

*"There's less of me  
thanks to hCG"*

lose weight the  
**hCG plus way**

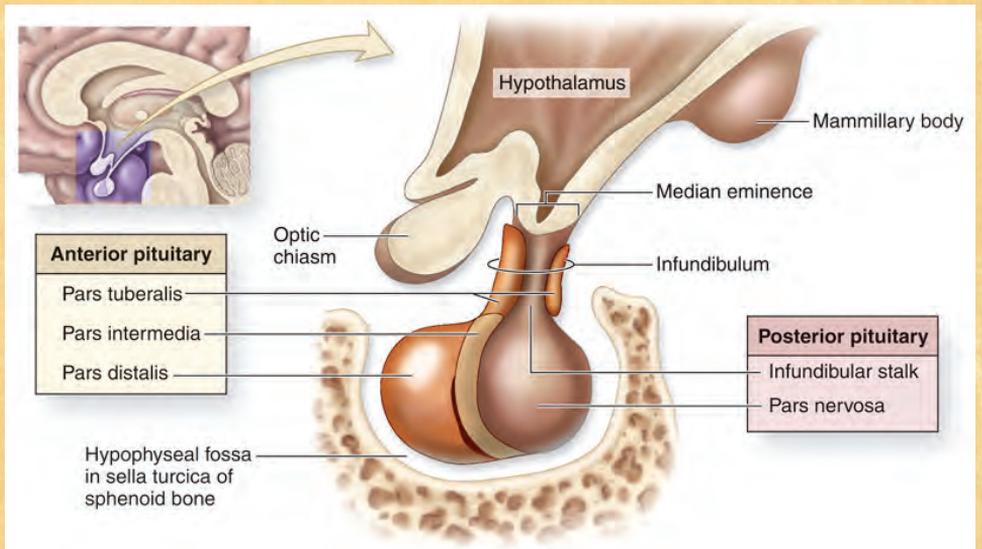
## Who We Are

Our organization is based out of the small town of Orofino located in Northern Idaho. My journey over the last year with the hcg weight loss program has been incredible. Each day I truly am more amazed at the results that I am seeing with my clients and the benefits of hCG. I have been fortunate in having the opportunity to become involved in this program thru Dr. Shane Harada. He is currently running programs in three other areas. He has worked with thousands of people in completing the hCG program all over the country. My office here in Fillmore, California is offering the hCG program to the community and is run With my wife and my self and the help of Dr. Shane Harada. I went on the hCG weight loss program and lost forty pounds in forty days. It changed my life and began this journey with hcgplusweightloss. One year later I am still at the same weight and have brought a lot of people thru this program from all over the US and Canada.

Our program is based on Dr. Simeon's protocol as well as three other professionals in the health field who are involved in hcg weight loss programs and research. We are committed to providing a quality product manufactured in the United States recommended by a professional. We have put together now five different diet plans designed specifically for your blood type. We strive to provide the best program available to ensure your success with hCG weight loss.



Our goal and mission here is not to sell a product but to provide a program to each of our clients in which they are given the goals and resources to succeed in the hCG weight loss program. hcg weight loss program is about returning to health and wellness. This is much more than a diet program. It is a cure or solution to the problem of obesity that plagues this country. In helping others thru this program we can begin to make a difference in the life of many others. We are committed as an organization in helping each individual take that first step in regaining there health thru nutrition and wellness. We would like to thank you for giving us this opportunity.



## Taking Body Measurements

Taking your measurements is an excellent way to keep track of your changing shape as you get fit. When you burn fat and increase your muscle mass, you may weigh a bit more even though your body is getting tighter and smaller. Here is how you take 10 different body measurements. Remember to keep your muscles relaxed while you're measuring.



- 1) **Bust:** Don't squish yourself—measure all the way around your bust and back right at your nipple line, and make sure the tape measure is not lower.
- 2) **Chest:** Measure under your breasts but as high up as you can go, keeping the tape measure parallel to this line when you reach it around your back.
- 3) **Waist:** Measure wherever it is the smallest (if you have *no waist* go around yourself right at the navel line).
- 4) **Hips:** Measure at the very biggest part—even if that is so low that you are almost on the top of your thighs.
- 5) **Midway:** Measure midway between the very biggest part of your hips and your waist.
- 6) **Thighs:** Measure wherever they are the most prominent.
- 7) **Knees:** Measure right above the knee.
- 8) **Calves:** Measure wherever they are the most prominent.
- 9) **Upper Arm:** Measure wherever they are most prominent above your elbows.
- 10) **Forearms:** Measure wherever they are most prominent below your elbows.

Re-measure yourself every week. It may seem discouraging to see your measurements when you start the protocol, but once you begin to see results, the feeling of accomplishment is wonderful. Even if you have been on the protocol for a while, it's not too late—it is great to watch your body continue to change.

Your membership in hCG Plus-Weight Loss gives you access to printable Weight Loss Charts on the hcg Plus Weight Loss website.



## **Personal Care Products**

### **Permitted on the hCG Diet**

#### **hCG Diet-Friendly Products**



We have compiled a list of hCG friendly beauty and personal care products for use with the hCG Plus Program and are continually researching new products to make it easy for you. We have included a basic list of shampoos, soaps, and lotion options, as well as companies that offer organic and/or all natural cosmetics and beauty products. Please note that some products may hinder your results. Be sure to check ingredients.

While organic products generally lead to maximum weight loss results, Dr. Simeons' protocol only prohibits products with fat (for example, lanolin based lotions) and oil (example: oil based cosmetics) to avoid weight gain through absorption by the body.

#### **Individual Products and Brands:**

##### **Deodorants:**

Thai Stick, There deo stick, crystal deodorant (wet crystal and apply), Tom's of Maine, baking soda mixed with corn starch.

