

Instructions for the hCG Weight Loss Diet.

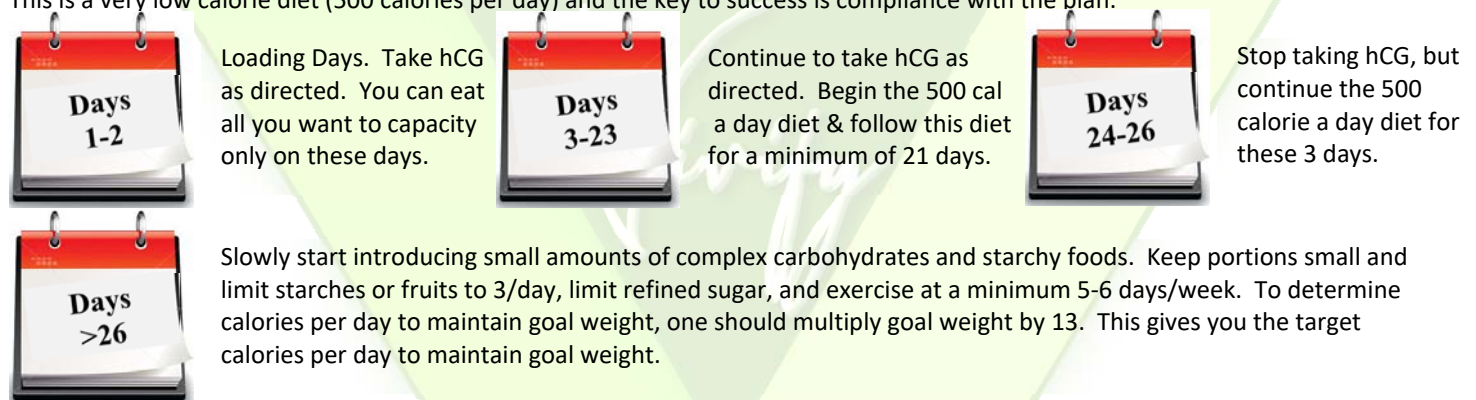
Human Chorionic Gonadotropin (hCG) is a natural hormone produced in the human body during pregnancy. It is available by prescription only, and it is not approved by the FDA for weight loss treatment, and therefore considered "off-label." It is used in conjunction with a very low calorie diet to help increase your basal metabolic rate, enhance lipolysis, and spare lean muscle. hCG is a natural hormone/protein substance that can help lose up to 1-2 lbs a day over a short course of a very low calorie diet. The Simeon Protocol was first developed in 1954 and will be described below.

Recommendations while on hCG Weight Loss Diet.

- For menstruating women, start first day after menses.
- Foods not allowed include sugary foods, carbohydrates, or starchy foods. Do not eat any meat that is dried, smoked, pickled or deli; you must use meats of the leanest variety.
- Vigorous exercise is not recommended while on the hCG diet. However, walking is still highly recommended. Walking downhill with small and fast steps, holding the stomach in, and keeping your shoulders straight can emphasize flattening the stomach. Walking uphill with long steps, keeping your stomach in, and shoulders straight can emphasize shapely thighs. Swinging your arms freely while walking to feel the pressure of the stretch back and forth can emphasize slimmer arms.
- Simeon protocol classically recommends no medicines or cosmetics other than lipstick, eyebrow pencil and powder may be used without special permission, although we have noted no difference in weight loss if you do not heed this advice.

Basic Plan.

This is a very low calorie diet (500 calories per day) and the key to success is compliance with the plan.



Meal Planning:

- Breakfast: Tea or coffee in any quantity without sugar. Only one tablespoonful of milk allowed in 24hours. Yacon syrup, Xylitol, or Stevia may be used as a natural sweetener.
- Lunch or Dinner: 100 grams (about 3.6 oz) 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. One type of vegetable only to be chosen from the following: spinach, chard, chicory, beet-greens, green salad, tomatoes, celery, fennel, onions, red radishes, cucumbers, asparagus, cabbage. One apple or one half grapefruit that may be eaten in between meals. Remember nothing smoked, dried, or pickled; and no deli meat.
- Protein shakes specifically designed for hCG can be used once a day. Vegetarians may require more use.

Helpful supplements:

Multivitamin
Omega-3 fatty acid supplement (fish oil)
Probiotics
B Complex
CoQ10
Garcinia Cambogia

Additional information.

Variations can sometimes include 700 to 800 calorie per day diets depending upon level of activity; but you should stick with the plan you and your provider have decided upon. 30 day periods can replace the original 23 day period in Dr Simeon's protocol, if your health care provider thinks it is indicated and safe. A second course can follow the first course immediately, but 8 weeks needs to elapse before a 3rd course is undertaken.