered to be the Bible of HCG diet Plan. It mainly describes the benefits of HCG and its role in weight loss. HCG is a glycoprotein hormone that is produced in pregnant females in their initial months. Simeons' discovery on Hcg speaks about its ability to crunch abnormal fat that consequently releases energy in the body. This hormonal therapy includes 500 calorie diet and a minimum dosage of 125 to 200 i.u.HCG daily. Simeons' "**Pounds and Inches**" mainly emphasizes the causes, symptoms and treatment of obesity through this natural hormone called HCG.

o **Obesity A Disorder & Three Basic Causes Of Obesity**

- Obesity has emerged as a disorder mainly because of faulty eating habits and hectic lifestyle. Overweight people mainly accumulate fat by eating junks, sweets and starch without knowing where to stop.
- Three basic causes of obesity are **psychological aspects, compulsive eating habits and reluctance in losing weight.** Irregular lifestyle can increase your weight, no matters you eat

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less. Not all the fat reserves in our body contribute in weight gain. There are categories of fat in our body each with different roles.

o **Three Kinds Of Fat**

The 3 types of fat in our body are Structural, Normal and Abnormal fat.

- The Structural fat acts as soft cushion or filling material between organs and bones.
- The Normal fat is the fuel of the body.
- The abnormal fat is the unlocked energy store house.

The structural fat and normal fats have positive qualities as mentioned above in the body whereas abnormal fat causes obesity and other health issues. These abnormal fat deposits are known as Fat Bank.

o **Importance Of The Thyroid Gland, Pituitary Gland & Adrenals**

The thyroid, pituitary and adrenal glands have very important roles in our body. These glands regulate other endocrine functions along with metabolism, controlling and mobilizing fatty substances. They balance the sugar level, appetite and involuntary functions of the

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body. Just like these hormones, Hcg is another beneficial natural hormone that has key role in reducing excessive body weight through its unique mechanism.

o **The Nature Of Human Chorionic Gonadotropin (HCG) & The Theory Of Treating Obesity**

Human Chorionic Gonadotropin or HCG is a naturally occurring hormone in human being. It was discovered by British physician, Dr. A.T.W Simeons in 'Pounds and Inches'. This glycoprotein hormone targets the abnormal fat bank in your body and releases energy up to 4000 calories a day. The crucial part of this hormonal program is that, you have to maintain a 500 calorie diet along with 10 to 48 homeopathic sub lingual drops everyday. No, you will not feel weak and impoverished by this diet. The reason behind this is that HCG prevents losing of structural and normal fat reserves, i.e. the last resort of body's emergency fuel. This unique hormone only burns the abnormal fatty substance and release constant energy from them. Thus, as a user you are getting the additional supply of 1500 to 5000 calories along with the original 500 calorie diet.

This hormonal therapy for weight loss has several positive qualities. Users undergoing this Hcg protocol will never feel hungry as the body is provided with constant energy released by burning out the chunks of abnormal fat. It accelerates metabolism that naturally trims

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down an obese figure. Moreover, Hcg detoxes the body and makes one energetic and focused in life. The best part of this program is that without serious workouts and a starving diet, you can lose 40 lbs and more in less than a month. However, the protocol demands a standard range of taking Hcg, which is 10 to 48 drops everyday. Both the genders can take Hcg diet drops or injections for safe removal of body weight.

o **Use Of HCG For Men & Women**

Both men and women can use HCG to discard extra pounds from their body in few days. The Hcg weight loss has its own protocol, technique and duration, which needs to be followed by every users for maximum benefits.

o **HCG Protocol, Technique & Duration**

The Hcg weight loss protocol stretches 44 days of absolute VLCD and 10 to 15 sub lingual drops of this hormone. If you are like most of us and want to shed your bulges and flabby muscles can undergo 3 Hcg Phases. Here are some more informations of this weight loss program :

- There are 3 Hcg Phases (Loading, Maintenance and Stabilization). The program also include 1 Apple day as a

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Plateau Breaker. The protocol includes 500 calorie diet and 125 i.u. of Hcg everyday.

