

HCG DIET AND PROTOCOL BASED ON DR. A. T. SIMEONS WORK "POUNDS AND INCHES"

HCG PROTOCOL AND MAINTENANCE

Goal: To stimulate the hypothalamus with HCG (Human Chorionic Gonadotropin), to increase metabolism and to release abnormal fat to be used as energy.

Based on Dr. Simeon's manuscript "Pounds and Inches."

Note: This protocol is not an FDA approved protocol for weight loss.

You will need: a bathroom scale that measures ounces and pounds, a kitchen scale that measures grams of protein. See cosmetic section for what is allowed.

PROTOCOL:

- **PHASE ONE:** Detoxification
- **PHASE TWO:** Daily HCG injections and 500 calorie diet.
- **PHASE THREE:** Three weeks restricted diet. Low glycemic diet excludes grains, bread, pastas, sugars, juices, diet sodas, alcohol. During this phase of resetting the hypothalamus, it is vital that your weight does not fluctuate over 2-3 pounds.
- **PHASE FOUR:** Eating a healthy diet for life. Diet is not restricted however, eating small nutritious meals and healthy snacks will help keep you from ever gaining your weight back.

For a 5-15 pound weight loss:

23 days of low dose HCG injections with a restricted 500-calorie diet

For a 15-30+ pound weight loss:

40 days of low dose HCG injection with a restricted 500-calorie diet.

HCG Injections:

Daily injections of HCG after weighing each morning. Injections are best given approximately the same time each morning. A nasal spray may be substituted for the injections.

500-Calorie Diet:

A very specific 500-calorie diet allows the HCG to stimulate the hypothalamus to burn fat as the main source of energy. Fasting or eating less than 500 calories is not allowed as this interferes with weight loss. This diet is continued for 72 HOURS (3 days) after the last injection.

Hunger:

Occasionally hunger is experienced the first few days of the protocol. This can be avoided by making sure you are "fat loading" the first two days of the protocol. If hunger persists, drink more water or tea to alleviate symptoms.

Cosmetics and Personal Care Items: OIL FREE

Only mineral based powders, lipstick, and eyebrow pencils are allowed. No creams, lotions, sun-tan lotions may be used unless they are oil-free. Check Marlene's Market and Deli for such products. For dry skin, one capsule of fish oils may be taken daily. M.C.T. oils in small amounts may be used as a face moisturizer. Neurtogena has a line of Oil-Free cosmetics and lotions...use sparingly.

Menstrual Cycle/ Pregnancy:

The HCG injections are stopped the first two days of the cycle and then resumed. Weight gain may occur before and during menstruation; however, the weight will drop quickly after a few days. If pregnancy occurs, the HCG must be stopped immediately.

Exercise:

Strenuous exercise usually results in a weight gain the next day. Not recommended are such exercises as weight lifting, a hard hike, cycling, a day of skiing, or rowing. Light exercise does not usually cause weight gain but must be monitored on a daily basis. Recommended are such exercises as a light game of tennis, swimming, walking, a game of volleyball, a short jog or a round of golf, Pilates, yoga or Tai Chi.

Medications and Supplements:

Medications and supplements must be reviewed by Dr. Clement. Diuretics, diet pills and over-the-counter medications are discouraged. A multi vitamin is encouraged. Calcium, magnesium or potassium may be taken in the evening to help with constipation and muscle cramps.

Causes of Weight Gain during the Protocol:

- Strenuous exercise.
- Sunburn can cause retention of fluids.

- Menstrual cycle. The full moon which may cause hormonal water gain.
- Eating too late in the evening may cause a temporary weight gain the next day.
- Eating or drinking something not on the 500 calorie diet or eating over 500 calories a day.
- Constipation or fluid retention from not drinking enough water during the day.

Supplements for Phase Three – Successful Maintenance and Additional Weight Loss CLA, MCT oil, KETO/OS.

