



138 Arnett Blvd – Danville, VA 24540 Phone: 434-792-8281

PATIENT INFORMED CONSENT FORM

Protocol Title: HCG Diet Informed Consent to Treat

Purpose

This Informed Consent Form is intended to give fair notice of the requirements of patients seeking to participate in the HCG Diet Program at Kare Pharmacy (Suthars, Inc), to fully disclose any risks associated with participation in the HCG Diet program, and to obtain written "Informed Consent" from the patient to undergo treatment by health care professionals associated with the above stated pharmacy.

Clinical Applications

HCG was used in the treatment of obesity disorders by a British Doctor and PHD, A.T.W. Simeons of the renown Salvator Mundi International Hospital in Rome Italy over a 16 year period commencing in the mid 1950's. Dr. Simeons concluded that HCG ("Human Chorionic Gonadotrophic" Hormone) when used for weight reduction and concurrent with a regimented protein diet, not only resulted in significant weight loss from targeted areas where fat deposits were likely to collect, but also improved the lipolytic functions of the body when co-utilized with dietary protein sources. Dr. Simeons hypothesized that HCG, which is produced in the female body in large quantities at the time of pregnancy commencing from the 8th week forward and in quantities ranging anywhere from 5000 mIU/ml to 288,000 mIU/ml, had a significant role in not only producing a healthy placenta for the fetus to survive, but also had a role in metabolizing fats from the mother's subcutaneous fat stores as an additional food source for the fetus. Dr. Simeons theorized that by giving daily injections of small amounts of HCG concurrent with a high protein diet, that the HCG would mobilize the fat into the blood stream where protein and various enzymes could exercise their lipolytic functions (lipolytic means to break down fats usually for the consumption of energy). Dr. Simeons' clinic had a 97% success ratio.

A number of medical authorities have since supported the theories advanced by Dr. Simeons. In "Medicine and Science in Sports and Exercise" (19:5, sec. 179-190, 1986), Dr Layman, M.D. affirmed that the intake of high dietary protein: (1) aided in the metabolism of the free floating fat; (2) enhanced increased muscle mass; (3) preserved protein composition in the organs; (4) stabilized the blood glucose levels, and (5) enhanced the production of human growth hormone from the pituitary gland. Accord in J Am. Coll. Nutr. 2004 Dec: 23 (6:Suppl): 631S-636S.

Nevertheless in spite of these findings by specialized experts in the field of Preventative Health Care, the American FDA requires the following disclaimer:

"This weight reduction treatment includes the use of HCG, a drug which has not been approved by the Food and Drug Administration as safe and effective in the treatment of obesity or weight control. There is no substantial evidence that HCG increases weight loss beyond that resulting from caloric restriction, that it causes a more attractive



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or “normal” distribution of fat, or that it decreases the hunger and discomfort associated with calorie restricted diets.”

Risks and Discomforts

Below is a list of risks and discomforts that may be experienced by a small part of the population, in particular, those patients that are already predisposed to allergies; the latter condition caused by a hyperstimulation of the hormone heparin within the body. The patient shall inform the primary health care provider if any of the following conditions occur:

Allergic responses

If you experience allergic reactions to other substrates, you may have a sensitivity to HCG. It is required that you stop using HCG and report your allergic response to your physician immediately (emphasis added). The following are signs of an allergic reaction:

- hives
- difficulty breathing
- swelling of your face, lips, tongue, or throat

Before receiving HCG tell your doctor if you are allergic to any drugs or if you have:
a thyroid or adrenal gland disorder;

- an ovarian cyst;
- cancer or a tumor of the breast, ovary, uterus, prostate, hypothalamus, or pituitary gland;
- undiagnosed uterine bleeding;
- heart disease;
- kidney disease;

- epilepsy;
- migraines; or asthma

It is necessary for the doctor to know these predisposed pathologies in order to rule out any symptomatology that may not be related to the HCG.

Also in allergic responses, the body overproduces fibrin which induces blood clotting, a potentially lethal situation. Call your doctor at once if you have any of these **signs of a**

blood clot:

- pain
- warmth
- redness
- numbness
- tingling in your arm or leg
- confusion
- extreme dizziness
- severe headache
- nausea or vomiting; or
- urinating less than normal.