##### **Lotions and Dry Skin:**

Coconut oil, plain mineral oil (has no nutritional value), most baby oils are mineral oils or try lotions/moisturizers with a mineral oil base, Mill Creek Oil Free Moisturizer and/or Facial Cream. Avoid sun tan and sunscreen lotions; we haven't found any solutions for this particular challenge.

##### **Toothpaste:**

Baking soda, Spry toothpaste, Tom's of Maine

##### **Body Soaps:**

Zest, Ivory and Dial, Jasons, baking soda

##### **Face Soaps and Makeup Removers:**

Jasons products

##### **Sweeteners:**

Stevia

##### **Shampoo and Conditioner:**

Mill Creek, Natures Gate Alovera, Aubrey Organics, Baking soda, Life Extension Products

##### **Cosmetics/Eyelashes:**

Mineral Make-up (make sure it is a true mineral make-up)—the foundation is especially important. There are a few very good lines of products out now. For the most part, avoid products sold in the department and *big box* stores and look for those in health food stores. Most mascara is acceptable. Roux Lash and Brow Tint Kit in Brown and Black



## Things to expect on the Dr. Simeons hCG Protocol

By: Bob Robeson

First off, let me say that I think it is great that you are looking for a real cure to your weight issues. This is not just another fad diet designed to separate you from your money.

Please note that this program is the most powerful, fastest, and effective way to lose body fat, lose inches, re-shape and re-sculpt your body and completely correct the condition of obesity. When you do the hCG Plus weight reduction protocol, some amazing things can happen to you. You can lose fat, pounds, and inches faster and easier than ever before. Imagine losing and getting rid of over a pound per day starting from the very first day.

The best part is once the protocol is over you can once again eat normally. Why, because this entire course addresses the very root problem of obesity, it resets the Hypothalamus Gland found deep inside your brain, raises your metabolism and eliminates hunger! This is just the beginning of your new world and lifestyle in healthy living! However, you will find this entire program so different than any diet you have seen or used, I felt I would give you some insight as to what to expect.

1. Expect to lose a pound or two per day.
2. The protocol is NOT dependent on exercise to lose the weight, but exercise is still great for your overall health.
3. Find a source of Melba Toast or Grissini Bread Sticks. They can be a bit difficult to find.
4. **You must eat to capacity all day long while taking hCG drops (a total feast, just like Thanksgiving) for 2 days before starting the diet.** We know this goes against anything you ever heard of on a diet, but remember, this is not a diet, it is a cure for Obesity. Eat the fattiest foods you can, like bacon, mayonnaise, butter, biscuits and graze and any other high fat foods. Why? Because once you start the VLCD (Very Low Calorie Diet) it takes a few days for the hCG to start moving your fat into your system. Meanwhile you are using the stored fat you just ate. Please eat a lot! This helps to reduce and even eliminate hunger and headaches.
5. A few people get a little hungry for the first few days of the VLCD if they did not eat enough before they start.
6. A few people experience headaches around days 3-5 of the VLCD mostly because they did not eat enough before they started or are not drinking enough. There is also the huge change in diet and the headache is just a reaction to that. An aspirin usually helps if needed, but they almost always go away on their own. Drink lots of water.
7. Have your coffee or tea ready the night before you need it. So when you get up in the morning, just turn it on. That way it will be ready as soon as possible.
8. You are drinking a lot of water, tea and coffee, so guess what, you are going to urinate a lot.
9. You are eating a little so guess what; you will have fewer and fewer stools.
10. Your clothes will start getting loose and belts will quickly become too big. So start saving money for the new wardrobe.
11. Diabetics can expect a huge drop in Blood Sugar levels. Mine went from 250mg with meds to 110mg without meds in 3 weeks. It also stabilized at around 105mg average. What do you say? That was not bad for a 10 year type 2 diabetic whose Hi c tests were 7.2, taking 4 different drugs for diabetes, high blood pressure and cholesterol. I no longer take any prescription drugs, and my blood work has never been better.

12. A few people experience slightly blurry vision while on the protocol, but from what I have heard the few that it has affected have all cleared up after the protocol ended.
13. Your rings (finger, toes, etc.) will get loose and you may want to remove them and wait until you have reached your goal weight before having them resized.
14. Your energy level will go up. It becomes easier to get up in the mornings.
15. Expect your blood pressure to drop to normal levels.
16. Expect better checkups at your next Doctor's visit.

These experiences are my personal experiences and others I found on the Web. We are not making any medical claims, just observations and relaying these observations.

Author: Bob Robeson

[www.whenhealthmatters.com/hcg.html](http://www.whenhealthmatters.com/hcg.html)

## Supplements

Here are Seven notes and tips from Dr. Shane and our Team, most of the supplemental items mentioned are available at most health food stores and also at [www.hcgplusweightloss.com](http://www.hcgplusweightloss.com):

