



Well Medical Arts
INNER HEALTH ◊ OUTER BEAUTY

hCG Diet Plan

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hCG History

Dr. ATW Simeons discovered in the 1950's that small doses of hCG (Human Chorionic Gonadotropin) given to overweight individuals (men and women) decreased their appetite, and made them lose inches specifically around their hips, thighs, buttocks and stomachs. Today millions of people have used Hcg for weight loss. The hCG Diet has also been used for weight loss in obesity as well as those wanting to shed a few unwanted pounds. Hcg for obesity is as common as hcg for fast weight loss. However it is used, the hCG diet weight loss program works.

Pathophysiology or Primary Causes of Fat Storage

The Hypothalamus: the seat of the neuro-endocrine system

- Co-ordinates information between hormones and end cells
- Metabolism: GH Growth Hormone, TSH Thyroid Stimulating Hormone, T3 Triiodothyronine, T4 Thyroxine. Thyroid hormones have metabolic affects on proteins, carbohydrates, lipids and vitamins. Your thyroid controls your metabolism. Insulin regulates blood glucose and overall body metabolism of fat, protein and carbohydrates.
- Energy: Cortisol, Adoponectin, Leptin
- Sex Hormones: FSH and LH (control ovarian functioning), Oxytocin (uterine contractions) and Hcg Human chorionicgonadotropin, stimulates adiponectin to utilize fat storage for energy
- The endocrine system hormones work together to synchronize metabolism.
- Steroid hormones are synthesized from cholesterol. Good cholesterol (HDL) is necessary for the endocrine system.

Causes a Decrease in Hypothalamic function

- Ageing
- Cold temperatures
- Excess Caloric intake or skipping meals
- Stress
- Genetics
- Excitotoxins (High Fructose Corn Syrup, MSG, Aspartame)
- Chronic Inflammation
- Decrease in Dopamine (Depression or Drug Abuse and Tobacco Use)

How does hCG work in the body?

Hcg is Human Chorionic Gonadotropin. It's present in both men and women, but is present in the largest quantities in the placenta during pregnancy. During pregnancy, incoming nutrients go to the fetus, the mother's body taps into her reserves (fat storage) for energy. How? Hcg signals the release of Adiponectin, a hormone responsible for utilizing adipose tissue, the fatty storage. With the use of Hcg the body catabolizes (breaks down) about 2000 calories per day from fat storage. This provides the body with energy while on a low-calorie (850-1250) diet. This results in weight loss without the body's normal starvation response (to hoard calories).

For the fat to be broken down and used for energy it is imperative to drink at least 64 ounces of water daily! It's also necessary for removing toxins stored in the fat.

hCG Diet Stage One

Stage One- Weight Loss

Stage one of the hcg weight loss program combines starting hCG, your diet plan, the high protein low calorie shake, MCT (Medium Chain Triglyceride) Oil and increased water consumption. You may start losing up to a pound per day of your fat reserve. Many patients have a rapid increase in energy level.

First Two Days, Loading the Reserves

The loading phase is important to increase the adonectin signaling mechanism and lower your bodies stress response to food. Many people have an aversion to the loading phase. Do not skip this important phase.

Loading Days 1 & 2

- Eat as much food as possible throughout the day. Enjoy it!
- Take hcg first thing in the morning
- Drink 64 oz of water per day! This could be done by drinking 2 tall glasses of water before each meal and 4 tall glasses throughout the day. Carry a water bottle with you. It's one of the best new habits to establish.

Day 3 through Goal Weight Loss

- Take hCG (Human Chorionic Gonadotropin) first thing in the morning.
- Drink a minimum of 64 oz of water per day, especially the 2 tall glasses before meals
- Follow Your Diet Plan for lunch and dinner.
- Start taking the Protein Shake and MCT Oil for breakfast and snacks.

Your Diet Plan

Recommended Food List

Protein: Eat _____oz. (.030 oz x goal weight in lbs) of protein weighed raw with all fat removed. Best if it's baked, grilled or steamed. MCT is the only oil allowed for cooking and salad dressing.

