

it's a *Pretty* 
HealthyLife



live your best *Pretty* HealthyLife 

HCG DIET Instruction Manual & Eating Plan

DR SIMEON PROTOCOL - (The diet everyone is talking about)!

It is a fact that 80% of abs are made up in the kitchen, i.e. you are what you eat! Only 20% of your body is made up in the gym. Exercise alone (although offering tremendous health benefits) will not help your figure if you eat badly.

What is Healthy Fat?

It's important to note that the body consists of both "Healthy fat" (the type that surrounds your vital organs) and "Abnormal fat", which is the fat that serves no purpose other than adding nasty bulk to those hips and love handles. With most traditional diets, you lose the "Healthy fat" before the "Abnormal fat". I.e. you land up with a gaunt face and if you are a woman you land up a few bra cups smaller BEFORE any of the abnormal fat disappears. In a nutshell, you lose in the actual places you want to lose, last.

It's no real secret

The original protocol was created by the renowned Doctor Simeon many years ago. It has helped millions of people to lose weight rapidly and safely, as much as 10kg in 4 weeks. Slimming clinics in South Africa market this program under various names and sell it for thousands of Rands. These clinics also make a lot of money selling a bunch of healthy (but unnecessary) supplements that do not actually affect the weight loss in any way.

Truthfully, all that is required is the purest quality HCG, the instructions for the eating plan (protocol designed by Doctor Simeon), some support from people already on the program and your 100% commitment to lose weight fast! The program follows a very scientific formula, so unlike other diets, there is zero room to cheat. Sorry, none at all. It really is very strict.

You will need to make peace with the fact that this is going to take some will power and hard work on your behalf. But if you are dedicated, you will lose the weight fast! We promise you. If you are not willing to put in the hard work, then ask yourself if you really deserve this dream body you desire?

We really want to see you succeed. We also don't want you wasting any money on this unless you are 100% sure you can give this 4 weeks of your life with zero cheats. That is why we share the eating program with you first (in the manual below) so you get the full information before deciding to purchase anything. Our promise to you is that we have sourced the highest quality HCG available & we are here to give you all the guidance and support you need during your weight loss journey.



How does it work?

The science behind HCG for Weightloss

- HCG is a natural hormone found in a women's body when she is pregnant. The amount you will administer each day is a tiny miniscule fraction of the amount of HCG found in the body when pregnant. HCG triggers the abnormal fat cells to open and thus makes it possible to go on the very low calorie diet (VLCD) without experiencing hunger because your body uses abnormal fat reserves for fuel. Without HCG, on such a low calorie diet, your body would go into "starvation mode". Yes, you might lose the kilograms initially but you would be messing with your metabolism and losing muscle as well as healthy fat.
- HCG keeps you from losing muscle while you diet. The HCG hormone creates an anabolic state (muscle-building) which counteracts the catabolic state (muscle-breakdown).
- Why does that matter? During a fast, dramatic loss of kilograms with crash dieting, there is a high amount of muscle that is lost. When you lose muscle, it's bad for your body and your metabolism. The metabolism slows so much with crash diets that the dieter regains the weight again shortly after. Additionally, it takes quite a bit of work to build back the muscle that has been lost.
- The Doctor Simeon protocol using HCG, protects muscle from being lost. In fact, there is more of a pure fat loss, which causes a shrinking in inches and size of clothing. The great result is that one can become leaner, in a smaller clothing size, but with more muscle. This muscle allows for a stronger metabolism and helps people maintain their weight loss long after their diet is completed.

Why you can't cheat

The program is based on a very scientific formula. If you cheat you will kick the HCG out your system and besides stalling your weight loss, you will also experience hunger. The abnormal fat will no longer be used for energy. The Doctor Simeon protocol was developed in the 1950's and since then many companies have experimented with different variations of the program only to discover that any diversion from the original protocol affects your results negatively. So if you want to lose the weight, don't cheat! We cannot guarantee the great results so many thousands of people have achieved on this program if you are going to cheat. Its a few weeks of your life to sacrifice.

Phase 1

Load Days 1-2

Begin taking HCG (drops /injections) as instructed.

During the first 2 days you will be eating as many fat filled foods as possible. If its chocolate or cheese that you love, go for it! Add in good fats too. These 2 gorge days are important because when the HCG takes affect it will know exactly where your excess fat is stored. Best results have been reported from clients who loaded with more fats versus too many sugar and carbs. Regardless though, you can eat whatever you want on these two days. It takes 3 days for the HCG hormone to take effect, so day 3 you move onto Phase2.

Phase 2

Detox Days 3-5

Continue taking HCG (drops /injections) as instructed. During this phase you will only eat fruit. 300g for breakfast. 300g for lunch. 300g for dinner.