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Less Serious Side Effects May Include

Less serious side effects may occur from the change in dietary patterns, until the blood sugar levels stabilize over a period of time with high protein intake. These less serious side effects include:

- headache (diet related)
- feeling restless or irritable;
- mild swelling or water weight gain;

- depression;
- breast tenderness or swelling; or
- pain, swelling, or irritation where the injection is given.

Breast Feeding

It is not known whether HCG passes into breast milk. Do not use HCG without telling your doctor if you are breast-feeding a baby.

Other drugs may affect HCG

There may be other drugs that can interact with HCG. Tell your doctor about all the prescription and over-the-counter medications you use. This includes vitamins, minerals, herbal products, and drugs prescribed by other doctors. Do not start using a new medication without telling your doctor.

Mandatory Adherence to Diet Protocol

To experience success on the this HCG diet program, it is mandatory that you follow the diet protocol explicitly. The Kare Pharmacy does not warrant the results of its diet program due largely to off-site administration and patient imposed application of the diet program.

Consent, Right to Receive a Copy

I, the undersigned patient of Kare Pharmacy (Suthars Inc), agree to undergo weight loss treatment that includes the use of Human Chorionic Gonadotrophin (HCG) along with diet and other therapies. I have disclosed my full medical history and have been physically examined by my health care practitioner. I am aware the significant or common risks, benefits, side effects and adverse reactions of HCG, and I have had full opportunity to ask any questions. I understand that HCG has not been approved by the United States Food and Drug Administration (FDA) for adjunctive therapy in the treatment of obesity and states that there is no substantial evidence that HCG increases weight loss beyond that resulting from caloric restriction, that it causes a more attractive or "normal" distribution of fat, or that it decreases the hunger and discomfort associated with calorie-restricted diets. Nevertheless, considering all the above, I hereby give my informed consent to this treatment.

Signature of Patient

Signature of Patient Date

Kare Pharmacy Witness to Signature:

Kare Pharmacy - Witness - Date

Up to 40 Day Diet with HCG Treatment

This is an overview of the HCG Diet and explains how to use the HCG and 500 calorie diet together. To learn more about the types of food and meals and recipes

Day 1 and 2

- ✚ Take the HCG – Spray once in each nostril- first thing in the morning.
- ✚ Eat as often as you like throughout the day. This will increase your body's fat storage to prepare you for the 500 calorie per day limit on day 3 thru 42
- ✚ Drink 1 gallon of bottle spring water throughout the day.

Day 3 thru 40

- ✚ Weigh yourself in the morning when you wake up without clothing and after you have emptied your bladder.
- ✚ Take the HCG Spray as directed on the label - first thing in the morning.
- ✚ Drink 1 gallon of bottle spring water/tea/coffee throughout the day.
- ✚ You may only eat things on the 500 calorie diet list. Your caloric intake should not exceed 500 calories per day, which consists of protein, vegetable and fruit.

Day 41 thru 42

Continue to follow the 500 calorie diet on days 41 thru 42 because the HCG will remain in your system for 24 to 48 hours.

Diet Guide (quick tips)

Liquids:

- ✚ Bottled spring water (no tap water)
- ✚ Organic black coffee (no creamer)
- ✚ Organic green tea
- ✚ Organic Wu-long tea
- ✚ Organic chamomile tea

Breakfast:

- ✚ Drink plenty of tea and bottle spring water.
- ✚ Tea or coffee in any quantity without sugar. Only one tablespoonful of milk allowed in 24 hours. Saccharin or Stevia may be used.
- ✚ You may have fruit for breakfast and have the second fruit any time throughout the day as long as it is 3 hours before bed.

- ✦ Recommend only 2 fruit servings per day.

Lunch:

- ✦ Eat 100 grams, approx. 3.5 oz. of protein (size of the palm of the hand), 100 grams of veal, beef, chicken breast, fresh white fish, lobster, crab, or shrimp. The chicken breast must be removed from the bird. Chicken breast does not mean the breast of any other fowl, nor does it mean a wing or drumstick. 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.
- ✦ Use organic cooking spray or coconut oil (do not use butter or margarine)
- ✦ Vegetables can be eaten raw, steamed, grilled (without oil). 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 breadstick (grissini) or one Melba toast.
- ✦ An apple or a handful of strawberries or one-half grapefruit. It should be mentioned that two small apples weighing as much as one large one will have a higher caloric value and are therefore not allowed. There is no restriction on the size of one apple.