PROTEIN

- | | | |
|------------------|------------------|------------------------|
| • Beef | • Ground Beef 7% | • Venison, Veal, Bison |
| • Flank Steak | • Lamb | • Chicken Breast |
| • Ground Chicken | • Turkey Breast | • Ground Turkey |
| • Lobster | • Crawfish | • Prawns |
| • Shrimp | • Crabmeat | • Sea Bass |
| • Flounder | • Sole | • Hallibut |
| • Salmon | • Albacore | • Tuna |
| • Any white Fish | • Eggs | |

VEGETABLES

Preferably organic. Fresh is best, frozen may be substituted. Vegetables are best raw but may be steamed, grilled or roasted. One large handful of vegetables.

- Spinach
- Celery
- Asparagus
- Chard (Swiss, rainbow)
- Red Radish
- Tomatoes
- Greens (mustard, collard, beet)
- Fennel Root
- Broccoli/Cauliflower
- Kale
- Cucumber
- Mushrooms
- Lettuce-any kind
- Onions/scallions
- Cabbage (purple, green and Nappa)
- Bell Pepper
- Sprouts
- Field Greens
(Dandelion, Rocket, Radicchio, Cilantro, Basil etc)

FRUIT

Preferably Organic. **NEVER EAT FRUIT BY ITSELF**

- Citrus-Orange, Satsuma, Mandarins, Mineolas, Grapefruit, Pomelos, Lemon (size of med orange)
- Berries – strawberries, raspberries, blackberries, salmon berries (one handful). Careful with blueberries and cherries
- Pomegranate – half
- Apple –medium

SEASONINGS

- Lemon/Lime
- Mrs. Dash
- Garlic, shallots
- Spices- especially hot such as Ginger, Cayenne, Chilies, Wasabi (good for the metabolism)
- Black or white pepper
- Butter Buds
- Herbs-cilantro, parsley etc. (preferably fresh and organic)
- Sea Salt
- Vinegars, red wine, apple cider, rice

SWEETNERS

- Stevia or Xytol

AVOID

- Sugar or artificial sweeteners (Nutra Sweet, Splenda, Saccharin)
- Fruit Juice
- Alcohol
- Trans-fats (hydrogenated or partially hydrogenated oils)
- Chewing Gum. It stimulates the digestive system and may cause hunger.
- Cough syrup or drops
- Sulfites (commercially smoked meats)
- MSG (Monosodium glutamate)

BREAKFAST AND SNACKS

- Protein Shake
- Water
- Organic coffee, herbal tea, dandelion root tea, detox tea

IMPORTANCE OF THE PROTEIN SHAKE

- Increased Energy
- Balances Blood Glucose (Sugar)
- Maintains Ketosis
- Re-training body to eat protein frequently
- Low Calories/High protein
- Reduces Appetite
- Increases metabolism
- Nutritional Supplements
- Supports Fat Burning
- Elevates Mood

hCG Recipes

The internet has many helpful hcg recipes. *Well Medical Arts* recommends a high protein, low calorie diet. Check the ingredients of the recipes to ensure they are on your recommended food list and that they are for the proper stage of your diet.

<http://www.ihealthdirectory.com/hcg-diet-recipes/>

<http://hcgdietjourney.com/hcg-diet-guideline/hcg-diet-recipes/>

Ketosis

Ketosis is a condition in which the blood has a high concentration of ketones or ketoacids. Ketosis occurs as a byproduct of fat being broken down. The body uses fat for energy. The excess ketones are expelled through the urine, stool, sweat and breath. Ketones will only show up in the urine when there are more in the blood than being used by the body.

How to Check for Ketosis

Day 4 Start Checking for Ketosis

- KetoStix may be purchased at your local drug store pharmacy
- Test for ketones daily in your morning urine (concentrations will be highest)
- Dip Ketostix and read. It should range between trace and small range
- Remaining in the target range will ensure healthy fat burning

What is the importance of Ketosis?

