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Take 5 Drops 6 times a day or 10 Drops 3 times 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, NSAID's etc., etc.) a 4-week whole body cleanse is truly in your best interest. This will help avoid a plateau and also make the plan more successful with ridding the weight more quickly and easily. We've had many clients who want to avoid this step to get started on the HCG Program more quickly. By skipping this step it 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 our store locations.

Renew Life: Liver Detox, Total Body Rapid Detox,
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.

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

1. Weigh in and take your measurements immediately upon arising and after emptying the bladder
Remember: the scale and tape measure are your friends on this program.
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. Place drops under your tongue, allow 5-10 seconds to absorb, then swallow.**
Note: Count your drops; look in a mirror or drop onto a spoon to assure you are getting the correct amount as you may not feel them. 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 were not 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 a Thanksgiving or Christmas Feast. 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 1



Day 3 and Day 4: Will possibly repeat day 1 (see above #4), 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 portion sizes outlined (approx. 500 calories per day) using only the 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 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 on 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 1/2 lemon, white or black pepper, raw apple cider vinegar, sea salt, garlic, basil, parsley, thyme or any other herb (fresh or dried). Stay away from seasoning mixes and seasoning salts. (They often contain added sugars.)
- 10) Absolutely NO oil, butter, dressings, ketchup or other such items!
- 11) Using entirely organic goods, 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, 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 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 before Phase 1. Obviously, if you require these, continue under your medical doctor supervision. **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 lotions or anything else of this kind. Coconut oil or mineral oil are the only two on the plan. Be especially careful with products that cover large areas and stay on for extended periods of time.
- 15) No cosmetics other than lipsticks, eyebrow pencil and facial powder should be used. (You can use Arbonne or Mineral based products with no added oil may be used.) See Personal Care Products, Page 23.

First thing after morning elimination is recording the new weight. Take your measurements at least once a week or more often as you would like.

Take 5 Drops 6x a day or 10 Drops 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 quarts of tea throughout the day and drink a minimum of 2 quarts of water per day. We recommend the Slim Trim Tea as it has been formulated specifically for the HCG Weight Loss Program.

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 SweetLeaf 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. (You may eat a piece of fruit as long as it is deducted from your meal.)

Each day, drink at least one gallon of water/tea throughout the day. Slim Trim Tea, 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 Tea or Green Tea. Black Tea's, Earl Grey, Lipton "Iced Tea," and other dark teas will ultimately hinder the program. Some other brands are 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 a slow poison.

Also: Only 1 Tablespoon of milk per day.

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

- 100 Grams (3.5 oz.) (weighed RAW) of extra lean beef, 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 bread sticks.

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 (no oil) or gently boiled.

Be sure to count the vegetables towards your 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.

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| -Spinach | -Beet greens | -Tomatoes |
| -Fennel | -Red radishes | -Asparagus |
| -Chard | -Lettuce (any kind) | -Celery |
| -cabbage | -Cucumbers | -White, yellow or red onions |
| -broccoli | | |

Fruits - 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 restrictions on size, do not substitute 2 small apples for a large because there are more calories in 2 smalls)
- Or, 1/2 grapefruit, a handful of strawberries
- Or, one orange.

Dinner

- Same 4 choices as Lunch
- Do not have 2 meals exactly the same for lunch and dinner in the same day.
- Variety is a key factor for success in this plan. Learning to use herbs and spices really helps in 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) To achieve permanent results, you must continue the hCG Plus Drops 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 they 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 again.**
- 3) The reason for the very low calorie diet (VLCD) intake is that the body will only release the abnormal fat reserves after it has burned the consumed calories eaten. 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. 6 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 water to quench an uncomfortable thirst if eating an apple still leaves you thirsty. Most individuals feel quite happy with their 6 apples and feel no need for water. 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 on Phase 1 and 2 before attempting Phase 3. It is usually recommended for most individuals that you begin reading up on Phases 3 and 4 only after you have completed the first 4 weeks of Phase 2.