

Overview of Dr. Simeons Research

Weight loss via Human Chorionic Gonadotropin (hCG) was discovered by A.T.W. Simeons, M.D., a British physician who explored weight issues for 30 years. His research proved the link between obesity and the hypothalamus - thus showing that when the hypothalamus gland was not working properly intense hunger, cravings and over-eating would result in an abnormal storage of fat. Dr. Simeons observed that hCG had a positive effect on the hypothalamus by decreasing hunger and cravings, and loss of abnormal fat - even without exercise.

HCG triggers the hypothalamus gland to release abnormal fat without muscle loss, ultimately increasing the metabolism. Benefits can include younger and smoother skin, significant reduction of cellulite and improved skin elasticity, as well as weight loss. Abnormal fat deposits disappear in the arms, abdomen, back, double chin, hips and thighs - without the loss of muscle. HCG does not deplete subcutaneous or other essential fat.

Most hCG weight-loss participants see a loss in inches before a substantive drop in pounds. As the hCG metabolizes stored abnormal body fat, about 2000 calories a day are released into the bloodstream allowing for a very low calorie diet (VLCD) without fatigue, hunger or weakness.

Three similarities in people with weight issues:

1. Low metabolism: The body simply does not burn food as efficiently as those with higher metabolic rates.
2. Hunger: Those who carry extra weight are physically hungrier than a naturally thin person. This is a physiological response to the body, thus requiring more fuel due to the increased size.
3. Eating when not hungry: Compulsive eating, emotional eating and food cravings fall into this category.

The goal of this protocol is to reset the metabolism and hypothalamus to match that of a normal person who is free from weight issues.

Homeopathic hCG

This homeopathic hCG requires NO refrigeration. However, do not expose the bottle to extreme high or low temperatures, direct sunlight or x-rays.

Place the homeopathic hCG drops under the tongue - holding them for 30 seconds before swallowing - 3 times per day, before or between meals. As part of the personalization of your homeopathic remedy, you will be given the exact number of drops to take in your three doses. One bottle holds about 600 drops, and you will receive at least a month's supply - perhaps a little over, depending on how many drops you need to take.

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Limit mint in any form, such as candy, mints, mint toothpaste and mint mouthwash.

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Avoid camphor, as in muscle and joint rubs, and moth ball fumes when taking homeopathics.

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Limit breathing of strong smells, such as paint thinner, eucalyptus, cigarette smoke.

Homeopathic HCG Diet Protocol

Drink 2 liters of water every day – your body will be shedding water trapped in tissues. If you find yourself light-headed or dizzy, take 1 or 2 - 99 mg. of potassium each day.

Constipation can be an issue.

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Aloe and other products can alleviate this problem, if you encounter it. Let us know as soon as possible if you need help.

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The juice of one lemon (allowed) in warm water in the morning may be helpful, or Smooth Move Tea (they have a chocolate one that is delicious when combined with Stevia powder AND 6-7 drops of Stevia Chocolate Raspberry added).

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Swedish Bitters are helpful for some people.

You may choose to add Amino acids during Phase 1 to insure you have enough Amino Acids to allow the hCG to work well.

Weigh every morning using a scale that measures down to .2 of a pound. Weight loss occurs in steps - you will drop and plateau, drop and plateau. When not losing weight, you will still be losing inches.

Use a postage or digital food scale to measure your food – and measure it RAW. Spring scales are not accurate enough. In addition to assuring you are eating the correct amount of food, this will also help you to learn what 3.5 ounces looks like, and support your appropriate food choices in the future.

If you plateau for 4 days in a row, use the Apple Day protocol: eat 6 apples beginning at noon and finishing by bedtime. Ok to slice, and add Stevia, cinnamon or other spices. Apples tend to help release excess fluids.
(See Pounds and Inches manuscript for full description.)

Whenever possible, eat organic food. Keep the toxic load low in your body.

Beef needs to be very lean cuts, no marbling and remove all visible fat before weighing and cooking. Ground beef is allowed but keep it to 93/7 or 94/6 meaning 7% or 6% fat. Regular mix for hamburger is 80/20 or 85/15 which is not allowed.

There is no limit of caffeine, coffee or tea.

NO Alcohols, Fats, Sugars, Non-diary creamers – they will stimulate your hunger and you'll just be sorry you did it!

If you have physical symptoms that concern you, contact your health care practitioner.