- When fat is catabolyzed (broken down) it produces Ketones which are used instead of carbohydrates for energy. The body shifts it's energy source from carbohydrates to stored body fat.
- Ketosis aids in controlling appetite, providing energy and increasing inch loss.

What if I am not in Ketosis or higher than the target range?

- If you are not in Ketosis, remove all fruit and tomatoes from your diet for the next 48 hours.
- If you are higher than the target range, add more dark green vegetables to your diet.
- Do not worry if you are not showing ketones above trace or negative. If you are feeling good, not hungry and loosing inches and weight you are in Ketosis. Some people never show above negative or trace.

Stage Two-Diet Modification Goal Weight

Stage two of the hCG weight loss program uses information from your follow-up appointments and biometrics (body measurements) to calculate how much protein, activity and new foods you may add. Once you are able to adhere to the diet you may be ready to implement some behavioral changes that will help you maintain a healthy lifestyle. Many people benefit from nutritional education such as taking a whole foods cooking class or seeing a Nutritionist or Registered Dietician. Most people have established healthy habits, such as drinking lots of water, going to bed and waking at the same time daily, or routine exercise. What are your healthy habits? Build on your strengths, things that you are good at that come naturally. Set new goals, such as trying a new form of exercise, sport, yoga or martial art that will help boost your metabolism. Is there an activity you have always wanted to try? Set a realistic, measurable goal. Set yourself up to win.

Stage Three of hCG Diet- Maintenance

Stage three of the hCG weight loss program uses information from your follow-up appointments and biometrics (body measurements) to calculate how many calories, how much protein and exercise you will need to maintain your goal weight.

Helpful Healthy hCG Tips

- Follow the hCG Diet instructions. Read them regularly to help reinforce the protocol.
- Weigh and Measure yourself weekly and log it on your tracking sheet.
- Take before and after photos of yourself for comparison.
- Prepare your food ahead of time. Shop on the weekends. Measure your protein with the food scale. Pre-cook meat and chop your fruit and vegetables so it can be taken to go easily.
- Stick to your scheduled eating times. Eating frequently boosts your metabolism. Skipping meals slows down your metabolism.
- Chew your food well, this signals enzymes in the gastrointestinal system to begin digestion and assist in the absorption of the nutrients.
- Enjoy your meals. Eat slowly in a relaxing environment.
- Be mindful, thinking about what the food tastes like and how it makes you feel.
- Avoid eating after your dinner snack.
- Drink Tea. Explore new teas, especially ones good for detoxing and digestion such as green, cinnamon, Tulsi, ginger, peppermint, licorice.
- Start testing your morning urine for ketones on the fourth day of hCG.
- No strenuous exercise for the first two weeks. Light exercise such as walking or gentle yoga is healthy for many body systems.
- Get plenty of rest and a good night's sleep. Your body is working hard breaking down the excess adipose tissue.
- Vitamin B complex injection aids in boosting metabolism, increasing energy and mood and stimulating weight loss. It does so by building DNA and red blood cells. It is a major source of nutrients, required for healthy functioning of the body. It is rightly called the 'energy vitamin' since, it provides a real energy boost for the body. It is an instant remedy for fatigue, as it accelerates the rate of metabolism. This injection may be given bi-monthly or once a month to boost energy levels as well as enhance your body's ability to burn fat.

Diet Supplies

- Body Scale
- Tape Measure
- Kitchen food scale
- Blender
- Ketostix
- Medical Weight Loss Shake. They are typically high protein low calorie shake or bars- less than 230 cal. Preferably only between 180 to 200 calories. Formulated to maintain lean muscle mass and balance blood sugar levels. MetaGenics is a quality brand.
- MCT Oil (Medium Chain Triglycerides)

Weight Loss Plateau

You may experience no drop in weight for 2-10 days, then have a sudden loss. This is not unusual and is most likely due to water retention or gain in muscle mass. Water retention is more common a few days before and during the menstrual cycle. Men often continue to lose regularly; women are more irregular in spite of faultless dieting. Continue to check for ketosis. If you are in ketosis you are burning fat.