1. A term that is commonly used to signify your 40 day protocol is the "round". The round must be at least 23 days and never more than 40. If there is a need to go through multiple rounds, please make sure you read and understand the last section of this workbook.
2. Melba Toast and Grissini Bread Sticks may be a bit difficult to find. A good place to start is the cracker isle or bread section of your local health food store, fresh market or whole foods outlet.
3. Are you having a bowel movement EVERY DAY? This is very important In fact, it is one of our first questions when people come to us because they hit a plateau. It is imperative that you maintain at least one movement per day, even after the plan. A mild colon cleanse formula such as *Colon Support* or *Smooth Move* tea is very, very helpful for this situation. In most cases, please make sure it includes cascara sagrada, aloe, and slippery elm in the ingredient listing. **Also available on our website.**
4. Stevia and Xylitol are the only two sweeteners allowed in this program. The brand called *SweetLeaf* is recommended and is pure Stevia. There are plain liquid, plain packets, along with 13 different liquid flavors available in this brand. This is not related to being *no calories* or no carbohydrates. It is due to the chemistry and way the body breaks the sweeteners down through metabolism. **Also available on our website.**
5. Please read the labels on Stevia products. We have found that over 65% of them use additional sweeteners such as Maltodextrin, Maltose, or even fructose. These hinder the plan. Stay away from all artificial sweeteners, sugars, corn syrups, etc.
6. Do not try to count calories. This program is about nutrition and recognizing portion sizes. Just because a food says *no calories* or *reduced calories* or *no fat* doesn't qualify it for eating. This is about eating the right foods that are on the plan. These foods have been carefully selected to assist in fat burning instead of fat storage.
7. Watch out for vitamin/mineral supplements. Many of these have *hidden* ingredients that will hinder the plan. The supplements recommended in our protocol have been tested and tried. Most of them are available at your local health food stores or directly through [www.hcgplusweightloss.com](http://www.hcgplusweightloss.com). If you have a suggestion regarding the current products, additions of new products, etc., please contact us. We are always looking for ways to improve this already fabulous protocol.

*Take 5 drops 6 x a day or 10 drops 3 x a day*

## **Phase 1:**

**Length = 2-4 weeks + 2-4 days:**

### ***The Cleanse and the Feast:***

It is definitely recommended that you do a cleanse before starting this program, yes YOU. At the very minimum it is best to do a two-week liver cleanse. If you have been on any medications (birth control, pain relievers, anti-inflammatories, cholesterol, NSAIDs, etc., etc.) a 4-week whole body type cleanse is truly in your best interest. This will help avoid plateau and also make the plan more successful with ridding the weight more quickly and easily. We have had many who want to avoid this step to get started on the hCG Program more quickly. This just sets you up for less effectiveness and possible delays in your journey. The following are some of the products that we have had the best success with. They are available at most health food stores and also at [www.hcgplusweightloss.com](http://www.hcgplusweightloss.com):

Renew Life/Advanced Natural Products: LiverMax, Rapid Detox, CleanseMax, and others from this same company.

Standard Process: LivaPlex and SP Cleanse

Integrative Therapeutics/Enzymatic Therapies: Whole Body Cleanse, Liver Cleanse and others from this company.

**Colon Support and Slim Support. Also available on our website.**

A note about Slim Support: This is a key product for your success. It may be used to assist in preparing for the hCG Program during the cleanse. It will help support the hypothalamus, thyroid and detoxification. This particular formula may also be used to help during the hCG Plus plan to make it more effective and avoid or stop plateaus. It will also be effective after the round of hCG to continue the weight reduction during the stabilization and maintenance.

## **Day One:**

Weigh in and take your measurements immediately upon arising, after emptying the bladder.

Remember: the scale and tape measure are your friends for this program.

- 1) Record weight and measurements. NOTE: This is a vital step in order to track your success. If you miss this step you will not know your exact progress.
- 2) **Take the drops DURING the feast.** For best results, take 5 drops 6 times per day. An option is 10 drops 3 times per day, but the appetite is usually a bit greater.
- 3) You **MUST** feast and eat as much food, especially high calorie and high fat, as you can throughout the day. This will only be done for the first two days. Extend the feast to 3-4 days if days 1 and 2 weren't completed properly or if you have been on a different diet or calorie restricted plan within the last 2-4 weeks. Act like you are celebrating Thanksgiving or Christmas Feasts. You should not only be full, but even *stuffed*.



- 4) **Important Note:** If this step is not done properly, it may lead to almost uncontrollable hunger and appetite for the first week of the VLCD (Very Low Calorie Diet). However, when completed properly you should be absolutely satisfied without hunger through the entire program. It seems to take about 3 days before deposited excess fat begins to circulate and be available to use for energy and nutrients. The feast is similar to *priming the pump*.

## Day Two: Repeat Day One

**Day 3 and Day 4:** Possibly repeat day 1 (see #4 above), then continue into Phase 2.

## Phase 2:

**Length: 23-40 consecutive days (3-6 weeks)**

### Day Three:

- 1) Starting with Day Three, you **MUST** eat everything as described, or at least as closely as possible. It has been our experience that those who do not eat enough have the same difficulty as eating too much.
- 2) Consume no more than the portions sizes as outlined (approx. 500 calories per day) **using only foods listed in this protocol**. Do not count calories. The portion size is the most important aspect of keeping track of your food intake.
- 3) Each meal consists of a protein, vegetable(s), and fruit with optional Melba Toast.
- 4) **All things not listed are your choice and nothing permissible has been left out. Remember: if you want to maximize the desired results of weight reduction it is best to choose only foods listed in this protocol.**
- 5) There is no objection to breaking up the two meals. (for instance, having a fruit for breakfast or just after dinner provided it is deducted from the regular meals.)
- 6) Do not skip meals.
- 7) An uneaten item cannot be added to the next day.
- 8) The juice of one lemon daily is allowed for all purposes.  
(Putting lemon in tea or water makes it taste better for many people)
- 9) Season your food with: Bragg's Amino Acid liquid, juice of half a lemon, white or black pepper, raw apple cider vinegar, sea salt, garlic, basil, parsley, thyme, marjoram, or any other herb (fresh or dried). Stay away from seasoning mixes and seasoning salts.
- 10) Absolutely no oil, butter, dressings, mayonnaise, ketchup or other such items!
- 11) Using entirely organic foods, grass fed beef, and pure water is suggested **ONLY** by Kevin Trudeau. Many are doing this protocol successfully without using organic items. This may be an area to review, if weight loss slows.
- 12) Some people have experienced slower weight loss when using oranges, grapefruits, tomatoes, and Melba Toast or Grissini breadsticks. This would be an area to review if weight loss slows, especially depending on your blood type.
- 13) Medicines and over-the-counter non-prescription drugs should be avoided if at all possible. Our experience has been many medications slow the weight loss process. These also interfere with proper liver function, which may require a liver cleanse during Phase 1. Obviously, if you require these, continue under your medical doctor supervision and review the notes at the beginning of this material at Phase 1.  
**Good news:** we are not aware of any medications that the homeopathic hCG Plus program has interactions with, but use proper discretion.

