

The Sublingual Homeopathic hCG Diet

Guidelines for Success
www.hCGHealthyWeightLoss.com

Steve Turner
CEO, Weight B-Gone, L.L.C.
Weight Loss Consultation and hCG Diet Product Sales

HCG – human Chorionic Gonadatropin Hormone Homeopathic Diet

Introduction to the HCG Homeopathic Diet

Prepare yourself to read about an amazing way to lose weight quickly and return your body to a leaner, more efficient, metabolic machine, just as it was created to be. In this guide you will learn the secrets of hCG, how it works, why it works, and why it is most likely the weight reduction plan that will work for you when other plans have failed. Needing to lose 5 pounds or 100 pounds or more? You'll not find a quicker or more successful way of losing weight. And get this...this weight reduction plan has a 100% success rate. No other plan can say that. And most plans don't have a means of maintaining your weight loss like this one does. And now hCG is available in sublingual homeopathic drops versus the injectable hormone used for many years and still in vogue. The advantages of homeopathic sublingual drops include: significantly lower cost (\$100's a month less); no painful injections; ease of use; equivalent success rate and readily available without a physician's prescription. A word of caution to those of you purchasing your own via the internet, check the source and ensure that it is pharmaceutical grade!

What You Can Expect on the Sublingual Homeopathic hCG Diet:

- A weight reduction of 0.5 to 1 pound every day. Some lose even more per day.
- Little or no hunger.
- An easy to follow weight reduction plan
- No exercise required
- Your body will reshape itself even before you lose all your desired weight.
- Despite the great and rapid amount of weight loss, there is no skin sag

Why Other Diets Fail:

There is a part of the brain called the hypothalamus that acts as the control center for your whole body, including the amount of extra body fat you store. The hypothalamus' role in the brain is to manage the body's fuel sources. For example, if you reduce your caloric intake drastically, your hypothalamus thinks that food must be scarce and puts the body into famine mode. The first thing it does is lower your metabolism so you burn fewer calories. The second thing it does is store nearly all calories as body fat. That's why it's so difficult to lose weight on a low calorie diet. It's a delicate balance between eating too much and not eating enough. And to make matters worse, the more diets you go through, the more sensitive your hypothalamus becomes. Any slight drop in caloric intake and it goes into famine mode. It actually becomes nearly impossible for some to lose weight even on 800 calories or less per day.

The History Behind the hCG Diet:

In the early 1950's Dr. A.T.W. Simeons discovered and developed the hCG diet. HCG is human Chorionic Gonaotrophin. It is primarily found in the urine of pregnant women. It is produced in the placenta, and its purpose is to keep progesterone levels high so the pregnancy is maintained. In his studies, Dr. Simeons found that it had the additional effect of promoting survival of the mother and child during times of low calorie intake. HCG seemed to help by promoting the burning of the mother's body fat and sparing her lean muscle. HCG tells the hypothalamus to access fat storage for energy and nutrients, which helps to keep the mother and child healthy even in times of famine. Dr. Simeons discovered when a small amount of hCG was administered to anyone, even if they weren't pregnant (including men), the effect was the same, and they lost body fat at up to 1 pound a day or more. The hCG combined with a low calorie diet makes the hypothalamus use body fat for energy instead of lowering metabolism or burning muscle for fuel. The doctor also found that there was no hunger, and despite the rapid weight loss, there was no skin sag. Best of all, the hCG resets the hypothalamus to normal, and his clients were able to eat normal and maintain the weight loss easily. Since his discovery, he refined and perfected the hCG diet plan to where he had a 100% success rate. Hundreds of weight loss clinic around the world have successfully treated thousands of clients. The doctor's manuscript "Pounds and Inches: A New Approach to Obesity" can be downloaded here: www.aznaturopathicdr.com under the documentation tab.

The hCG Diet in Detail

There are 5 Phases:

Initial Phase – pg 2

The Diet Phase – pg 3

Ending the Diet Phase – pg 4

The Transition Phase – pg 4

The “Normal” Diet Phase – pg 5

Initial Phase – first 2 days

How to take the drops:

1. Do not eat or drink anything 15 minutes prior to administering the sublingual hCG.
2. Take 10 drops under the tongue 3x per day before meals (breakfast, lunch and dinner)
3. Hold there for at least 2-5 minutes.
4. Before swallowing, swirl it around in your mouth a few times.
5. Do not eat or drink anything for 30 minutes after swallowing.