Dinner:

- ✦ The same four choices as lunch.
- ✦ 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, but no oil, butter or dressing.
- ✦ The patient should drink about 2 liters of these fluids per day. Many patients are afraid to drink so much because they fear that this may make them retain more water. This is a wrong notion as the body is more inclined to store water when the intake falls below its normal requirements.
- ✦ The fruit or the breadstick may be eaten between meals instead of with lunch or dinner, but not more than four items listed for lunch and dinner may be eaten at one meal.
- ✦ Every item in the list is gone over carefully, continually stressing the point that no variations other than those listed may be introduced. All things not listed are forbidden, and nothing permissible has been left out. The 100 grams of meat must be scrupulously weighed raw after all visible fat has been removed. To do this accurately the patient must have a letter-scale, since kitchen scales are not sufficiently accurate and the butcher should certainly not be relied upon. Those not uncommon patients, who feel that even so little food is too much for them, can omit anything they wish.
- ✦ There is no objection to breaking up the two meals. For instance having a breadstick and an apple for breakfast or before going to bed, provided they are deducted from the regular meals.
- ✦ The whole daily ration of two breadsticks or two fruits may not be eaten at the same time, nor can any item saved from the previous day be added on the following day. In the beginning it is advised to check every meal against the diet sheet before starting to eat and not to rely on memory.

- No medicines or cosmetics other than lipstick, eyebrow pencil and powder may be used without special permission. See FAQs for cosmetics that are approved.

It is also worth pointing out that any attempt to observe this diet without HCG will lead to trouble in two to three days.

Here is an example of typical 5 day ~500 calorie/day diet

Please remember to drink plenty of fluids throughout the day. Ideally drink at 10 glasses of water, 12 if you can.

**Day One
Total Calories 443**

Breakfast	Snack	Lunch	Snack	Dinner
1/2 grapefruit	4 grissine breadsticks	3.5 oz grilled chicken	1/2 apple	3.5 oz ground beef
8 oz green tea	8 oz wu long tea	spinach salad topped w/Onions & tomatoes		shredded cabbage
45 calories	43 calories	163 calories	32 calories	160 calories

**Day Two
Total Calories 445**

Breakfast	Snack	Lunch	Snack	Dinner
1 cup strawberries	5 melba rounds	3.5 oz tilapia (fish)	cucumber and tomatoes	3.5 oz chicken
8 oz green tea	salsa	4 asparagus spears	fat free Italian dressing	1 apple w/ Stevia and cinnamon
			8 oz wu long tea	
25 calories	60 calories	132 calories	45 calories	183 calories

**Day Three
Total Calories 423**

Breakfast	Snack	Lunch	Snack	Dinner
1/2 apple	8 oz. Wu Long Tea	3.5 oz Shrimp	1/2 grapefruit	3.5 oz chicken breast
8 oz green tea		5 Melba toast rounds		salad greens
		Salsa		Fat free Italian dressing
30 calories	0 calories	168 calories	45 calories	180 calories

Day Four

Total Calories 403

Breakfast	Snack	Lunch	Snack	Dinner
16 oz wu long tea	1/2 apple	3.5 oz chicken	4 Grissini breadsticks	3.5 Top Sirloin
		1/2 tomato		1 cups shredded lettuce
0 calories	30 calories	150 calories	43 calories	180 calories

Day Five

Total Calories 450

Breakfast	Snack	Lunch	Snack	Dinner
1/2 grapefruit	4 stalks of celery	3.5 oz shrimp	5 melba rounds	3.5 oz chicken breast
8 oz green tea	salsa	1 cucumber	8 oz wu long tea	1 apple
	1/2 apple			
45 calories	65 calories	115 calories	50 calories	175 calories

Q & A about the HCG Diet Regimen:

- ✚ **If you have something extra to eat?** It is always best to stick to the HCG Diet exactly, if you can. But if you must cheat it needs to be understood that the HCG is interrupted for the next three days. In other words the patient will not lose weight for the three days following the interruption. It is also very important to follow the interruption with a diet of only 6 apples for the day with at least 12 glasses of water. The injection and diet will be continued on the second day after the interruption
- ✚ **Why can't I eat foods with sugar and starches?** Sugar stimulates insulin and insulin turns it into fat. It's a big no-no during the diet. The HCG hormone will be interrupted when sugars and starches are ingested. Failure to stick to the diet will minimize the weight loss results.
- ✚ **Can water be substituted for other drinks?** Make yourself an iced coffee with Stevia. It's not quite like Starbucks, but you can try that. Also you may like to take your handful of strawberries and make a smoothie to drink. Just add water, ice and Stevia in your blender. This is not cheating!
- ✚ **What are some fast snack ideas for between meals?** Sliced tomato or cucumber with salt and pepper between are great between meals. You can even broil the tomato in the oven or toaster oven with some spices.
- ✚ **Is it ok to substitute an egg for chicken during HCG?** It is ok to eat one scrambled egg or hardboiled egg. Make sure to cook the scrambled egg in a little water in a non-stick pan.