14) Nothing on the skin: creams, lotions, moisturizers, sun tan lotion or anything else of this kind. Coconut oil or mineral oil are the only two on the plan, however, we have also found an oil free moisturizer and facial creme from Mill Creek. There is also an oil free shampoo and conditioner. Be especially careful with products that cover larger areas and stay on for extended periods of time.

15) No cosmetics other than lipstick, eyebrow pencil, and facial powder should be used. (Cosmetics that are Mineral based with no added oil may be used also). We have found a couple mineral make-up formulas that work very well: Ultra Pure Cosmetics or NS Minerals.

- ✧ First thing after morning elimination is recording the new weight. Take your measurements at least once each week or more often if you like.
- ✧ Take drops 6x a day or 3x a day. Within 2-5 minutes the appetite should decrease by more than half. After 5-10 minutes the appetite should be gone or nearly gone and the meal should be completely satisfying to the hunger.
- ✧ **Drink 2 qts of tea throughout the day and drink a minimum of 2 qts of water per day.**
- ✧ Conditions such as hot temperatures, activity, larger body size, etc. may require more water.
- ✧ Drink as much as your body requires and is thirsty for. Note: If you are not a *water drinker*, try mixing a bit of flavored SweatLeaf Stevia for flavored and sweetened water. There are 13 flavors to choose from.
- ✧ Breakfast: Only have water, tea, or coffee (Note: coffee does NOT replace water). Have as much as you desire.
- ✧ Each day, drink at least one gallon of water/tea throughout the day. Green or Herbal tea, black coffee, plain water, or mineral water are the only drinks allowed but they may be taken in any quantity and at all times.

Note: Use only Slim Trim Tea, Herbal or Green Tea. **Black teas, Earl Grey, Lipton Iced Tea, and other dark teas will ultimately hinder the program.** Some other brand ideas include Celestial Seasonings or Good Earth.

Also: As little coffee as possible is recommended due to the high amounts of toxins that coffee itself contains. It is also difficult and stressing for the liver. Coffee is a diuretic and dehydrates the body. No soda pop while on the hCG Plus Protocol, not even *diet soda*.

This program is not about *little or no calories*. It is about nutrition and portions. Soda pop drastically dehydrates the body and is considered to be slow poison.

Also: Only 1 Tablespoon of milk per day.



Lunch: (please note there are no calories listed, only portions sizes):

- ✧ 100 grams 3.5oz (weighed raw) of extra lean beef, venison, veal, skinless chicken breast, Wild Chilean sea bass, flounder, sole, halibut, red snapper, orange roughy, mahi mahi, fresh white fish, lobster, crab, or shrimp.
- ✧ **Not allowed are: salmon, eel, tuna, herring, dried or pickled fish.**
- ✧ Meat and fish may be grilled, broiled, or boiled without oil or fat.
- ✧ All visible fat must be removed before cooking.
- ✧ Optional: Melba Toast or Grissini thin breadsticks

**Vegetables: (portion size = 3 cups with lunch and 3 cups with dinner—this may also be split up a little bit for “snacking” between meals).**

- ✧ The following vegetables eaten raw, steamed, grilled (without oil), or gently boiled.
- ✧ Be sure to count the vegetables toward the daily 500 calorie limit.
- ✧ Use only one vegetable in the meal if cooked, however onion may be used as a spice/garnish.

As a fresh salad, an entire mix may be used.

Spinach	Beet Greens	Tomatoes
Fennel	Red Radishes	Asparagus
Chard	Any Lettuces	Celery
Cabbage	Cucumbers	
White, Yellow or Red Onions		



**Fruit:** Fruit may be eaten between meals instead of with a meal.

The 2 fruits per day may not be eaten at the same time.

- ✧ One apple (no restriction on size but cannot substitute two small apples for one large because there are more calories in two small apples).
- ✧ Or, a grapefruit.
- ✧ Or, a medium handful of strawberries.
- ✧ Or, an orange.

Dinner:

- ✧ The same choices as for lunch.
- ✧ Do not have two meals exactly the same in the same day.
- ✧ Variety is a key for success in this plan. Learning to use herbs and spices really helps with this area. Enjoy your food and enjoy this change in your life.

## Day Four:

- 1) Follow Day Three instructions every day for the entire program.
- 2) **In order to achieve permanent results, you must continue the hCG Plus exactly as described for a minimum of 23 days and no more than 40 days (per Dr. Simeons). If done less than 23 days the hypothalamus is left unstable and this sets you up for a rebound/yo-yo effect. If done more than 40 days the body builds a resistance or tolerance to the hCG. If you do this you run the risk of not being able to do the plan ever again.**
- 3) The reason for the very low caloric diet (VLCD) intake is that the body will only release the abnormal fat reserves after it has burned the consumed calories. Each pound of body fat contains approx. 3500 calories. That fat burn becomes your true energy source.
- 4) For many individuals, who have felt that these portions are too much, they have omitted anything they wish. Interestingly enough, eating smaller portions does not speed up the process. In fact, eating smaller quantities of food can actually slow or stop the fat releasing mechanism and ultimately hinder your progress.



**If you hit a plateau or stall a bit, try this Apple-Day:** An apple-day begins at lunch and continues until just before lunch of the following day. Six large apples are to be consumed as needed throughout the 24 hours. During an apple-day, no other food or liquids except plain water are allowed. It is best for this day only to drink just enough to quench an uncomfortable thirst if eating an apple leaves you feeling thirsty. Most individuals feel no need for water and are quite happy with the 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 after you resume the normal nutritional program. On the following days you should continue to lose weight satisfactorily.