What to Eat

In the Initial Phase you will begin taking the hCG drops while eating a fat-loading diet. You must eat as many calories as you can in these two days. You must eat to capacity, and eat foods with a high fat content. This sounds like an unusual behavior for the beginning of a diet, but it has a purpose. The two days of calorie loading is required to fill up your structural fat storage (see Dr. Simeons “Pounds and Inches” manuscript for a description of the 3 kinds of body fats). Structural fats are the good fat cells that are required for you to live. Standard diets deplete the good fat cells. It is important to replenish them. With the structural fat cells replenished, your body will not signal the brain that there is a famine. If you don't replenish these important fat cells, you will be hungry for the first week to 10 days of the low calorie diet, so it is very important. The more you load, the less hunger you will feel. Those that do proper loading, generally never feel hunger on this diet. You will gain a few pounds, but don't worry, it will all come off quickly in the first couple of days on the 500 calorie diet.

The Diet Phase

Even if you only have 5 pounds to lose, you must still do a minimum of 18 days. If you do less, it will not reset your hypothalamus, and you will regain the lost weight very rapidly.

I recommend a limit of 8 – 12 consecutive weeks on the diet plan. After that, 1 month of replenishing of minerals and fish oils is to be done. If more weight loss is desired, another 8 – 12 weeks of HCG can be initiated.

It is important to remember that everyone is different and that weight loss varies from person to person. Generally, you should count on losing from 0.5 to 1.0 pound on average per day. In this Diet Phase, you will eat a specific diet of 500 calories per day while taking the hCG drops before meals as previously described. This sounds like a drastically small amount of calories and without the hCG you would feel pretty miserable. But, with the hCG you will feel no hunger because you are mobilizing fat to meet your bodies caloric needs, burning approximately 2,000 – 2,500 calories per day.

The hCG Diet Consists of:

Breakfast:

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

Lunch:

Consists of two parts – one meat and one vegetable (a fruit serving is optional):

1. Lean Meat: 100 grams (3.5 ounces) of veal, beef, chicken breast, turkey breast, fresh or frozen 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. Do not substitute pork, other poultry, fatty fish, or heavily marbled beef for the lean protein choices recommended by Dr. Simeons. The use of other meats can result in significant weight gain or water retention. Dr Simeons' choices are the result of years of research and clinical experience with his patients in Rome.
2. Vegetables: 100 grams (3.5 ounces) Eat only one type of vegetable at a meal. Choose from the following: spinach, chard, chicory, beet greens, green salad, tomatoes, celery, fennel, onions, red radishes, cucumbers, asparagus, and cabbage. Broccoli, cauliflower and zucchini squash are mentioned in some hCG literature but, where not included in A.T. Simeons' list of vegetables. I suggest that you stay very close to the guidelines the first week to assure the best possible weight loss. If you want to try the broccoli, cauliflower, green beans and zucchini, add them in and see if it affects successful weight loss for you. If you continue to lose weight, then I wouldn't hesitate to add them to your list of vegetables.
3. Fruits: No more than two fruit servings per day are allowed. Choose from the following: apple, orange, half of a grapefruit, or a handful of strawberries, blueberries or blackberries. (A fruit serving may be eaten for breakfast, mid-morning, lunch, mid-afternoon, with dinner or mid-evening but again, never more than two servings per day).
4. One breadstick (grissino) or one Melba toast (Wasa Bread is also acceptable).

Dinner:

The same as lunch – one meat and one vegetable and one breadstick/melba toast or Wasa bread.

Diet Phase Rules:

1. The juice of one lemon daily is allowed for all purposes. Lemon juice and pepper mixed with Stevia makes a very tasty non-caloric salad dressing.
2. Salt, pepper, vinegar, mustard powder, garlic, sweet basil, parsley, thyme, marjoram, etc., may be used for seasoning, but no oil, butter or dressing.
3. Tea, coffee, plain water, or mineral water (2 liters or 68 ounces or ½ gallons) of water per day is recommended) are the only drinks allowed, but they may be taken in any quantity and at all times. Green teas are especially beneficial in detoxifying the body and reducing hunger. A word of caution...diet sodas and some bottled teas contain aspartame a chemical sweetener which often triggers hunger in the brain.
4. No cosmetics other than lipstick, eyebrow pencil and powder may be used. Toiletries and beauty products containing vegetable or animal fat cannot be used as the fat is absorbed through the skin and can halt weight loss.