- ✚ **Can I eat salad during HCG?** It is ok to eat salad as long as it is lettuce and tomatoes. The salad should be topped with apple cider vinegar or salsa but no other salad dressing is allowed

Skipping a meal with the HCG Diet

As long as their weight stays within two pounds of the weight reached on the day of the last injection, patients should take no notice of any increase but the moment the scale goes beyond two pounds, even if this is only a few ounces, they must on that same day entirely skip breakfast and lunch but take plenty to drink. In the evening they must eat a huge steak with only an apple or a raw tomato. Of course this rule applies only to the morning weight. Ex-obese patients should never check their weight during the day, as there may be wide fluctuations and these are merely alarming and confusing.

It is of utmost importance that the meal is skipped on the same day as the scale registers an increase of more than two pounds and that missing the meals is not postponed until the following day. If a meal is skipped on the day in which a gain is registered in the morning this brings about an immediate drop of often over a pound. But if the skipping of the meal - and skipping means literally skipping, not just having a light meal - is postponed the phenomenon does not occur and several days of strict dieting may be necessary to correct the situation.

Most patients hardly ever need to skip a meal. If they have eaten a heavy lunch they feel no desire to eat their dinner, and in this case no increase takes place. If they keep their weight at the point reached at the end of the treatment, even a heavy dinner does not bring about an increase of two pounds on the next morning and does not therefore call for any special measures. Most patients are surprised how small their appetite has become and yet how much they can eat without gaining weight. They no longer suffer from an abnormal appetite and feel satisfied with much less food than before. In fact, they are usually disappointed that they cannot manage their first normal meal, which they have been planning for weeks.

Trouble after the HCG Diet

Two difficulties may be encountered in the immediate post-treatment period. When a patient has consumed all their abnormal fat or, when after a full course, the injection has temporarily lost its efficacy owing to the body having gradually evolved a counter regulation, the patient at once begins to feel much hungrier and even weak.

In spite of repeated warnings, some over-enthusiastic patients do not report this. However, in about two days the fact that they are being undernourished becomes visible in their faces, and treatment is then stopped at once. In such cases - and only in such cases - a very slight increase in the diet, such as an extra apple, 150 grams of meat or two or three extra breadsticks during the

three days of dieting after the last injection.

When abnormal fat is no longer being put into circulation either because it has been consumed or because immunity has set in, this is always felt by the patient as sudden, intolerable and constant hunger. In this sense, the hCG method is completely self-limiting. With HCG it is impossible to reduce a patient beyond their normal weight. As soon as no more abnormal fat is being issued, the body starts consuming normal fat, and this is always regained as soon as ordinary feeding is resumed. The patient then finds that the 2-3 lbs. he has lost during the last days of treatment are immediately regained. A meal is skipped and maybe a pound is lost. The next day this pound is regained, in spite of a careful watch over the food intake.

All that is happening is that the essential fat lost at the end of the treatment, owing to the patient's reluctance to report a much greater hunger, is being replaced. The weight at which such a patient must stabilize therefore lies 2-3 lbs. higher than the weight reached at the end of the treatment. Once this higher basic level is established, further difficulties in controlling the weight at the new point of stabilization do not occur.

THE PHASES OF THE HCG PROTOCOL

Phase 1 (Totally Optional)

This phase is totally optional. If the patient wants to bypass this and get right to the diet, that is permissible. Dr. Simeon's did not have a phase 1 but when the book by Kevin Trudeau was released it was recommended. This phase contains many do's and don'ts which are designed to address causes of obesity that did not exist when Simeon's developed *The Weight Loss Cure Protocol*. It is recommended that you do as many do's and don'ts during the Phase 1 thirty-day period. The benefits of Phase 1 include increased energy and mental clarity, increasing metabolism, decreasing hunger, decreasing food cravings, alleviating depression, Improvement of overall health and vitality, and flattening of the stomach. People should lose between five and thirty pounds during Phase 1. Ideally, do this phase for at least thirty days. You can do this phase for a shorter or longer period if you so desire. When you complete this phase immediately begin Phase 2.