NOTE: Some individuals find that 6 apples are too much. It is important to eat as close to the entire 6 as possible. Too little food will cause a plateau just the same as too much.

*After the 40 days of Phase 2 you will need to transition into Phase 3 (Stabilization and Natural Tummy Tuck) and then into Phase 4 (The New World).*

*Phase 3 and 4 are described later. Please focus on learning, knowing, and working Phase 1 and 2 before attempting Phase 3. It is usually recommended for most individuals that you begin understanding and reading up on Phases 3 and 4 only after you have completed the first 4 weeks of Phase 2.*



## Maximizing Tips

Tips for Maximizing Your Weight Loss While on hCG Plus While doing the hCG Plus, there are several steps you can take to help maximize the effects of the hormone so you can get the best results possible. In addition to following the VLCD (very low calorie diet), adding these simple strategies will help you experience some great results while keeping your body as healthy as possible. Drink 2 qts. of water each day and 2 quarts of tea. Drinking plenty of water each day helps to cleanse your body and further helps to suppress your appetite. As noted above, plain water may also be flavored or sweetened with Stevia.

Chew gum if you are having a hard time fighting the temptation to eat foods that are not part of this program. A wonderful suggestion for gum is called XyloBurst, which has excellent flavor and is sweetened with Xylitol. Another is called Spry. Both of these stay soft and chewy for a long time. Your local health food store should also have some good options.

You should also be sure to plan your meals wisely. It is always a bad idea to eat when it is close to bedtime. This is a good time to chew gum instead of eating. This is because your body will not have time to *burn off* the meal and the excess will be converted to stored fat while you sleep. **Therefore, eat your last meal for the day more than three hours before going to bed.** If you go to bed on an empty stomach, you won't have to worry about your body storing that extra fat.

By utilizing these tips, you can increase the amount of weight you lose from just half a pound per day to two or even three pounds. In addition, since the hCG Plus helps to contour your body, you won't have to worry about unsightly skin flaps developing as the result of such rapid weight loss. In the rare cases that excess skin occurs a herbal witch hazel tonic may be used.

### How does hCG help you lose weight in all the right places?

It's not only about pounds; it's also about the inches.

The hCG Plus protocol consists of a combination of a (VLCD) Very Low Calorie Diet and the use of hCG Plus or Slim. However, the amount of weight lost during this plan differs significantly from other programs involving low calorie diets because of the hCG itself. hCG is the hormone that unlocks the excess fat cell so the body can burn it and use it as energy. Thus, the excess fat cell is what is targeted and released. The results are seen in a changed body contour, with particular impact on those hard to reduce areas such as thighs and buttocks.

Eliminating the Rebound effect (No More Yo-Yo).

Fat accumulates faster than muscle, this is a known fact. When you change the proportion of body fat to muscle in your body during the hCG Plus program you are actually diminishing your chances of rebounding back to your original weight. This plan actually assists in resetting the hypothalamus (the *thermostat* for weight control).

Once the 23-40 day agenda of VLCD ends (approximately six weeks, depending on the weight loss objective) you must go through a *stabilization and maintenance* period where the level of calories is restored to the usual rate according to body type. During this time all foods that could be stored by the body as fat (carbohydrates and sugars) are restricted. In this way, the body realigns itself to a normal eating routine, but does not implement the fat storage mechanisms. This resetting of the system greatly diminishes the risk of rebounding back to the original weight. During the 23-40 day course you will quickly lose weight, maintain the muscle mass, and the weight loss will be concentrated in those areas that are most complicated to reduce. This will definitely become apparent as you record the measurements. The tape measure has just become your trusted friend.

No bad moods. No headaches. No weakness.

In most diet curriculums, drastically reducing your caloric intake almost necessarily brings unwanted side effects. Irritability, headaches and feelings of weakness are the most common of these side effects. These consequences make it almost impossible for most people to maintain the discipline a low calorie diet requires, even if the weight loss is great.

That is exactly where this complete program makes the difference. The use of hCG Plus not only affects where you lose weight, but it also affects how you feel while doing it.

hCG is believed to generate endorphins in the human body. These endorphins generate feelings of well being, increased energy and increase your ability to focus. This definitely makes the hCG Plus not only effective in its results, but also in its process.

During the hCG Plus course, you will be able to continue an active lifestyle, including light to moderate aerobic exercise (although exercising is not a condition for achieving results). You will feel energized and in good moods, and will not experience hunger pangs.

**The advantages of hCG Plus can be summarized in the following points:**

Speed: hCG Plus delivers an average weight loss of 25-35 pounds for women and 40-55 pounds in men over the 40 day round. Even more astonishing is the fact that there is no recovery of weight in the period following. This speed allows you to visualize the results almost immediately. This makes a solid position and acts as a strong motivator to strictly adhere to the entire curriculum.

Focused weight loss and modeling of body contour: hCG Plus delivers important weight loss. It is also very different from almost all other products. This is because most of the weight loss is concentrated on localized subcutaneous fat, particularly in those areas where there is a greater concentration. Structural fat necessary to maintain a healthy body and muscular mass is not affected. As a consequence, the proportion of body fat to muscle changes radically, making the metabolic process more efficient and reducing the possibility of the well known "rebound effect". Additionally, a positive effect is produced on skin tissues, which become more elastic and accompany the loss in body weight. This assures a harmonious re-shaping and re-sculpting effect. Loose, sagging skin is rarely evidenced, even when weight loss is more than 40 lbs. For those fairly rare cases where excess skin is present, the product recommended for this is Witch Hazel Tonic. This is a natural skin tonifying agent that can be used during and after hCG Plus. This is in stock at many health food stores and also at [www.hcgplusweightloss.com](http://www.hcgplusweightloss.com).