HCG DIET PROTOCOL

PHASE ONE: Optional 30 Days of Detox. (Consult with Dr. Clement)

PHASE TWO: HCG Injections and 500 Calorie Diet.

Day 1 and Day 2: FAT LOADING DAYS WITH INJECTIONS

- • Morning: Weigh after urinating and record weight.
- • Give an injection of HCG.
- • Fat load – eat healthy fats all day, almost to excess.cheese, avocados, oils, nuts and dressings, whole dairy, eggs, meats, chocolate.
- • Drink a minimum of eight 8 oz glasses of water or more.
- • Do not try to get a “jump start” on your weight loss. Eating a high fat diet in the first two days helps decrease your hunger when the 500 Calorie Diet begins.

Day 3 until three days after the last injection:

No Breakfast unless previously discussed with Dr Mary for hypoglycemia:

- • Tea or coffee is allowed in any amount. (Do not drink coffee or caffeinated tea in the afternoon as they may interfere with sleep. Do not drink coffee if you have high blood pressure)
- • One tablespoon of milk is allowed in a 24 hour period if desired.

Lunch: (Drink 16 ounces of filtered water before lunch.)

- • **100grams (weigh raw before cooking) of ORGANIC** skinned chicken breast, organic beef or veal, sole or red snapper, lobster, crab or shrimp. (Note: Fish may contain high levels of mercury so limit fish consumption to once a week, if at all.)
- • **TWO CUPS of salad greens** including cabbage. **OR ONE CUP TOTAL of any of the following vegetables.** (ORGANIC): green salad, tomato, spinach, chard, cabbage, beet greens, asparagus, celery, fennel, onions, red radishes or cucumbers. Do not combine more than three vegetables at a time for a total of one cup serving.
- • **One** medium apple (8 oz), or medium orange, or a small grapefruit, or a handful of strawberries. (Organic.)
Note: The serving of fruit for lunch or dinner may be partially eaten for a morning, afternoon, or evening snack.

Dinner:

The same food choices as for lunch. (Drink 16 oz of filtered water before dinner.)

If hungry, drink more water or tea, go for a walk, read a book, work on a project, eat a small part of your next meal. If exceptionally hungry for a few days, call Dr. Clement for help.

If No Weight Loss for 3 days in a Row: Have "AN APPLE DAY"

Eat 6 medium apples (8 oz each) ONLY for one day with just enough water to quench thirst. This change in diet should be enough to jump start the weight loss again. Make sure you are not constipated. Extra water, magnesium or at night will help eliminate constipation. Colonics are also recommended. Fluctuations in weight are usually the result of water retention or constipation.

Seasonings allowed:

The juice of one lemon daily, salt, pepper, garlic, organic apple cider vinegar, Braggs Liquid Amino Acids, fat-free chicken broth, parsley, oregano, basil, thyme marjoram, sage, or any other organic herbs. NO sugar or spices with sugar are allowed. NO butter, cooking oils, or salad dressing is allowed except one tablespoon a day of M.C.T oil. (See salad dressing recipes.)

WEIGHT GAIN POSSIBILITIES:

- • Constipation
- • Eating too late at night and retaining fluid or too much salt on food
- • Eating too large of portions or something not on the list
- • Getting close to a menstrual cycle or full moon with water retention
- • Over-exercising
- • Getting sensitive to the hCG
- • Lotions, creams, massage oils
- • Eating a food not on the plan.
- • Drinking teas that are sweetened with natural fruits
- • Eating too many oranges or tomatoes
- • Water retention around the full moon
- • Water retention around the menstrual cycle

WHAT TO DO IF YOU PLATEAU OR GAIN WEIGHT

- • Drink more water
- • Have a 6 apple day (you don't have to finish all 6 and they should weigh about 8oz each.
- • Go for a walk to move fluids
- • Increase the hCG slightly (for example increase by 1 unit)
- • Add CLA, 2 caps 2 times a day
- • Add Citramins 3 caps two times a day for constipation.
- • Call for an appointment with Dr. Clement
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How to complete the injection phase:

• **The 500 Calorie Diet is to be continued for 72 hours (3 days) after the last injection.**

PHASE THREE: For six weeks, from the day the 500-Calorie Diet ends.