These results are achieved by cleansing the liver, cleansing the colon, reducing Candida yeast overgrowth, handling nutritional deficiencies, correcting the thyroid, pancreas, and hormonal imbalances, cleansing the body of toxins, hydrating the cells, reducing heavy metals, reducing parasites, increasing muscle mass, stimulating the lymphatic system, and reducing stress. All of these factors have been now proven to create an abnormally operating hypothalamus contributing to your overweight condition. Doing Phase 1 will have tremendous long-term benefits. It will make your fat and weight loss during the Simeon's protocol happen faster and you will lose more weight and fat than if you do not do Phase 1. Phase 1 accelerates the entire process and helps guarantee that the weight will not come back.

This phase lasts 30 days and consists of many cleansing techniques. Kevin Trudeau suggests the following cleanses: 1) Colon Cleanse 2) Candida Cleanse 3) Drinking Eleotin Tea to help promote a healthy pancreas 4) Drink green tea daily 5) Take a whole food supplement 6) Coral Calcium 7) Probiotics 8) Heavy Metal Cleanse 9) Yerba Mate Tea to provide energy and reduce appetite 10) Eat Breakfast (For the complete list refer to Kevin Trudeau's book, *The Weight Loss Cure*).

Phase 2 (Required)

Phase 2 is the exact Simeon's weight loss cure protocol as outlined in the Manuscript, *Pounds and Inches.: A New Approach to Obesity*. It is the exact protocol being used by medical doctors around the world with spectacular results. This phase is designed to stimulate the hypothalamus to release the secured fat deposits in the problem areas at an accelerated rate. This phase must be done for a minimum of three weeks and a maximum of six weeks. During this phase you should lose approximately one pound per day. You will be losing the secured abnormal fat reserves. You should notice a dramatic reshaping and

re-sculpting of your body. Energy levels will be high; hunger and appetite low, and many people see an improvement of other medical conditions and symptoms.

The Diet

Those patients who will be preparing their own food should study the 500-calorie diet, and it is most important that the person who will actually cook also studies this section - the wife, the mother or the cook, as the case may be.

IF YOU HAVE HEALTH CONDITIONS OR TAKE PRESCRIPTION MEDICATION PLEASE CHECK WITH YOUR DOCTOR!

It must be noted here that Dr. Simeon believes you should gorge yourself for the first two days of taking the HCG. Here is a (revised) excerpt from his book, Pounds and Inches. (Original manuscript used injections instead of HCG in oral form.)

Patients whose general condition is low, owing to excessive previous dieting, must eat to capacity for about one week before starting treatment, regardless of how much weight they may gain in the process. One cannot keep a patient comfortably on 500 Calories unless his normal fat reserves are reasonably well stocked. It is for this reason also that every case, even those that are actually gaining must eat to capacity of the most fattening food; they can get down for the first two days. . It is a fundamental mistake to put a patient on 500 Calories on the first two days of HCG. Abnormally deposited fat begins to circulate and thus become available.

Day One:

-  **Take HCG as directed on bottle. (2 times a day for spray, 3 times a day for drops)**
-  **Drink one-half to one gallon of water throughout the day**
-  **Gorge yourself and eat as much food as you can throughout the day.**
-  **Do any of the items from Phase 1 as you choose.**

Day Two:

-  **Repeat Day One**

Day Three:

-  **Weigh yourself immediately upon arising, after emptying the bladder, without clothes**
-  **Take HCG as directed on bottle.**
-  **Drink one-half to one gallon of water throughout the day as well as any organic tea you desire**

Typical Diet during HCG Phase

BREAKFAST:

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

Lunch:

1. 100 grams (3 ½ ounces) of veal, beef, chicken breast, turkey, 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.
2. One type of main vegetable like cabbage, broccoli or asparagus or a salad consisting of the following (1 . 1 ½ cups): spinach, chard, chicory, beet greens, green salad, tomatoes, celery, fennel, onions, red radishes or, cucumbers. Home-made Salsa as a dressing or part of vegetable or fruit.
3. One breadstick (Grissino) or one Melba toast.
4. An apple or a handful of strawberries or other berries (1 cup) or one-half grapefruit or one whole orange.