No secondary side effects: The use of hCG Plus has demonstrated complete safety and effectiveness. It has show to be free from negative side effects when used properly, and in conjunction with the protocol outlined in this handbook. Furthermore, in most cases the side effects show to be positive. Most individuals present high levels of energy, good mood, absence of headaches, and lack of hunger and anxiety. Even more impressive is the result that many individuals have improved wellness. Their health so dramatically transforms that they find it necessary to consult with their medical providers to reduce medications and prescriptions.

**Drops vs Injections**

**Better results than hCG Injections:** At this point there have been more than two dozen individuals who have tried our products after using the injections. In our clinical experience with these case studies, we can say with much comfort and pleasure that our hCG Plus protocol has proven to be more effective than the hCG Injections. Every one of these individuals have reported their results to be at least as good as the injections. Interestingly enough, more than 30% of them also reported better results than they experienced with hCG Injections.

## **Dr. Simeon's Protocol for hCG Program**

### **Breakfast:**

Tea or black coffee are allowed in any quantity without sugar. Only one tablespoon of milk is allowed in 24 hours. Stevia or Xylitol may be used as the sweetener.



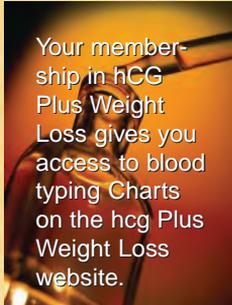
### **Lunch:**

- 1) 100 grams/3.5oz of veal, beef, chicken breast, fresh white fish, lobster, crab, or shrimp. All visible fat must be carefully removed before cooking, and the meat must be weighed raw. It must be boiled or grilled without additional fat. Salmon, eel, tuna, herring, dried or pickled fish are not allowed. The chicken breast must be removed from the bird.
- 2) Three cups = 1 serving/portion (When Steaming or Cooking—onion may be used for some flavor also) When steaming or cooking, only one type of vegetable may be chosen from the following. When used fresh as a salad these may be mixed as desired: spinach, chard, chicory, beet-greens, green salad, tomatoes, celery, fennel, onions, red radishes, cucumbers, asparagus, cabbage.
- 3) One breadstick (Grissini) or one Melba Toast.
- 4) An apple, orange, or a handful of strawberries or one-half grapefruit.

### **Dinner:**

The same four choices as lunch (above.)

- 1) The juice of one lemon daily is allowed for all purposes. Salt, pepper, vinegar, mustard powder, garlic, sweet basil, parsley, thyme, marjoram, etc., may be used for seasoning, but no oil, butter or dressing.
- 2) Tea, coffee, plain water, or mineral water are the only drinks allowed, but they may be taken in any quantity and at all times.
- 3) In fact, you should drink about 2 quarts of water and 2 quarts of tea per day. Many people are afraid to drink so much because they fear that this may make them retain more water. This is a wrong notion as the body is more inclined to store water when the intake falls below its normal requirements.
- 4) The fruit or the breadstick may be eaten between meals instead of with lunch or dinner, but not more than four items listed for lunch and dinner may be eaten at one meal.
- 5) No medicines or cosmetics other than lipstick, eyebrow pencil and powder may be used without special permission.
- 6) There is no objection to breaking up the two meals; for instance, having a breadstick and an apple for breakfast or an orange as the after-dinner snack, provided they are deducted from the regular meals. The whole daily ration of two breadsticks or two fruits may not be eaten at the same time, nor can any item saved from the previous day be added on the following day. In the beginning, it is advised that you compare every meal with the protocol before starting to eat and not to rely on memory. It is also worth pointing out that any attempt to observe this program without hCG will lead to trouble in two to three days.



Your membership in hCG Plus Weight Loss gives you access to blood typing Charts on the hcg Plus Weight Loss website.

- 7) It should also be mentioned that two small apples weighing as much as one large apple have a higher caloric value. Therefore, this is not allowed, although there is no restriction on the size of one apple. Some people do not realize that a tangerine is not an orange. This also applies and means that a chicken breast is not the same as the breast of any other fowl. A wing or drumstick may not be substituted.
- 8) The most tiresome questions are those that come from individuals who start counting calories. Many of them come up with all manner of ingenious variations which they compile from their references and little books. Remember this: You may eat ANYTHING you so desire while on this protocol. However, if you want the desired results, you must live this plan entirely and precisely. Most any variation will lead to disappointment.

## **PHASE 2- hCG Basic Protocol Quick Reference Chart**

Protocol basics based on: *Pounds & Inches: A New Approach to Obesity* by Dr. A. T. W. Simeons, M.D., and *The Weight Loss Cure They Don't Want You to Know About* by Kevin Trudeau.

A few helpful affirmations in realizing this is truly a choice. Develop ones that really mean something to you. Program yourself with Power and Feeling. Review these and repeat them out loud at least once per day or more as needed. In other words, what do you really want? Figure that out and create it.

***I choose... / Jam... Other beginnings may be: I can... I want... I will...***

- .. .to complete/completing this plan with success.
- .. .to make/making healthy choices for my Body, my Mind, and my Spirit.
- .. .to improve/improving each day in my choices for food.
- .. .to enjoy/enjoying (name the food) in 6 short weeks when it is healthy for me.
- .. .to change/changing my perspective with food.
- .. .to enjoy/enjoying this journey and love the success.
- .. .to forgive/forgiving in myself and move forward in loving myself.

***I feel... I create...***

*Also use specific feelings you are striving to engender and create, such as peace, love, calm, reverence, excitement, enthusiasm, forgiveness, happiness, etc.*

- .. .better choices in my life each and every day.
- .. .like making healthy choices for my Body, my Mind, and my Spirit.
- .. .to improve each day in my choices for food.
- .. .to enjoy (name the food) when it is healthy for me.
- .. .to change my perspective with food.