5. Continue taking prescribed medicines! Never quit taking prescribed medications without the consent of your medical doctor. It is wise to consult with your doctor before starting the hCG drops if you are being treated for any chronic medical condition/s. While the hCG drops are homeopathic, they still have the same potent affect of the injectable hCG – weight loss! Weight loss can reduce your blood sugars and your blood pressure – both great side effects of the diet! Thus, if you are being treated for diabetes or for hypertension (high blood pressure) you will need to keep close tabs on your blood sugar and/or blood pressure to prevent any complications or adverse side effects. As you lose weight, many physical problems begin to correct themselves and medications you are currently taking may not be necessary. Again, never discontinue prescribed medications without consulting with your medical doctor.
6. Aspirin and birth control are allowed on the diet.
7. The only sweetener allowed is liquid Stevia, a natural sweetener. The powdered Stevia usually has other ingredients that aren't allowed on this diet. Crystal Light has recently added a Fitness drink using Stevia for a sweetener. True Lemon also carries a Lemon drink with Truvia a brand name Stevia product.
8. Two apples is not an acceptable exchange for one apple.
9. A good multivitamin is recommended.
10. No other fowl are not allowed, only chicken and turkey and only the breast without fat or skin.
11. The chicken or turkey breast must be taken from the bone before cooking.
12. Only one type of vegetable per meal. Do not mix vegetables.
13. Beef cannot be eaten for both meals on the same day.
14. No more than 3 meals of beef per week.
15. Occasionally eggs may be substituted for a meat in the form of one whole egg and three egg whites, either boiled, or poached. Or 100 grams (3.5 ounces) of skim milk cottage cheese. No other cheeses are allowed.
16. You do not have to eat all the food allotted for one day, but if you don't eat from a food group it cannot be added to the next day's amount.
17. Vegetarians can substitute 16 ounces of skim milk for the meat.

Plateaus & the “6 Apple Day”

Plateaus can happen and are discouraging. These are usually caused by water retention from salt intake or your period. Salt is important to the body, so should be continued to be used. **Usually these plateaus last only a day or two. If they last longer, you can do an apple day.** The Apple Day starts at noon and continues 24 hours until noon the next day. During this time you are to eat six apples, and drink only water, but only enough water to just satisfy your thirst. The apples act as a diuretic, causing your body to expel the excess water. Your scale will reflect a dramatic weight loss and have you motivated again.

You must continue to weigh yourself every morning during the Diet Phase. Write down your weight everyday on the weight and body measurement form provided. At the end, make note of your last hCG day weight. This is the weight you will maintain.

Ending the Diet Phase

72 Hours of Low Calorie Diet without hCG: After the diet phase, you will stop administering the hCG, but continue with the 500 calorie diet for 72 hours. This is to allow the hCG to completely leave your body to prepare you for the Transition Phase. You may feel some hunger since you are consuming only 500 calories and you don't have the hCG to take away the hunger, but it is imperative that you do not move on to the Transition Phase without this part, or you will gain weight very quickly.

Transition Phase

The purpose of the transition phase is to prepare your brain/body to eat normally. This phase lasts 3 weeks. You are allowed to eat as much as you want and whatever you with exception of starches and refined sugars. This includes all meats, eggs, dairy, and most fruits and vegetables.

You will not be able to eat any grains, breads, cereals, foods made with flour, root vegetables like potatoes, corn, pumpkin, winter squash, yams, sweet potato, beans, lentils, rice, pasta, tortillas, cookies, crackers, popcorn, cakes, bananas, mango, or pineapple.