Dinner :

1. The same four choices as lunch. Change up meats and fruits if possible.

Important Points to remember:

- ✚ The juice of one lemon daily is allowed for all purposes. Salt, pepper, vinegar (red cider, balsamic, and wine), mustard powder, garlic, sweet basil, parsley, thyme, marjoram, etc., may be used for seasoning, but no oil, butter or dressing.
- ✚ Tea, coffee, plain water, or mineral water are the only drinks allowed, but may be taken in any quantity and at all times. In fact, the patient should drink about 1 gallon of these fluids per day. Many patients are afraid to drink so much because they fear that this may cause them retain more water. This is a wrong notion as the body is more prone to store water when the intake falls below its normal requirements. The fruit or the breadstick may be eaten between meals instead of with lunch or dinner, but not more than four items listed for lunch and dinner may be eaten at one meal.

- ✚ No cosmetics other than lipstick, eyebrow pencil and powder may be used without special permission. You may NOT use any oil of any kind while on this protocol. Every item in the list is gone over carefully, continually stressing the point that no variations other than those listed may be introduced. All things not listed are forbidden, and the patient is assured that nothing permissible has been left out.
- ✚ The 100 grams of meat must be scrupulously weighed raw after all visible fat has been removed. To do this accurately the patient must have a letter-scale, as kitchen scales are not sufficiently accurate and the butcher should certainly not be relied upon.
- ✚ Those not uncommon patients, who feel that even so little food is too much for them, can omit anything they wish. There is no objection to breaking up the two meals. For instance having a breadstick and an apple for breakfast or before going to bed, provided they are deducted from the regular meals. The whole daily ration of two breadsticks or two fruits may not be eaten at the same time, nor can any item saved from the previous day be added on the following day. In the beginning patients are advised to check every meal against their diet sheet before starting to eat and not to rely on their memory. It is also worth pointing out that any attempt to observe this diet without HCG will lead to trouble in two to three days. We have had cases in which patients have proudly flaunted their dieting powers in front of their friends without mentioning the fact that they are also receiving treatment with HCG. They let their friends try the same diet, and when this proves to be a failure – as it necessarily must - the patient starts raking in unmerited kudos for superhuman willpower.
- ✚ It should also be mentioned that two small apples weighing as much as one large one never the less have a higher caloric value and are therefore not allowed though there is no restriction on the size of one apple. Some people do not realize that chicken breast does not mean the breast of any other fowl, nor does it mean a wing or drumstick. The most tiresome patients are those who start counting calories and then come up with all manner of ingenious variations, which they compile, from their little books. When one has spent years of weary research trying to make a diet as attractive as possible without jeopardizing the loss of weight, culinary geniuses who are out to improve their unhappy lot are hard to take.

Schedule for Food Intake

10:00am	Fruit and bread stick or 1 melba toast
12:00-1pm	meat and salad meal
3:00pm -	Fruit and bread stick or 1 melba toast
5:00-6pm	Meat and salad meal

Day Four Through Day Forty-Five

Follow the Day Three instructions every day for the entire course of treatment. In order to achieve permanent results you must continue the treatment exactly as described for a minimum of twenty-one days and a maximum of forty-five days.

The Simeons .weight loss cure protocol,. as you can see, consists daily doses of hCG, combined with a very strict AND specific food consumption plan. The specific foods cause chemical reactions in the body, combined with the hCG to activate the hypothalamus into releasing the secure abnormal fat reserves causing dramatic weight loss with the loss of muscle or structural fat. The amount of food consumed is approximately 500 calories. The reason for the very low caloric intake is that the body will only release the abnormal fat reserves after it has burned the consumed calories. Interestingly enough, eating lower amount of calories do not speed up the process. Eating smaller quantities of food actually stop the fat releasing mechanism. Dr. Simeons discovered that by changing the food, the fat releasing process is also slowed or stopped. For example, when Simeons added mushrooms or artichokes, even though they had the same or less amounts of calories, the fat releasing was slowed or stopped completely. This is due to unique chemical compositions in the food.

The last day of HCG

On the day you receive the last hCG, you must follow the diet program exactly. For the next two days you also must follow the diet exactly. This is because your body is flooded with hCG and it should take two days for it to leave the body. Hunger will vary for each individual. Hunger pangs will last no more than five to seven days. The more you did in Phase 1, in many cases, determines how long the hunger pains last.