A marvelous book is *Feelings Buried Alive* by Karol Truman. Her book gives insight into identifying the challenge and how to change it. Did you know that you can literally change your DNA? Find out how.

**Important: The following chart is for convenience only and does not take the place of the value of reading the above and other various resources.**

## Phase 2 Shopping List

NOTE: Using organic and pure water is only recommended by Kevin Trudeau.

### Meat & Fish:

Organic grass fed suggested  
Beef  
Veal  
Chicken breast (skinless)  
Wild Chilean sea bass  
Flounder  
Sole  
Halibut  
Fresh White Fish (\*)  
Lobster (\*)  
Crab (\*)  
Shrimp (\*)

### Vegetables: (Organic suggested)

Spinach  
Chard  
Beet greens  
Lettuces of any kind  
Tomatoes  
Celery  
Fennel  
White, yellow, or red onions  
Red radishes  
Cucumbers  
Asparagus  
Cabbage

### Fruit: (Organic suggested)

Apple (1-2 per day)  
1/2 grapefruit, (per day)  
Strawberries  
Orange (\*)

### Other:

Melba Toast (\*)  
Grissini (\*)  
One Tablespoon of milk daily

(\*) Noted in these words only in Dr. Simeons' protocol

### Seasonings: (Organic suggested)

Lemon (juice of one daily)  
White or Black Pepper  
Sea salt  
Garlic  
Basil  
Parsley  
Thyme  
Marjoram  
Raw Organic Apple Cider Vinegar or any other herb or organic herb

### Tea: (Organic suggested) & Water (pure suggested):

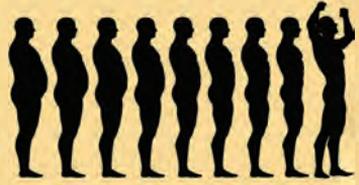
Green tea: (stimulates cell cleansing, increases metabolism, helps regulate hunger)  
Wu Long or Oolong tea: (a green tea that melts away fat)  
Yerba Mate tea: (increases energy, reduces appetite and stimulates releasing of fat cells)  
Chamomile tea  
Water: 1/2 to 1 gallon daily (Pure water is suggested)  
Volvic, Fiji, Evian; ideally with coral calcium sachets)



## More Weight To Lose?

### What If You Still Have More Weight To Lose?

(Rob Pell, Sunshine Natural Foods, Oregon)



Following the protocol for 3 weeks and using a one oz. bottle of either the hCG Slim or hCG Plus formulas will typically result in 10-20 lbs of weight loss. Using a two oz. bottle of either formula for six weeks in conjunction with the protocol usually results in a 25-45 lb reduction.

So, what do you do if your goal is to get rid of 65 to 75 lbs or more? Read on and you will find the answer. At the conclusion of the first round (your 3-6 week protocol) you must give yourself a break for at least six weeks. **Failure to do so may cause your body to develop a resistance or tolerance to hCG. If you don't take a break after each 3-6 week course of use, your body will likely become insensitive to its effects which means that hCG may never work for you again.**

At this point, you now begin the recovery phase of the program where you incrementally transition back to normal eating. These instructions are found in the previous section of this booklet, called Phase 3 and Phase 4. People often report losing an additional 1-3 lbs per week during this phase. You may even want to gradually begin a cardiovascular exercise program with all the extra energy you now have!

After your 1st round and following the 6 week break, if you decide you would like to do another round, you may repeat the entire program from day one and go into round 2. Once again you would begin at Phase 1 with the cleanse, followed by the 2 days of feast. After round 2 you would then need to break for a minimum of 8 weeks before starting round 3. If needed the protocol may then be used again after a 10 week layoff before round 4, and so on. Each successive round requires an additional 2 weeks of maintenance before starting the next round.

In summary:

- ✧ After round 1 = 6 weeks (3 weeks of Phase 3 and 3 weeks of Phase 4) before beginning round 2.
- ✧ After round 2 = 8 weeks (3 weeks of Phase 3 and 3 weeks of Phase 4, plus an additional 2 weeks of eating regularly) before beginning round 3.
- ✧ After round 3=10 weeks (3 weeks of Phase 3 and 3 weeks of Phase 4, plus an additional 4 weeks of eating regularly) before beginning round 4.
- ✧ After round 4 = 12 weeks (3 weeks of Phase 3 and 3 weeks of Phase 4, plus an additional 6 weeks of eating regularly) before beginning round 5.
- ✧ Etc., etc., etc.

We have had some individuals get rid of upwards of 150+ pounds by doing this program. Once the body reaches the *optimal weight* it will tell you. Because all of the excess fat has been utilized, the energy must now be derived from what you ingest through the mouth. Thus, the appetite will rise and it will feel as if the hCG drops are no longer effective. So long as you are within the 23-40 days you can end the round and move into the Phase 3 and Phase 4.

**An excellent formula to use during the recovery phase when taking a break from the hCG drops is Slim Support.** Available on the website. The specific ingredients in this formula assist in eliminating excess fat while balancing and toning the hypothalamus, thyroid and other key tissues. This formula will assist you in weight loss during each phase before, during or after you take the hCG drops. It is also an effective plateau breaker if you stop losing while on the program. The Slim Trim Tea and plenty of water are also very helpful!

## **Once your VLCD is over** ✧ *Congratulations* ✧ ...then what? Phase 3 and Phase 4

**Congratulations** with your success thus far! Now is the time to get to know your body better. Phase 3 and Phase 4 are key components to your continuing success. If you live these properly the weight will stay off and be easier to maintain at your new level. If you choose to go about re-introduction a different route, the chances are great that you will gain the weight back and be discouraged with our program. There are a couple of things to know and understand.