The following fruits are allowed:

*apples *oranges *peaches *paw-paw *grapefruit *strawberries

Note: Phase 2 is optional. Some dieters cannot manage 3 days of only fruit – if this is the case for you, go straight to phase 3 of the program (VLC).

Most people can manage one full day of fruit.

Phase 3

VLC Very low calorie diet

Continue taking HCG (drops / injections) as instructed. You will continue on this phase until your HCG supply has finished.

You are allowed the following each day:

Fruit:

1-2 per day

*Apple, grapefruit, naartjie, orange, peach – eat mostly these

OR

*100g of any of the following fruits which counts as one fruit: strawberries, paw-paw, mango, melon or watermelon.

Protein:

200g in total per day

*Lean beef / fish (tuna in brine), chicken / turkey breast (no skin), 175ml fat-free yoghurt, 100g fat free cottage cheese

Vegetables:

240g in total per day

*Asparagus, aubergine / brinjal, broccoli, brussel sprouts, cabbage, cauliflower, celery, chives, cucumber, fennel, gem squash, spinach, lettuce, onions, marrows, radishes, raw chillies or tomato.

Starches:

1 portion per day

2 crackerbread (Original)

OR

2 Provitas (Original)

*Note: You may only eat what is listed above, anything else is cheating!

Allowed Foods - Condiments

- Pepper, salt, vinegar (white), one lemon or lime (does not count as extra fruit) Herbs & Spices
- Basil, cinnamon, curry, garlic salt, garlic (fresh), oregano, rosemary, tarragon, thyme or chillies
- Liquids
- Drink 2-3 litres of water a day: Coffee (not more than 6 cups – decaffeinated is best as caffeine causes water retention), tea, herbal tea (not flavoured tea as it contains sugar), soda water / coke zero / sprite zero (2 cans per day). No flavoured water because it contains sugar, 2 Tablespoons fat free or skimmed milk (not 2%), or fat free soy milk per day is allowed Other Sugar free gum (one packet per day), sweeteners (Natreen or Xylitol). Do not use sweeteners which contain aspartame.

Allowed Foods - Sauces & Dressings

- Sauces and dressings are most often loaded with sugar and fats. Be sure to make this salad dressing before you start the VLC phase.
- During the VLC phase of this program, we only allow 3 – 6 tablespoons per day of this mixed recipe: ½ cup Trim Mayonnaise ½ cup Ina Paarman's low fat salad dressing (Honey & Mustard / Lime & Coriander) ½ cup Balsamic Vinegar 2 cups of water 4 packets sweetener (Natreen) 1 packet Robertsons salad sprinkles

Helpful Tips

Important to your success

- You absolutely must do the 2 load days – it's imperative to your success!
- If you are extremely hungry on the VLC phase, your best option is to have more of the "allowed vegetables" (cucumbers are literally unlimited) alternatively add 50g lean protein or one boiled egg.
- Use Spray n Cook (not the oil kind) for cooking meat. We like to add a little Coke Zero / Sprite Zero as well as water to chicken breast (whilst cooking), it adds a nice sweet flavour – especially if you add garlic / herbs. You can even cook your lean beef mince in coke or sprite zero.

- It is not recommended to do any serious exercise during the VLC phase.
- Do not use oils and body lotions whilst on the VLC phase. Lotions contain fats and oils which aren't allowed on the HCG diet due to the way it's absorbed into the skin and metabolized just as if eaten. Although many clients still experience good weight loss whilst still using aqueous cream. It's your choice.
- Sliced Apple with Cinnamon spice (which is allowed) heated in the microwave is a great idea for a sweet treat. Make sure any spices you add do not contain sugar.
- Drink lots of fluids – at least 8 glasses of water a day. This is very important!
- When you are tempted to cheat, just remember how long it took you to put on this unwanted weight & remember how miserable it makes you feel. Then visualize the end result, i.e. a new slimmer you. You can do this! It is only 4-8 weeks of your life.
- Never eat anything after 9pm.
- Once you start the VLC phase, weigh yourself first thing in the morning, without clothing, on an empty stomach. The results in the first week will keep you motivated to stick to the program.
- Once you have finished your drops / injections it is very important to continue eating the VLC diet for 3 full days. The reason for this is that HCG takes 3 days to leave your system. This is very important! If you don't eat VLC these last 3 days you will gain weight!
- You might experience mild headaches in your first week on the program, this will be short lived. Aspirin is allowed if needed.

