

From: hCG Body Shaper

Congratulations on your choice to reduce your weight and improve your health. The hCG Very Low Calorie Diet (VLCD) has proven to be one of the most effective diet programs being used. Having said that, there are some things for which you should mentally be prepared when you begin this program.

1. If you eat a lot of sugar, you will experience mild to moderate headaches due to withdrawal for the first couple of days. Plus, you may experience some stronger cravings for a day or two. This will pass!
2. If you do not follow the guidelines exactly, it will cost you in weight loss. One severe cheat can cost you 3 days of weight loss.
3. Make up your mind before you begin that you are going to finish the program victoriously. It requires determination, but the reward is the fastest weight loss you will ever experience. When I started this program and the scale was showing incredible losses every day, I knew I could do this program--so can you!
4. There will be a few days where you will not lose anything; don't be frustrated--this is normal.

Diet Limitations: Allowable foods.

Protein Group: All meat and fish are to be weighed on a digital scale. Three and ½ ounces (raw weight) are to be eaten during the two meals per day. All meat and seafood must be prepared with fat-free cooking.

1. **Meat.** Chicken breast only (no skin), chicken livers. Beef sirloin, beef loin, dried chipped beef. Buffalo and Lean veal is allowed.
2. **Seafood:** Whit fish, fresh or frozen, unbreaded, as the following, sole, flounder tilapia, haddock, perch, pike, sea bass and halibut. **Shellfish:** Lobster, crab, shrimp only.
 - a. (No Salmon, tuna, smoked or pickled fish or any other seafood.)
3. **Meat Substitute:** Occasionally, 6 egg whites may substitute for your meat.

Vegetable Group: One half to one cup of one type of the following vegetables at each meal; asparagus, beet greens (no beets), cabbage, celery, chard, chicory, Chinese cabbage, Cucumbers, dill-sour pickles, (unsweetened only) endive, escarole, fennel, kale, lettuce salad. Bean sprouts, mushrooms, onions parsley, red radishes, spinach, green beans, summer squash, tomatoes, watercress.

Low calorie dressings containing no more that 1 tablespoon might be used.

Bread Group: Melba Toast and Grissini Bread (bread stick)

Fruit Group: Choice of one: apple, orange, handful of strawberries (approximately 8 oz) on-half cantaloupe, or one-half grapefruit, one-fourth- casaba or honeydew melon. One-half cup of the following: fresh or water-packed, and/or artificially sweetened (sliced peaches, apricots, gooseberries or papaya. One cup D-zerta gelatin dessert. (Other sugar-free brands are allowed.)

Seasonings: The following are allowed at any time: Juice from one lemon daily, one tablespoon of milk daily, salt, Lawry's seasoning, pepper, vinegar, dry mustard powder, garlic, sweet basil, thyme, chili powder, cumin. (No Oil, No Butter)

Liquids: All the coffee and tea you want. Certain diet sodas are allowed, artificial sweeteners that are sugar-based are not allowed. REASON: Your body recognizes it as sugar, releases insulin, which then causes your body to restore the fat that the hcg has released from the cells....not what you want while doing hcg.

Make sure you get "The hCG Body Shaper Cookbook" it's FREE!

Young Women:

Do not start the program any sooner than ten days before your period. Also, do not take any hCG during your heavy days.

Exercise:

If you have not been going to the gym or participating in a regular exercise regimen do not start during the VLCD program. If you have already been going to the gym, etc. you may continue during the VLCD program. Otherwise, limit your exercise to walking for 20-30 minutes a day.

Things to do before you start:

1. Take a "before" picture of yourself. Yes, it is humbling; but you will be glad you did later, when it is time for a side-by-side comparison of before and after.
2. Take your "before" measurements. Again, you will be happy that you did.
3. Read Dr. Simeons' book, *Pounds and Inches*.
4. Join the Facebook HCG Body Shaper Forum. This will provide you with information and support.
5. Make sure you have a scale. If you step on it three times within a minute, it should give you exactly the same reading. A digital scale is the best, since it weighs in one-tenths of a pound.
6. Plan your program by deciding your schedule for Phases and rounds, considering holidays, vacations, and special events.
7. Buy your food. Walmart has pre-packaged tilapia (4 oz. servings). Buy plenty of chicken tenderloins in a bag. Costco and Sam's seem to have the best buy.
8. Contact us at info@hcgbodyshaper.com or at the Facebook forum if you have any questions.

Taking Your Drops:

1. Refrigerate your HCG Body Shaper upon delivery. Keep it refrigerated and away from light.
2. Take 4 drops in the morning, 4 in the afternoon and 4 before you go to bed. Place them under your tongue and let them sit for about 5 minutes. Do not talk.
3. Try not to touch your tongue when you administer the drops.
4. Use a mirror.
5. Do not eat or drink anything 30 minutes before or 30 minutes after.
6. Take a vitamin and a potassium pill every day. The potassium is very important.

Phase One: First Two Days

1. Load TO CAPACITY with lots of fats for the first two days (ice cream, cookies, fried food, pastries, pizza, etc.).
2. Of course, this sounds completely contrary to any standard diet advice--but it is NECESSARY! If you do not "pig out" properly, you will not see the results you want. This is a fact.
3. You begin taking your drops the same day you start loading on fat.
4. You may not feel very well at the end of the two days; that's okay--it will pass.

Phase Two: The Very Low Calorie Diet

1. On Day 3, begin the 500-calorie-per-day diet.
2. Take your drops every day as prescribed.
3. Get on the Facebook Forum daily for support and advice.
4. Post your daily losses.
5. Remember, headaches during the first couple of days are normal. Your body is suffering from sugar withdrawals and the reduction of calories.

6. For the first couple of days, you may experience moments of hunger. They will pass. You must also learn the difference between feeling “hungry” and your stomach feeling “empty”. Most Americans have rarely felt their stomach truly empty.
7. **Drink a minimum of 64 ounces of water per day.** This can be in the form of water, coffee or tea. This is a MUST in order to lose as much weight as possible.
8. If you are doing the 40-day program, do not take any hCG on the 7th day. This helps keep you from becoming immune to the hCG. (You do not have to worry about this, if you are only doing the 26-day program.)

The Last 3 Days:

1. On the last three days of Phase Two, do not take any hCG; but continue the 500-calorie diet. You must get the hCG out of your system before you start Phase Three. Continue with your water.

Phase Three:

1. For the next three weeks maintain a 1500-calorie diet (NO HCG). Stay away from breads, pasta, rice, and sugar.
2. Eat moderate carbohydrates.

At the end of Phase Three, you can return to a regular diet; just don't go back to any old habits of eating when you're not hungry, and restrict your sweets and starches.

If you need to do another round, wait at least three weeks before you start again.

Good Luck from the hCG Body Shaper Team!