- Regular intake of this hormone can shed 1-3 lbs in just 24 hours.
- Hcg diet can shed 40 lbs and more in less than a month!
- The HCG oral drops are taken under the tongue.
- The shots are administered in the muscle or under the skin.
- Though, it is a complete weight loss program and do not require any support courses, users can still take further course if they feel unsatisfied.

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Golden Rules Of HCG Diet Plan

1. **500 Calorie Diet Is Mandatory** 500 calorie diet is mandatory in Hcg weight loss protocol. The combination of 500 calorie diet and 125 i.u. hormone can shed 1-3 lbs from the total body weight of a dieter.
2. **Understand The Phases Well** There are 3 Hcg Phases. These are Loading, Maintenance and Stabilization Phases. The initial 2 days are loading phase while there are 21 days each with the final 2 stages.
3. **No Cheating** Cheating is the main reason behind the failure with Hcg weight loss program. Dieters who are not strictly following 500 calorie diet everyday or nibbling now and then are more vulnerable to put on weight.
4. **No Breaks** No breaks are acceptable during 44 day Hcg weight loss plan. Breaks would completely nulify the gains & you would have to redo the complete plan from day 1.
5. **Understand Side Effects So You Could Be Ready For Them** Hcg diet have generally have no side effects but you may experience mild headache, constipation, lethargy etc. Whatever they are be prepared to tide over these minor inconveniences.

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6. **Monitor your Weight & Inches Regularly** It is very important to monitor your weight and inches regularly. The sheer happiness to see your weight drop consistently will be motivating enough to complete the protocol.
7. **Be Ready For Weight Plateau** Weight plateau is a phase when a dieter's weight losing tendency comes to a stall. This stagnancy is broken by Hcg Apple Day, where one has to eat 6 apples a day to regain normalcy.
8. **Never Miss Your Doses** Skipping your Hcg doses can be a hindrance in your weight loss goal. Missing your dose can increase your fat sometimes. You might feel weak if you do not take regular dosage but stick to VLCD.
9. **Avoid Cosmetics & Makeup** Avoid cosmetics and make up that contains laxatives, animal adipose and essential oils. These unwanted greasy substances contribute in the abnormal fat loading and for this reason Hcg dieters should not use them.
10. **No Alcohol** No alcohol should be consumed while undergoing the Hcg weight loss program. As this hormone stimulates hypothalamus, dieters, however, do not feel the necessity of taking intoxicated drinks.

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11. Plan Your Grocery List Plan your grocery list smartly, read the labels carefully, there are lot ingredients like Hydrogenated Oil, Fructose Corn Syrup, Wheat Gluten, etc which are extremely unhealthy and need to be avoided. To be safe stick to organic food and fruits.

12. Wait To Celebrate Your Success... Good Luck With The Protocol

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Conclusion

HCG drops cannot work alone for weight loss. It must be coupled with 500 calorie diet(VLCD). Dieters should maintain a VLCD throughout 44 days, covering the final 2 HCG phases. When you are consuming the homeopathic sub lingual drops of this hormone, make sure that you are taking 10 to 15 drops of Hcg 30 minutes after every meal.

These drops boost your metabolism naturally that consequently helps in shedding stored fat from your body. The motivation level of your body remains high throughout the diet plan. The HCG Diet Plan works because you are maintaining a fat free diet. Vegetables, fruits and all organic food items cleanse the digestive tracts and bring a healthy glow in you.

As HCG hormone is an appetite suppressant, it lowers your hunger without making you weak. About 10 to 15 sub lingual drops thrice a day is suitable for both men and women above 16 years. The diluted hormone is more powerful than intra-muscular injections, pills and sprays. Moreover, it has no side effects, no pain and cramps like the shots.

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