

## **HCG Diet Revealed**

### **Adapted from Kevin Trudeau's Book "The Weight Loss Cure"**

There are three phases of the HCG diet, the first phase was not included in the original book by Dr. Simeons's called "Pounds and Inches: A New Approach to Obesity."

This paper is just a brief overview of Chapter Five in Kevin Trudeau's Book and to get the whole picture I would recommend reading it.

Also, you will see in phase 1 that a lot of people need to do something "before" they start on this or any weight loss protocol. The list of things to do before is a "general" list and needs to be adapted to everyone's individual situation. Please make sure that you actually "see" in person a Holistic Health Practitioner before you actually begin "phase 1" so that you can determine, with their help, what remedies (if any) or therapies are required for your body in your particular situation.

**Most sources recommend weighing yourself and measuring your chest, arm, waist and thighs before starting. Taking a photo of yourself can also be helpful.**

With this in mind here is Phase 1: Takes 1 to 30 days. (The longer, the better.)

- A. This phase is basically to help you detoxify and get rid of any nutritional imbalances plus address the "new" causes of obesity...which is basically all the environmental toxins clogging up your system!
- B. The benefits of this phase are; increased energy & mental clarity, increased metabolism, decreased hunger, decreased food cravings, alleviated depression, increased overall health and vitality, and a flatter stomach.
- C. Do as many of the "do's" and "don'ts" that apply to you and your situation determined with the help of a Holistic Health Practitioner.

Here is the list of the do's and the don't's, I've divided them up into categories;  
***Supplements/Foods, Actions/Therapies, Don't's.***

#### **Supplements/Foods:**

1. **Extra Virgin Raw Coconut Oil.** This is good for some people, but not for others. See if it agrees with you. Use up to a tbsp per day. For those that can use it, it will stimulate metabolism, improve digestion, and help release fat cells. It also may gently stimulate the Thyroid gland.
2. **Colon Cleanse.** There are many herbal supplements to take before you start colonics, during & after. Consult a Certified Holistic Therapist or Colon Therapist before beginning with colonics. Read "The Benefits of Colon Hydrotherapy"

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[http://www.hiraihealth.com/article\\_colon.htm](http://www.hiraihealth.com/article_colon.htm).

- 3. Apples.** Eating a minimum of two apples a day, organic ones, will help to regulate blood sugar, reduce appetite and increase cleansing of the liver, gallbladder and colon. Some people have trouble eating apples because they upset the stomach, this is usually caused by gallstones being softened up. Consult your Holistic Health Practitioner in order to find out how to overcome this.
- 4. Grapefruit.** Eating of minimum of two organic grapefruits daily can help release fat due to the enzymes it contains. Other benefits are; regulate blood sugar, reduce food cravings and stimulate cleansing of the liver, gallbladder and colon.
- 5. Raw Organic Apple Cider Vinegar.** One tbsp take before meals 3 times per day will help to stimulate the metabolism and cleansing of the internal organs.
- 6. Insulin.** In order for the pancreas to be balanced and to secrete insulin normally it would be profitable for many people to take some herbs for the pancreas. There many different combinations of herbs one of which is Eleotin. Check it out on [www.eastwoodcompanies.com](http://www.eastwoodcompanies.com)
- 9. Drink Green Tea.** Drink a minimum of 1 cup per day. Organic green tea stimulates the cleansing of the cells, increases metabolism and helps to regulate hunger. One of the recommended green tea brands is Wu Long, another one is Celestial Seasonings.
- 10. Whole Food Supplement.** There are many good whole food supplements, I prefer Greenzone or Nature's Gold from Nature's Sunshine or Vegan protein supplement. There are other ones that can be good as well like; Greens Plus, Mega Food, Greens plus etc. The idea is that your body is meant to take in whole foods and when you take the supplement in this form it will provide minerals and vitamins plus antioxidants to correct nutritional imbalances that can cause food cravings.
- 11. Calcium.** Research has shown that most people are deficient in calcium. Coral Calcium seems to have been a bit of a fad because most people cannot absorb calcium carbonate, but it does buffer an acidic pH. Calcium supplementation has been shown to increase weight loss, but you may want to try the more absorbable form of Calcium like Calcium citrate.
- 12. Probiotics.** Friendly bacteria that help you to digest your food without creating gas, assimilate by producing enzymes as well as B vitamins. The best strains are the "human microflora strains" made by Genestra. They also help to crowd out Candida. Improving your digestion always helps with weight loss.
- 13. Organic Yerba Mate Tea.** Drink at least 1 cup per day. It will increase your energy without giving you nervousness or the jitters. It helps to reduce appetite and stimulates the releasing of fat cells.
- 14. Acetyl L-Carnitine.** This amino acid helps turn fat into fuel. It promotes the increase of lean muscle tissue and helps prevent muscle tissue from being lost. It speeds the burning of fat cells and increasing metabolic rate.
- 15. Eat Hot Peppers.** Organic hot peppers and hot salsa stimulate an increase in the metabolism, help to reset the body's weight set point and reduce appetite. Use liberally.