Fixed Past Obesity

If you have ever maintained a certain fixed degree of obesity for over five years then had a sudden decrease in weight, it may take a few weeks of no weight loss beyond that previous or original fixed degree point.

Dieting Errors

99% of weight gain is due to straying from the weight loss program, not drinking enough water or from lack of exercise. For best results follow the program exactly.

Start up Schedule

Loading Phase

Day 1 Take hCG and eat high Fat Foods until full. Enjoy! Day_____

Day 2 Take hCG and eat high Fat Foods until full. Enjoy! Day_____

Day 3 Take hCG and start Your Daily Diet Plan Day_____

Body Composition Shake, MCT Oil and Daily Water Consumption

Weigh yourself this morning and record it in the Daily weight Log.

Day 4 Take hCG and continue Your Daily Diet Plan Day_____

Body Composition Shake, MCT Oil and Daily Water Consumption

(Test for Ketones this morning and every day after)

Day 5 Take hCG and continue Your Daily Diet Plan Day_____

Body Composition Shake, MCT Oil and Daily Water Consumption

(Test for Ketones this morning and every day after)

Day 6 Take hCG and continue Your Daily Diet Plan Day_____

Body Composition Shake, MCT Oil and Daily Water Consumption

Day 7 **DO NOT TAKE hCG** and continue Your Daily Diet Plan Day_____

Body Composition Shake, MCT Oil and Daily Water Consumption

From Week 2 until Goal Weight is achieved:

Continue **Your Diet Plan**, Body composition Shake, MCT Oil, Daily water Consumption and eating from your food list. Also, remember that if you are utilizing the daily hCG injection, continue shots through six days and **do not use shot on the Seventh Day.**

Sample Diet Plan Menu

<p>Breakfast _____ (30 Minutes after waking) Daily HCG Injection</p>	<p>6 ounces of water 3 ice cubes 1 scoop of shake 1/4-1tsp of MCT Oil <i>(Add your morning coffee for extra flavor)</i></p>
<p>Snack _____ (Mid Morning)</p>	<p>6 ounces of water 3 ice cubes 1 scoop of shake 1/4-1tsp of MCT Oil</p>
<p>Lunch _____ (Mid Day)</p>	<p>_____Oz. Protein Vegetables and Fruit MCT Oil and Vinegar dressing Detox Tea</p>
<p>Snack _____ (Late-Afternoon)</p>	<p>6 ounces of water 3 ice cubes 1 scoop of shake 1/4-1tsp of MCT Oil</p>
<p>Dinner _____ (Before 6:00 p.m. preferably)</p>	<p>_____Oz. Protein Vegetables and Fruit MCT Oil and Vinegar dressing Detox Tea</p>
<p>Snack _____ (Between 8:30-9:30 p.m.)</p>	<p>6 ounces of water 3 ice cubes 1 scoop of shake 1/4-1tsp of MCT Oil <i>(Reduce the amount of water to thicken and eat like a dessert)</i></p>

Drink 64+ Ounces of Water Daily



Food Journal

Take the food journal with you and document everything you consume for two weeks. Do not censor. This is a very helpful tool to help you identify patterns, deficiencies, cravings and even food sensitivities. Think about why, how, where and when you eat as well as what.

Name: _____

Date	Breakfast	Snack	Lunch	Snack	Dinner	Snack

* this form may be downloaded at www.wellmedicalarts.com/hcg-forms if additional sheets are needed.

Track Your Progress

Name: _____

Date:							
Weight:							
BMI							
Neck							
Chest							
Left Arm							
Waist							
Hips							
Left Thigh							
Total Inches Lost							

Goal Clothing Size _____

Goal Weight _____

** this form may be downloaded at www.wellmedicalarts.com/hcg-forms if additional sheets are needed.*