Some people don't believe that they can eat normally without gaining weight. They are so afraid to gain back weight they have lost, that they continue on a relatively low calorie diet. A low calorie diet without hCG is not a good idea. Without the hCG, you will feel extremely hungry, and your body will go into famine mode. You will actually gain weight as your body shuts down your metabolism and conserves fat cells. It's very important to get adequate amounts of protein in the Transition Phase. Try to eat as close to what you ultimately want to eat, except of course, starches and sugars. You must continue to weigh yourself every morning. You do not want to lose weight, or gain weight. It is important to eat enough. If you eat too little, you will gain weight, and if you eat too much, you may gain weight. You will have to adjust your calories until you find the right amount for you. You can find a good starting point as far as calorie intake by using a "Calories-Needed Calculator" like this:

<http://www.annecollins.com/calc/5.htm> or <http://www.scientificpsychic.com/fitness/diet.html>

Use these calculators as just a starting point. You may have to adjust your caloric intake up or down to find the right amount to maintain your weight. During the Transition Phase you can eat a lot more food, but don't go wild! Increase your calories gradually over a few days. Keep eating healthy foods like you did in the Diet Phase, only with more quantity and more variety. A rough estimate of calories would be about 1800 to 2400 calories per day depending on your level of activity.

Transition Phase -Troubleshooting:

Weight Gain

Make sure you are eating enough calories. If your caloric intake is on the low side, try eating a lot more the next day. Make sure you are eating adequate amounts of protein. If you have a protein deficiency, you will have weight gain due to water retention.

The Steak Day

If you go over your last hCG day weight from the Diet Phase by more than 2 pounds, you must do a "Steak Day". The "Steak Day" consists of only the allowed beverages from the Diet Phase (water, tea and coffee) until dinner, and then a steak and either an apple or a tomato. The steak can be as large as you want. You will see the next day on the scale that you will have lost the 2 pounds. Once in a while you may have to do two steak days in a row to lose the 2 pounds. It is very rare that someone has to do the "Steak Day" three days in a row. But it is very important to do the "Steak Day" as many days as necessary in a row to get down to your last hCG day weight from the Diet Phase. It can be difficult for some to find the right amount of caloric intake, but don't make the mistake of eating less and less. If you see yourself gaining weight, try eating more also. It may take some trial and error and a few "Steak Days" to find a good balance of calories.

Water Retention:

If you find that your ankles are swollen you may have a protein deficiency. The solution is to eat two eggs for breakfast, a huge steak for lunch and dinner along with a large amount of cheese. You will see when you weigh yourself the next morning you will have lost a lot of weight, and you will see how important protein is in your diet.

“Normal” Diet Phase

This is the phase where you eat whatever you want, and as much as you want, including starches and sugars. You will want to introduce starches and refined sugars gradually over the course of a week. You must continue to weigh yourself every morning, and do a “Steak Day” if you ever go two pounds above your last hCG day weight from the Diet Phase. This doesn’t mean you can go wild and stuff yourself everyday and not gain weight. You want to eat normally – in a healthy way, until you feel satisfied. But if you ever overindulge you can always do a “Steak Day”. If you have lost all the weight you desire, you will stay on the “Normal” Diet for the rest of your life.

Miscellaneous items you will need for the HCG Diet

1. Scale to weigh yourself. A digital scale that has .1 or .2 pound increments is preferred so you can really see your progress and any small changes. **Weigh daily**, when you first get up, preferably without clothing and at the same time each day. An hour can make a difference! I also recommend taking body measurements on a weekly basis. There may be times when you’ve had a plateau on weight loss but have lost several inches as the body is re-sculpturing itself. Losing inches can be a great source of encouragement when the pounds are coming off slowly.

2. Food scale. The amount of food you eat is very specific and must be weighed. You will want a digital scale that weighs in grams and ounces. If you are eating out, as a rule of thumb, a 3½ ounce piece of meat is ½ inch thick and about the size of the palm of your hand.

HCG Diet -Troubleshooting

Forgetting to take the hCG drops before a meal:

If you forget to take your hCG drops before a meal don’t worry. Take them 30 minutes after the meal.

Hunger

If you feel too much hunger, you most likely did not eat enough calories or high fat foods for your two days of loading. This hunger usually will subside after a 2 – 3 days. Make sure you are drinking enough water. Drinking teas may help. Recommended teas are black tea, green tea, wu long tea (oolong tea) and eleotin tea. **Also effective is drinking 2 tablespoons of apple cider vinegar in a glass of water.** The herb chickweed has been shown to curb hunger without side effects and can be bought in capsules. You may just be experiencing cravings, which will subside.