Protocol Exceptions for using Homeopathic hCG

When using the homeopathic hcg, there are some exceptions to Dr. Simeon's original rules:

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With injections of hCG, patients became tolerant after 6 weeks of treatment. Dr. Simeons stopped treatment for 6 weeks and then resumed for another 6 weeks, if needed, and this cycle was repeated until the patient reached their goal weight. With the homeopathic hCG, there is no need to stop the protocol after 6 weeks.

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Dr. Simeons also stopped patients from putting lotion on their bodies. You can continue to use lotion, but if you are losing weight very slowly, this might be an area to consider. Use only lightweight lotions, and oil-free or mineral make-up. Read the ingredients list on all body care products. Know what you are putting on your body.

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Stop taking any fat-soluble vitamins: omega-3, fax seed oil, coconut oil, vitamin E, etc. while using hCG. They may be resumed once you are at your goal weight.

Four Phases in the hCG Diet

Phase 1: Days 1 and 2 (Fat Loading Days)

This phase supports replenishing the “structural fat” which keeps you from looking gaunt during a very low calorie diet, as well as helps to reduce hunger during the first few days of the diet.

Take the homeopathic hCG 3 times per day while on these 2 days and eat as many high-fat, low sugar, foods as possible in addition to your normal diet. Eat things like avocados, eggs, bacon, nuts, cheese, high-fat meat, ice cream, etc. Spread your food out over the day vs. three large meals. This fat will not remain on your body, and will be used for energy. After 3 days, abnormally deposited fat begins to circulate and become available

for release. If you do not eat high-fat foods for the first two days of the diet, you will be markedly hungrier than those who did.

Phase 2: Day 3 to Maintenance Weight

Allowed Foods and Menu Plan

Breakfast: .

Tea or coffee in any quantity without sugar. Only one tablespoonful of milk allowed in 24 hours. Stevia may be used.

Lunch: .

3.5 oz. (100 grams) 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, grilled or poached without additional fat.

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The chicken breast must be removed from the bird.

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AVOID: Salmon, eel, tuna, herring, dried or pickled fish.

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One type of vegetable only to be chosen from the following: spinach, chard, chicory, beet-green salad, tomatoes, celery, fennel, onions, greens, red radishes, cucumbers, asparagus, cabbage.

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One breadstick (grissino) or one Melba toast.
An apple or a handful of strawberries or one-half grapefruit.

Dinner : .

The same four choices as lunch. Try not to duplicate. Vary as much as you can for best results.

OTHER ALLOWANCES:

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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, (make sure they contain no added sugar)..

Tea, coffee, plain water, or mineral water are the only drinks allowed, but they may be taken in any quantity and at all times. Drink about 2 liters of these fluids per day.

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One tablespoon of milk daily.

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Wu Long Tea (Oolong tea) can be used as well as other varieties for something new.

Follow the diet without interruption for the first 20 days. This is the time when the hypothalamus and metabolism are improving. A disruption in your diet during this time will affect long-term weight loss. After 20 days, the occasional lapse in diet will not affect the hypothalamus.

During the first 20 days:

Eat the suggested quantities and foods. (Note: When needed, add Miracle Noodles to get through the day!)

After 20 days:

If you go off the diet for a meal, or even a day, there will be a set-back in weight loss by about 3 days and you will experience increased hunger. It will not undo the progress that has been made to that point. You can continue as long as needed until the weight loss goal is achieved.

When you have reached your desired weight, aka Maintenance Weight, take your final dose of hCG that morning, but continue the 500 calorie diet for 3 days. Phase 3 begins on the 4th day after you have reached your desired weight. At this point, you begin to add calories to the diet – no sugars, no starches, but add other meats, fats, dairy, other fruits and vegetables, and mix your vegetables.

Phase 3: Three-Week Stabilizing Window at Maintenance Weight

Continue to weigh every day as you remain on the “No Sugar, No Starches, Expanded Protocol.” You have a 2-pound window within which you must remain for three weeks. If you exceed two pounds, even by .2 of a pound, follow the Steak Protocol in the Pounds and Inches manuscript, which is: No food until dinner, but plenty of fluids during the day. For dinner, eat a huge steak with either a raw tomato or apple. The following morning your weight should be within range.

Phase 4: Maintenance Phase

Very gradually introduce small amounts of starches and sugars into your diet. Use the most natural forms of these foods vs. pre-packaged foods: whole grains, dried beans, yams, white potatoes, honey, raw sugar, etc. Try eating your starchy carbs and fruits before 2:00 pm.

It's critical to monitor your weight during this phase. Understand how different types of foods impact your weight. And remember: “Nothing tastes as good as skinny feels!”