- • All foods are allowed except starch and sugar...no bread, pasta, flour, dessert, cakes, cookies, candy, artificial sweeteners, juices, diet sodas, alcohol.
- • Eat three small meals and several snacks totally approximately 1500-2000 calories for women and 2200-2800 calories for men.
- • Avoid eating in the evening.
- • Drink at least eight 8 oz glasses of water, tea a day...more if the weather is hot.
- • Weigh yourself every morning after urinating.
- • Your weight should not fluctuate over 2-3 pounds.
- • If your weight goes up over 2-3 pounds, adjust your diet and exercise and drink more water.
- • Exercise daily where possible. The AMA recommends 50-minutes 5 days a week.
- • Carry a pedometer and walk 10,000 steps a day.
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PHASE FOUR: Lifetime Healthy Eating (at the end of the three weeks after injections)

- All foods are allowed; however, in order to maintain weight loss, a nutritional plan based on low glycemic foods is desirable.
- Eat small meals with frequent snacks to keep blood sugar stable and the stomach from stretching.
- Exercise daily. Carry a pedometer and walk 10,000 steps a day.
- Drinking eight 8 oz glasses of water a day will help flush toxins and fat.
- Limit alcohol, sweets and grains.
- Weigh daily and adjust your food plan and exercise accordingly.

INSTRUCTIONS FOR INJECTING HCG

- Keep HCG refrigerated until ready for use.
- Sterilize stopper of HGC bottle with alcohol.
- Take cap off syringe/needle.
- Pump syringe several times to loosen it up.
- Draw back syringe and measure out specified units.
- Insert needle into bottle.
- Turn bottle upside down with syringe inserted.
- Push in syringe to inject air into bottle.
- Slowly pull out HCG past the number of units prescribed and then and push HCG back into the bottle until the stopper measures exactly to the prescription amount.
- Turn bottle right side up.
- Pull syringe out of bottle.
- Push stopper slowly until you see a tiny HCG drop at the tip of the new needle.
- Sit in chair and relax.
Use alcohol swab and clean area of outer thigh or belly fat to be injected.
- With quick motion, insert needle at a 90-degree angle into outer thigh or belly.
- Gently push in the plunger and inject the HCG.
Pull out needle quickly and wipe with cotton swab if necessary.
Take needle off syringe and put in sharps container. Discard syringe.
- Refrigerate bottle of HCG.

HCG Recipes for the 500 Calorie Diet

Optional shopping list: MCT Oil and stevia, Braggs Liquid Amino Acid, white balsamic vinegar, apple cider vinegar, organic fat free, low sodium chicken broth

SALAD DRESSING (One tablespoon of MCT oil is allowed daily.)

1 tablespoon M.C.T. oil
1/2 teaspoon apple cider vinegar or white balsamic vinegar Squeeze
lemon juice
Herbs (such as oregano, basil, rosemary)
Salt and pepper to taste

Cucumber Salad

Ingredients:

1 cucumber sliced/ diced (one cup)
2 tablespoons organic apple cider vinegar or white balsamic 1
tablespoon fresh lemon juice
1/8 teaspoon Bragg's amino acids
1 teaspoon finely minced onion
Dash of Cumin or Cayenne
Salt and pepper.
* Makes 1 vegetable serving.

Waldorf Chicken Salad

Ingredients

100 grams raw chicken, cut into bit sized pieces 1 medium apple diced
1/4 cup fat free chicken broth
2 tablespoons lemon juice
1 tablespoon finely chopped onion
1 clove of garlic crushed and minced
Curry powder or to taste
Chinese 5 Spice Seasoning to taste
Dash of cayenne pepper
Dash of turmeric
A drop or two of Stevia

Directions

In small saucepan lightly sauté chicken in lemon juice and chicken
broth until lightly brown, Add spices. Stir well and simmer 10 minutes

over low heat until liquid is reduced and chicken is cooked well. Chill chicken in a glass bowl. Add chopped apple, and serve over a 2 cups of tossed greens.