Another reason for hunger is your body telling you that you have lost all your excess fat. If you are close to your ideal weight, and you feel a lot of hunger, you should consider that this might be what is happening. At this point it might be wise to move into the Ending the Diet Phase and then the Transition Phase. If you still feel that you need to lose more fat, you can do another round of the HCG diet after a month of replenishing with minerals and fish oils.

Reduction in Normal Bowel Movements

This is a common problem on a low calorie diet like this. You may use herbal laxative supplements or teas that have senna leaf or cascara sagrada. Also magnesium supplements or Epsom salts are effective. But with such a small amount of food being consumed, you shouldn’t be concerned about going every day. Liquid Aloe Vera juice is available in health food stores and is also an effective remedy or a product called Smooth Move. This is not the same as constipation. A constipated stool has a hard consistency and may be difficult to pass. Please let your health care provider know if you are having either of these problems.

Itchy Skin

This is a sign of toxins that were stored in fat cells being released. This is a good thing. You are detoxing. After a certain amount of weight loss, this will go away.

Dry Skin

With so little fat being consumed in the diet, dry skin is a very common occurrence. Since lotions with animal or vegetable oils are not allowed to be used on the skin, look for lotions that are made from mineral oil or from Aloe Vera plant juice. Look at all ingredients to make sure there aren't any animal or vegetable oils. It also helps to exfoliate before putting on any of these moisturizers.

Low Energy

Some people experience tiredness or feel weak on this diet. Not everyone feels this, and for those that do, it comes and goes. If it persists, discuss this with your health care provider. Also, don't go too low on your sodium intake. Your body needs some salt to be healthy. **Use a sea salt which has many minerals besides sodium chloride.**

Leg Cramps Try taking potassium, magnesium or calcium supplements if you have leg cramps. Also, make sure you don't go too low on your sodium intake. A word of caution, high doses of magnesium may cause diarrhea.

Not Losing Enough Weight Everyday

Everyone loses differently on this diet, so you shouldn't worry if you have a low weight loss for several days in a row. It's better to look at your weekly weight loss. If you are averaging at least three pounds a week you should not worry.

Losing Too Much Weight

You must stay on the Diet Phase for at least 18 days. If you have reached your weight loss goal before 18 days, you must raise your caloric intake to 800 calories per day until you finish the 18 days. Stopping the Diet Phase early does not allow your hypothalamus to be reset, and you will gain back your weight loss very rapidly.

Men and hCG

Men can safely use hCG without side effects. Over the last 40 years there have been thousands of men who have used hCG without any problems.

Reshaping

Even if you are not losing as much weight as fast as you would like, your body may be going through a period of reshaping. If you had an uneven distribution of fat, like big hips with a small waist, for example, you will notice that you will lose inches in your hips first. The loss in inches can be dramatic compared to the number of pounds lost.

Plateaus

Plateaus have already been mentioned. These are normal, but if you are on a plateau for more than four days, again you can do a "6-Apple Day". If the "6-Apple Day" doesn't work, you should examine your diet and make sure you are following the protocol exactly. Also check all your beauty products and toiletries for animal or vegetable oils. A sticking point can happen when your weight gets to a level that you maintained for a period of time in the past. This is your body trying to stay on a weight that it thinks is right. Hang in there, because you will pass this weight before you know it. This diet has worked 100% of the time, so keep that in mind.

Diet Interruptions

If you must interrupt the diet during the Diet Phase to eat normally, try to stop the hCG 72 hours before you plan on eating more calories and different foods. This will allow your body to be clear of hCG. If you still have hCG in your body and you eat more calories, you will gain a lot of weight very rapidly, but if there is no hCG in your body, you may not gain at all. You can go up to 2 weeks off the Diet Phase before you will need to start over from the beginning, including the 2 days of loading with hCG.

hCG Interruptions

You can go up to 3 days without hCG, and then you will start to feel very hungry and it will be difficult to stay on the diet. We recommend that you begin to eat normally after 3 days without hCG, consuming at least 800 calories, adding meat, eggs, cheese and milk to your meals. If it has been less than 2 weeks without hCG, you can resume the 500 calorie diet along with the hCG, but if it has been more than 2 weeks, you need to restart from the beginning, including the 2 days of loading with hCG.