Most asked question

- 1. The most common question asked is that if a person just did this low calorie diet without the hCG , wouldn.t they still lose weight ?**

Every legitimate double-blind study shows that when people eat this diet without the hCG they do, in fact, lose weight. However, they do not lose the problem area secure fat deposits. Their body is not reshaped. They lose muscle and structural fat. They have massive hunger and fatigue. When they stop the diet they immediately gain all the weight back, plus more! Those who do the diet WITH hcg lost MORE weight than the other group, had no hunger or fatigue, and lost fat in the problem areas. Their bodies were completely reshaped. They did not lose structural fat and muscle. Most importantly, when they stopped the diet and hCG , THEY DID NOT GAIN THE WEIGHT BACK!

Although there are critics and so-called experts that continue to debunk and discredit Simeons's weight loss cure protocol, the hundreds of thousands of patients achieving these results, combined with the thousands of patients achieving these results, combined with the massive amounts of scientific documentation, double-blind studies and observations, are proof beyond a doubt that this is in fact the ultimate cure for obesity. This method has passed the test of time.

Phase 3(Required)

Phase 3 lasts three weeks. This phase should be done immediately upon completing Phase 2. This combined with Phase 2 is the original Simeons's weight loss cure protocol.. This phase is designed to reset the hypothalamus and bodyweight set point. This is an important phase that keeps the weight off permanently. Successful execution and completion of this phase resets your metabolism higher, resets your hunger lower, and resets your hypothalamus so that in the future it does not store fat in the abnormal problem area secure fat reserves. This phase helps guarantee that your body is corrected from the abnormal condition, which caused the obesity. This phase is relatively simple. For twenty-one days immediately following the last day of the Phase 2 restricted diet, you are allowed to eat as much food and any type of food you choose. The Simeons Protocol just states that you may not have any sugar or starches for this period. The Trudeau book goes into a little more detail.

The exceptions are as follows:

1. No sugar, dextrose, sucrose, honey, molasses, high fructose corn syrup, corn syrup, or any sweetener except for Stevia.
2. **No starch, including breads, pastas, any wheat product, white rice, potatoes, yams, etc.**
3. **No artificial sweeteners of any kind with the exception of Stevia.**
4. **No food from fast food restaurants.**
5. **No trans fats, including hydrogenated or partially hydrogenated oils.**
6. **No nitrites**
7. **Limit ice cold drinks**
8. **Drink one-half to one gallon of pure spring water daily.**
9. **Eat a minimum of two organic apples per day**
10. **Eat a minimum of one grapefruit per day.**
11. **Take one to three teaspoons of raw organic apple cider vinegar per day.**
12. **eat something 6 times a day**

You must absolutely weigh yourself every morning after first emptying your bladder. You must NOT gain or lose more than 2 lbs. during this period of time as this is the time the Dr. Simeons says the hypothalamus is resetting. The moment the scale goes beyond two pounds, even by only a few ounces, you must do the following steps:

1. The same day you notice the increase you must entirely skip all food until 6:00- p.m. During this time, you must drink at least one-half gallon of pure water.
2. In the evening, eat the biggest steak you can from grass fed organic beef. This steak can be grilled or fried with oil and seasoned with pepper and herbs, but no salt. You may have either a large organic raw tomato or large organic raw apple.

When you successfully complete the twenty-one days of Phase 3, you are ready to begin your new life as a normal person.

Phase 4

This phase is for the rest of your life. It contains the simple easy to follow do's and don'ts that make sure that the hypothalamus does not get overtaxed and go back to the abnormal state, creating low metabolism, high hunger, food cravings, and the abnormal storing of fat in the problem area fat reserves leading to a return of the weight and the obesity condition.

The simplest rule to follow is to eat anything you want, as much as you want, as often as you want. The only caveat is to only eat 100% organic food. If you do this you will never be consuming all of the things that are designed to overtax you hypothalamus and create conditions of obesity. This is almost impossible to do in the real world so basically avoid as best you can, the man made ingredients that cause obesity. Stay away from fast food and brand name foods. Prepare you meals at home. Buy fresh produce from places like your farmer.s market. This would be a good time to do the cleanses from phase 1. Use Stevia for your sweetener. Always stay away from products that have 1) mineral oil 2) propylene glycol or 3) sodium laureth sulfate as these contain deadly poisonous chemicals.

Day	Actual Food/ Drink you had	Weight
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		

13		
14		
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