* Makes 1 serving (1 protein, 1 vegetable, 1 fruit)

Orange Chicken Salad

Ingredients:

100 grams of raw chicken

2 cups cabbage (or spinach may be used)

One orange sectioned. Reserve 2 tablespoons of juice

1 tablespoon of MCT Oil

1 tablespoon apple cider vinegar or white balsamic vinegar 2

tablespoons lemon juice

1/8 teaspoon Bragg's liquid amino acid

1/4 teaspoon of fresh grated ginger

Dash of cayenne (optional)

One drop Stevia (optional)

Salt and fresh white or black pepper to taste

Directions:

Marinate strips or chunks of chicken in apple cider vinegar, lemon juice and spices. Cook thoroughly browning slightly. Prepare dressing with 3 tablespoons of orange juice, Bragg's, stevia, black pepper, salt and cayenne. You may add extra apple cider vinegar if desired. Shred cabbage into coleslaw consistency and toss lightly with dressing. Allow to marinate for at least 20 minutes or overnight. Top with chicken and orange slices.

*Makes one serving (1 vegetable, 1 protein, 1 fruit)

Italian Meatballs

Ingredients:

1 tablespoon chopped onions

1 clove garlic chopped or minced 100 grams organic ground meat

1/4 cup fat free organic chicken broth 2 cups chopped cabbage

1/2 teaspoon white vinegar

1-2 teaspoons lemon juice

oregano

salt and pepper

Directions:

Mix onions, garlic and ground meat. Form 1" balls. Pour chicken broth into pan and sauté meatballs. Toss shredded cabbage with vinegar, lemon juice and herbs. Spoon meatballs over cabbage and serve. Sprinkle herbs on top of salad.

*Makes one serving (1 protein, 1 vegetable)

Chicken or Beef Chili

Ingredients:

100 grams of organic chicken or lean beef

1 /2 cup chicken broth or water

1 cup tomatoes diced

1 oz tomato paste (fat free and without sugar added) 1 tablespoon chopped onion

1 tablespoon minced garlic

Cumin

Chili powder

Dash cayenne

Salt and pepper to taste

Directions:

Brown meat in a small amount of chicken broth. Add ingredients

Simmer for 10-15 minutes.

*Makes one serving (1 protein, 1 vegetable)

Basil/Tomato Soup

Ingredients:

1 cup chicken broth or water

1 cup chopped tomatoes

1 1/2 oz tomato paste with no sugar or fat added Fresh or dried basil

1 tsp minced garlic

Salt and pepper to taste.

Directions:

Mix all ingredients and simmer for 15 minutes. Cool, pour in blender for a creamier texture. Reheat and top with fresh basil.

*Makes one vegetable serving

Cream of Asparagus Soup

Ingredients:

1 cup asparagus chopped

1 cup fat-free low sodium chicken broth & 1/2c. water or 1 1/2c
chicken broth 2 tablespoons minced onion
1/2 teaspoon minced garlic, 1/8 teaspoon Braggs Amino Acid

Directions:

Mix all ingredients. Simmer for 20 minutes or until asparagus is soft.
Eat warm or cool and pour into blender for creamier texture. Reheat
*Makes one vegetable serving

Cabbage Soup

Ingredients:

2 cups shredded cabbage
2 cups fat free chicken broth
1 teaspoon minced garlic
1 tablespoon onions
1/8 teaspoon Braggs Liquid Amino Acid Fresh or dried herbs such as
basil, oregano Salt pepper to taste.

Directions:

Combine all ingredients and simmer. *Makes one vegetable serving.