Salt

Sea Salt as previously mentioned is recommended. Salt is allowed and necessary for normal body function. It is also important for making the food palatable. If you don't use salt, it may be more difficult to stay on the diet because the food is too bland. Don't go overboard with the salt, but use a normal amount. With salt use, however, there can be a fluid retention which can appear as a stall in weight loss, or even a gain in weight. This is nothing

to be concerned about as it will balance out over time. But if you want to, you can do an “Apple Day”. Apples are a natural diuretic, and effective in removing excess fluids safely from your body.

Artificial Sweeteners

The only sweetener that doesn't affect weight loss is liquid Stevia. All of the other artificial sweeteners fool your body into thinking they are sugar and your body releases insulin, which causes your body to store fat. Stevia is not artificial and doesn't have this affect. It might take a little getting used to for some, but eventually you will appreciate it when you need something sweet. Use the liquid Stevia, as the powdered varieties sometimes have additives that are not allowed on the diet. Flavored liquid Stevia is available if you'd like to flavor your coffee or tea. It only takes a few drops to sweeten a drink.

Sleep

It has been found that sleep is very important on this diet. It is a factor in determining how much weight you lose per day. I would encourage you to establish a regular bedtime to allow yourself 8 hrs of sleep per night. You will find that you will begin sleeping much more soundly while using the homeopathic hCG drops.

Water

Water has also been shown to be very important in how much weight you lose on this diet. Two liters (68 ounces or 1/2 gallon) are recommended, and some who have consumed a lot more than that have lost less weight than if they kept it around two. But everyone's different so you may want to experiment a little. The primary reason for drinking water is for flushing out the toxins released when fat is burned for metabolism. Fat holds much of the body's toxins and excess fat contributes to inflammation which affects the arteries, the joints and all body organs.

Diabetes

On this diet, many Type 2 diabetics are often able to stop using oral hypoglycemic medication. The blood sugar continues to drop each day until it eventually reaches normal values. This is not the case with all diabetics, so make sure you carefully monitor your blood sugar while on this diet. It is recommended that if you are a diabetic, you monitor your blood sugars daily and that you be monitored closely by a physician or health practitioner while on the hCG diet. **Type 1 diabetics should not start this diet without the consent and careful monitoring of their physician.**

Medication

Always consult with your physician before starting on the hCG diet. Never discontinue prescription medications while on hCG drops without consulting your physician. Generally, there are no contraindications to taking the hCG drops with prescription medications as there are no side effects other than those that might stem from changes in body weight, i.e., drops in blood pressure or blood sugar. Your physician will want to know if you are experiencing any unusual symptoms related to your prescribed medicines.

Skin Sag

One of the great aspects of this diet is, despite the great and rapid amount of weight loss, there is in most cases no skin sag. This is due to the hCG burning the stored fat cells instead of your structural fat cells. If you are getting towards the end where you are close to your desired weight loss, and you start to notice some skin sag, that means you have lost some structural fat cells. If this is the case, you should have felt extreme hunger by now, but there are some that don't. If you have done at least 18 days on the Diet Phase then you should move on to the Ending the Diet Phase, and then the Transition Phase. If you still haven't completed 18 days on the Diet Phase, raise your calories to 800 per day until you finish 18 days.

Vegetarians

Vegetarians may have a hard time with this diet. They may try substituting an equivalent amount of vegetable protein for the meats. However, the weight loss will not be as dramatic.

Cooking Tips

Since you have to weigh your meat before cooking, and it can be difficult to cut off the right amount of meat to equal 100 grams, you can end up with a lot of little pieces of meat. It can be a hassle to keep all the pieces organized so you have the correct amount in the end. One way to solve this is to put the cut pieces equaling 100 grams in zip lock bags after weighing and then cook them as needed. A barbeque grill or a George Foreman grill works well and can allow you to cook several portions at the same time, by putting the portions in different sections of the grill. Once

cooked you can put them in new zip lock bags, and reheat when needed. Another option is to put the pieces equaling 100 grams on individual skewers. You can then put them in a large container to marinate, cook them all at once on a barbeque grill or in the oven, store enough for a week in one container, and reheat as needed. This keeps the correct portion intact from weighing to cooking to storing. Many websites are available on the internet containing hCG recipes, marinates and cooking tips.