Stabilization

- So you've shed that unwanted weight and fast! It was possibly 4 of the most challenging weeks of your life... but it was worth it, right?
- If you have lost all your unwanted weight, it's now time to move on to a healthy eating plan for life.
- For the next 3 weeks, it is important to stay away from all carbs and sugar. This allows your body time to adjust to your new weight without too much change or sudden spikes of insulin.
- However, you can now add some healthy fats to your lifestyle. E.g. Small amounts of olive oil & avocado, cheese and even nuts (but don't have more than 10 nuts in a day).
- Don't increase your fruit intake too much, fruit is still sugar! In fact, the less fruit you eat during stabilization the better. If you must eat fruit, stick to the allowed fruits from the VLCD. Introduce new vegetables (mushrooms, carrots, and butternut, pumpkin) and lean proteins to your diet.
- However introduce one new item at a time and then weigh yourself each morning to see what affect it had on your weight. This way you will learn how your body reacts to certain foods.
- Keep to a maximum 1,500 calories per day. Your weight should not fluctuate by more than 2kg during stabilization. If it does, then you are adding too many new foods and too many calories.
- If you absolutely must have an alcoholic drink – stick to a dry white wine (less sugar) or a gin and sugar free tonic. Please do not overdo it during the stabilization phase. There is just too much sugar in alcohol.
- Your stomach should have shrunk on the VLCD phase of the program, so take note of your portion size, avoid having second helpings and stop eating before you are really full. It takes about 20 minutes for you to register that you are full and this is often why we tend to overeat.

Maintenance

- You no longer need to weigh your food, you have already tripled your calories in the Stabilization phase. It is now important to continue making good food choices, eat mindfully, chew your food well and eat slowly so that you recognize when you are full.
- If you have to add starch, we recommend sweet potato (not more than once a week) instead of normal potatoes. If you have to have bread – go for the Banting kind.
- Exercise is important now.
- Avoid sugar as much as possible. If you want a treat, have it but don't overdo the portion size and don't do it more than once a week.
- If you find you are gaining weight & need a quick fix: eat only these foods for 3-4 days: Lean meats, biltong, green veg, boiled eggs (unlimited), fat-free milk, reduced fat cheeses, nuts (no more than 10 a day).
- Avoid all fruit, no alcohol or sugar.

- There is no need to weigh your portions or count calories here. Simply stop eating when full. During these 3-4 days you will easily undo any damage done.

If you absolutely have to cheat!

Top choices for cheats, successful cheaters have used while on the HCG diet are:

- Watermelon
Some HCG diet clinics allow watermelon anytime. While we aren't so careless about modifying the core protocol, we do know that watermelon makes a good HCG diet cheat because it's low in sugar and high in water content—both good things. Plus it's so refreshing on a hot day!
- Mixed vegetables
Dr Simeons advised that the chemical makeup of certain foods caused problems with weight loss on the HCG diet, especially when combined with other foods. Yet everybody's chemical makeup is a little different. Most of our clients mix vegetables and still have great results.
- Cottage cheese
Cottage cheese is an often overlooked alternative to your standard meat portion on the HCG diet. Get a fat-free variety and eat it alone or use a serving to add extra flavours to your fruit or starch selection.
- Green beans
This is probably the most asked-after vegetable that's not on the HCG diet food list. If you're going to try them, remember to skip the butter. If you can get them fresh out of the garden, you won't need it anyway—they'll be fresh and bursting with flavour already! Add a little salt if you want to enhance the flavour (cook in pan with a bit of garlic, water and some sprite zero for flavour).
- Body lotion
OK, it's not a food, but as you probably know lotions containing fats and oils aren't allowed on the HCG diet due to the way it's absorbed into the skin and metabolized just as if eaten. But for some mysterious reason, certain people have no problem with lotion. (Be very careful with this one!)
- Broth and stocks
Chicken stock, chicken broth, beef broth, and bouillon cubes four in one! These items often contain small amounts of sugar, fat, and oil. But the amount is so tiny, and the gain in flavour is so huge, it might just be worth a try.

Instructions for HCG subcutaneous injections

- Ensure that all the water in the 2ml glass vial is at the bottom of the vial. (You can shake it).
- Now take a cloth and break the neck of the glass bottle (where the blue mark is).
- Extract all the water from the glass bottle with the large mixing needle and inject it into the HCG (white powder) vial. Your final mixture should be a clear liquid (i.e. it appears just like water).
- You will use between 7cc – 10cc per day. Start with 7cc and only adjust the dosage if you experience real hunger. Don't worry, you cannot ever overdose on this tiny amount!
- Draw the required amount (with your small insulin needle) as per the photo on this page.
- Keep your mixture in the fridge.
- Always inject early morning when you wake up, the same time if possible.
- Always use a new needle each morning.
- The best place to inject is into fat in the belly area. This is the least painful. In fact it shouldn't hurt at all – this tiny insulin injection is used by diabetics daily & can be purchased at most pharmacies.
- Squeeze the fat (where you plan to inject) between two fingers and it will literally numb the area.
- Inject the mixture slowly and you are done!