INFORMED CONSENT FOR hCG DIET PROTOCOL

This form is designed to provide you with the information you will need to make an informed decision about whether participate in the hCG Diet protocol. If you have other questions, please discuss them with Dr. Clement.

Please initial the following:

_____ I understand that the benefit of weight loss includes decreasing the risk of heart disease, high blood pressure, diabetes, and cancer and the purpose of this hCG Diet protocol is for the purpose of weight loss and increased metabolism.

_____ I understand that The hCG Diet is designed to increase my metabolism while consuming a restricted calorie diet resulting in burning abnormal fat for energy. I understand that my daily weight loss may vary and that I may lose up to a pound a day yet may have a day where I actually gain weight or stay the same. At the end of the hCG Diet protocol, I understand that my normal metabolism will be increased; however, I also understand that my weight maintenance will be best achieved by exercise and my eating a healthy diet of low glycemic foods and that the weight loss during the hCG protocol will be controlled by my habits.

_____ (Female only) I understand that the use of hCG may not be used during pregnancy yet has no known risk for preventing pregnancy. By initialing this section, I declare that I am not pregnant and am not trying to become pregnant during this protocol. If I do become pregnant, I agree to stop the protocol immediately and to notify Dr. Clement. I may elect to begin the hCG protocol again at a later date when I am not pregnant or breastfeeding.

_____ (Female and male) I understand that hCG is a pregnancy hormone which given in minute amounts only acts to stimulate the hypothalamus to burn fat. I understand that I will have no side effects that would be related to pregnancy.

_____ (Female only) I understand that hCG is a pregnancy hormone that has no association with cancer. I have disclosed any history of cancer to Dr. Clement and have discussed any concerns with her regarding my history of cancer.

_____ Possible complications: I understand that there is always a possibility of infection at the site of any injection or a possibility of an allergic reaction to the hCG.

_____ Gallstones. I understand that if I have a history of gallstones, that I may develop colicky symptoms during this protocol due the lack of fat in the

hCG calorie restricted diet. I understand that by participating in the hCG protocol, it is unlikely but it may be necessary to surgically remove my gall bladder. I also understand that if I consent to be treated, I may need to take specific supplements to prevent gallbladder symptoms.

_____ General Medications and Supplements: I agree to discuss all current medications and supplements that I am taking with Dr. Clement in order to decide together which ones to continue or to eliminate.

_____ Blood Pressure Medications: I understand that if I am taking blood pressure medications, my blood pressure may begin to decrease naturally with the hCG diet protocol and that my dosage may need to be lowered because of this improvement. I agree to monitor my blood pressure daily and agree to report any blood pressure results at my follow-up appointments with Dr. Clement. I disclose that I have not had a coronary occlusion in my history.

_____ Diabetes Medications: I understand that if I am on medications for diabetes, the dose may need to be adjusted due to a natural improvement of my blood sugar levels during the hCG protocol. I agree to monitor my blood sugar daily and report my results to Dr. Clement at my follow-up visits. I also understand that if I have a tendency towards being hypoglycemic, that I may need to adjust how frequently I eat to help balance my blood sugar.

_____ Disclaimer required by the FDA: I understand that hCG has not been approved by the FDA for the treatment of obesity. I understand that the FDA claims there is insufficient evidence that the weight loss on the hCG protocol is any different than weight loss on a calorie restricted diet, that the lack of hunger during the protocol is any different than a restricted caloric diet, and that the fat loss on the hCG diet is any different than a calorie restricted diet.

_____ As weight issues have complex physical and emotional components; I understand that Dr. Clement and I together will determine whether or not I am a good candidate for this treatment. I have carefully reviewed the preceding information and understand the risks and complications. I agree to voluntarily use hCG and understand that I may discontinue treatment at any time and that the success of my treatment depends on my compliance with the protocol.

Signature of patient or guardian

_____ Printed name of patient/or guardian

_____ Date

_____ Mary Clement, ND Witness

_____ Date