Food Substitutions

While the foods listed have proven to work for most people, you may find that some stall or lessen your weight loss. For example, some do not lose when they eat beef. This could be because the amount of fat in beef is hard to gauge. If you change your food choice and you don't lose for a few days try going back to the foods that have worked for you and see if weight loss improves. While pork is not listed as a recommended meat...lean boneless pork chops or pork roast is low in calorie count and has worked well for some people. Each person responds differently to different foods.

Taking hCG drops during Menstrual Period:

For women who are still menstruating it is recommended that you start the hCG Diet Phase just after you have your period. However, unlike injectable hCG there is no need to discontinue taking hCG drops during your subsequent periods.

Conclusion

Now you have the information you need to get started on your path to weight loss with sublingual homeopathic hCG. However, I'll give you a word of caution...this diet isn't for sissies. I liken this diet to military boot camp. You must prepare yourself psychologically as this is a very strict and unforgiving diet. There's no room for cheating! For those who follow the diet closely, the pounds will come off quickly and once you reach your weight loss goal, you'll be in the best position ever for maintaining your desired weight for life. Happy hCG dieting and hope to be seeing less of you!

Steve Turner
CEO, Weight B-Gone, L.L.C
www.hCGHealthWeightLoss.com

Copyright © 2010 hCG Homeopathic Diet Guide. All rights reserved.

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning, or otherwise, except as permitted under Section 107 or 108 of the 1976 United States Copyright Act, without either the prior written permission of the Author.

Limit of Liability/Disclaimer of Warranty: While the Publisher and Author have used their best efforts in preparing this publication, they make no representations or warranties with respect to the accuracy or completeness of the contents of this publication and specifically disclaim any implied warranties of merchantability or fitness for a particular purpose. No warranty may be created or extended by sales representatives or written sales materials. The advice and strategies contained herein may not be suitable for your situation. Neither the Publisher nor Author are engaged in rendering professional services, and you should consult with a professional where appropriate. Neither the Publisher nor Author shall be liable for any loss of profit or any other commercial damages, including but not limited to special, incidental, consequential, or other damages. Neither the Publisher nor Author nor any of their affiliated or related companies, nor any of the employees, agents, content providers, or licensors of any of them, makes any representation or warranty of any kind regarding this publication, the content or information provided by the Publisher and/or Author and/or the results that may be obtained from use of this publication. The Publisher and/or Author and its affiliates are not responsible or liable for content provided by third parties. This publication contains facts, views, opinions, statements, and recommendations of third parties. The Publisher and/or Author do not represent or endorse the accuracy, current state, or reliability of any advice, opinions, statements, or information displayed in this publication. Any reliance upon such opinion, advice, statements, or information is at your sole risk. In no event shall the Publisher and/or Author, or their affiliates, associates, employees, agents, content providers, or licensors be liable for any indirect, consequential, special, incidental, or punitive damages related to the content or any error or omissions in the content of this publication. The reader of this publication assumes responsibility for the use of these materials and information. Adherence to all applicable laws and regulations, federal, state, and local, governing professional licensing, business practice, advertising, and all other aspects of doing business in the United States or any other jurisdiction is the sole responsibility of the reader. We cannot be responsible for the content of any linked material or any of the information that is displayed as a result of aggregated and/or collected information retrieved from external sources. While all attempts have been made to verify information provided in this publication, the Publisher and/or Author assumes no responsibility for errors, inaccuracies, or omissions. All information is provided as-is. This publication is not intended for use as a source of health, diet, legal, accounting, or any other advice. Furthermore, the Publisher and/or Author assumes no responsibility or liability whatsoever on the behalf of any reader of these materials. The information contained in this publication has not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure or prevent any disease. This publication is for education and information purposes only, and represents the personal opinions of the author only. Always consult a medical doctor before starting any medical treatment or diet plan. Consult your doctor before combining the protocol in this publication with your current medical routine.