- 1) Keep taking your weight and measurements. With the use of Slim Support we've had many individuals get rid of another 5-15 pounds during these phases.
- 2) During Phase 4, keep track of the types of carbs you are adding (potato, bread, pasta, corn, etc.). If any cause an increase in weight, you know it may be a challenge for you.
- 3) Digestive enzymes may be of assistance for a short duration in this case, but we still need to get to the underlying cause of the imbalance.
- 4) Now you have important understanding of what foods keep the weight off and which ones may be a challenge. This is all part of the knowledge necessary for continued success!

**Phase 3:** Length: 24 days (approx. 3 weeks)

### **How to Re-Introduce Foods Properly after the hCG Program**

So you have finished your Protocol, you have lost your weight (how cool is that) and it is time to start adding back the foods that you were once afraid of. You were also worried that once you started eating again, the weight would come back. Well you are right, it will, unless you use some common sense. So, here is my take on how to reintroduce the foods. Follow Phase 3 and Phase 4 with the same tenacity and exactness as you did during Phase 2.

- 1) Stay on the VLCD for 72 hours after your last day of hCG drops.
- 2) Then, for 3 weeks (the stabilization period) start eating foods without starches or sugars. Yes, that means low carbohydrates. Basically, follow the Dr. Atkins low carbohydrate diet.
- 3) Then, for 3 more weeks after that, start adding in the starches and sugars, the previously dreaded carbohydrates.
- 4) Keep in mind; you have been on a 500 calorie diet for weeks now.
- 5) Do NOT go ballistic and start eating 2500 calories on the 1st day after your VLCD. Sneak up to it. Here is what I mean...

First, find out your calorie limit/portion size. For women that means 11 times your current weight, and for men this means 12 times your current weight.

Example: For a woman whose current weight is 150 lbs, multiplied times 11 is 1650 calories a day.

Example: For a man whose current weight is 200, multiplied times 12 is 2400 calories a day.

Week 1: OK, so for week 1 after your VLCD, work your way up to about 800-1000 calories a day. By now you are excellent at portion sizes—this is just under twice the amount as Phase 2. Remember no sugar, starches and low carbohydrates. Yes, you can eat fats during this time, but don't overdo it.

- ✧ I like to stop my fruits and bread sticks for the first week.
- ✧ Have cream in your coffee or tea if you like. Continue to drink lots of water.
- ✧ I add Salmon, Trout, Shrimp scampi. Use butter, oil or cooking spray in your frying pan.
- ✧ I like to add a small breakfast with an egg or 2. Make a 2 egg omelet and load it up!

- ◇ Change the Protein to about 6-8 oz per meal. So for Lunch have some protein and a small salad with real dressing and some veggies of your choice. And get this; your salad can be a mixture of all your favorite things that you want in the salad, just eliminate the sugars and starches.
- ◇ Dinner is about the same as Lunch. Protein, salad and veggies.
- ◇ Try to eat a little at each meal and try to get in a mid morning and mid afternoon snack.

Week 2: Then for week 2, increase your daily calorie count to about 1200-1500 calories per day. Do this by adding in more veggies. Maybe some soups, cheese, peanut butter, nuts and other low carbohydrate type foods.

Week 3: Then by week 3 work your way up to your total calorie limit. You should be eating 5 or 6 little meals a day; Breakfast, mid morning snack, Lunch, Mid-afternoon snack and Dinner. You might get away with a light dinner snack.

Weigh yourself every day and do not allow for more than a 2 pound gain. If there is, do a Steak day!

#### **Phase 4:** Length: 21 days (3 weeks)

Now, to add in the starches and sugars.

Sugars and Starches (the carbohydrates) for many people are the danger zone! Re-introduce these too fast, and you may experience weight gain. This is the time to help re-program your body. ADD them SLOWLY! To avoid weight gain, follow the protocol with the same exactness as you did during Phase 2.

Week 4: So, for week 4 after your VLCD, add in one portion of a carbohydrate food that you missed the most. Eat 1/2 slice of bread, 1/2 cup of pasta, 1/2 potato, 1/2 cup of rice or whatever, but just one. Then, the next day, stop that one and add a different one. Only eat one portion of carb food with your meal, lunch is suggested. Change your carbohydrate from day to day. Keep track of which ones you've added. If one adds weigh on at the next weigh-in, make a note and be careful with that particular food.

Week 5: For week 5, enjoy 2 carb foods in the same day, but not at the same meal. Do not eat two carb foods of the same kind in one day during week 5. For instance, have bread for lunch and a potato for dinner.

Week 6: For week 6, enjoy 3 carb portions per day and start combining the carbs during the same meal. By the end of week 6, you should be eating a good, healthy, well rounded, high fiber, lower fat diet within your portion sizes without being concerned about gaining weight any longer!

#### **One last thought:**

Avoid over-eating; (stay within your portion control) avoid eating both a high fat and high carb meal. You may get away with a high fat meal or a high carb meal but high fat and high carb together are a harmful combination. Author: Bob Robeson



**If you gain more than 2 pounds from your stabilized weight, do this Steak-Day:** A steak-day begins at breakfast and continues until bedtime of the same day. Begin breakfast with 2 eggs cooked in your favorite way as long as they are plain. However, salt and pepper may be added. Have cheese/cheese sticks for snacks between meals as needed. Enjoy a large steak for lunch and another for dinner. For this day, it is best to drink plenty of water. The steak-day produces a gratifying loss of weight on the following day and kicks the body back into "burning mode". On the following days you should continue to maintain weight satisfactorily without fluctuation. This may be used at any time during Phase 3 and Phase 4 and even after the entire protocol has been completed.

# hcgplusweightloss.com

*"There's less of me  
thanks to hCG"*



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