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- 16. Cinnamon.** Cinnamon helps regulate insulin, blood sugar, stimulates the hypothalamus to normalize, normalizes appetite and releases fat reserves.
- 17. Eat Only Organic Meat and Dairy.** Most inorganic animal products and meat are loaded with growth hormones, antibiotics and other drugs. These also lead to obesity because these added hormones etc will affect your own hormones and can lead to abnormal storage of fat, PMS, other menstrual problems and depression.
- 18. Eat 100% Organic Food.** It isn't always possible, but the organic food today is becoming less expensive. There is even "unsprayed" produce now available at the markets. Read the labels, just because it says it is "natural" does not mean it is organic. Labeling laws have just changed in Canada so read carefully! At the time of this writing, 100% organic means exactly that. "Organic" means 80% of the ingredients are organic.
- 19. Use Natural Sweeteners.** If you want to use something other than sugar, try Stevia. It is a natural plant extract. Other good choices are; organic agave nectar, raw organic honey or raw organic sugar cane.
- 20. Use Essential Fatty Acids.** Everyone needs fats, but the good ones. Figure out with either the help of a Holistic Practitioner or by yourself what oil or oils you need. Fish oil is good for most people, but the oils to help your hormones are usually, flax, evening primrose, borage or black currant oil. Pumpkin seed oil can also be good, it just depends on the person.
- 21. Use Vitamin E.** Natural Vitamin E, not the synthetic version, promotes proper circulation, has heart healthy benefits, and improves liver and gallbladder function. It can be a powerful aid in weight loss, as well as promoting beautiful young-looking skin, and keeping your arteries open. The true, natural Vitamin E will say d-alpha-tocopherol on the bottle. (NOT dL-alpha-tocopherol)
- 22. Take Digestive Enzymes.** Enzymes are lacking in any cooked food. So you can get some enzymes by eating raw veges and fruits, but if you have only one bowel movement per day or have eaten any fast food or only cooked food and have taken any medication plus have a weight issue...take a broad spectrum enzyme. (one that does fats, starches, fiber & proteins) There are many, but I would suggest being tested by your Holistic Health Practitioner to determine the best one for you so you can get the best results. You will need to take them with each meal, usually 1 or 2 capsules or tablets.
- 23. Use calming herbs to help reduce stress.** Herbs that help calm the nervous system, like Chamomile, Spearmint, Lemon Balm, Valerian, Hops, Passionflower etc, can help you cope with stress. Consult your Holistic Health Practitioner if you are unsure as to which herbs would be the best choice for you.
- 24. Add Fiber.** The basic fiber supplements that are easy to make a fiber drink out of are; ground flax, psyllium seed & husk (together if possible), or a mixture of these two with others like oat bran, apple pectin etc. Everyone should be having at least 1 fiber drink per day. It will help reduce appetite, relieve constipation, improve digestion, help cleanse the body of toxins, helps to get rid of the "black goo" on the inside of the intestines made from refined foods that have been ingested.

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#### **Actions/Therapies:**

1. **Walk**. Walking at a slow steady pace for one hour per day resets the body's weight set point, according to "The Neuropsychology of Weight Control". Walking on a treadmill does not do the same thing. Keep a steady pace, but do not over exert yourself. Slow, rhythmic movement, in which you can still maintain a conversation is key. Any amount of walking is good, but aim for 1 hour per day.
2. **Drink Water**. The jury is out on the exact water to drink. Obviously, unpolluted, but more than that check yourself or taste the different types of water to determine what is right for you. The favourites are; distilled, reverse osmosis and spring water. Drink 500 mL if you can every morning and up to 4 litres each day depending on your activity level.
3. **Colonics**. Most people are constipated. When you clean the colon it is possible to lose weight from old matter being released, but more importantly, it will improve your digestion and assimilation so that you can absorb your nutrients better. This will reduce the food cravings and help your energy come up so you can exercise. A clean colon will improve digestion, better absorb nutrients, increase energy, mental clarity and a general overall improvement of health.
4. **Eliminate/Reduce Candida Yeast Overgrowth**. Candida overgrowth can cause poor digestion, gas, bloating, constipation, allergies, hormonal imbalances, fatigue & food cravings. There are many remedies to use for this and you should be tested in order to determine which one is compatible with you. Please consult your Certified Holistic Practitioner.
5. **Eat Breakfast**. Eating a large breakfast is important at resetting the body's weight set point, increasing metabolism, and decreasing appetite throughout the day. Examples of what to eat are; organic eggs from cage-free chickens, wild smoked salmon, organic rye toast ( making sure the bread is made with only rye flour, water, yeast, and salt), organic raw butter or organic raw extra virgin coconut oil, organic asparagus, organic tomatoes, organic beef, chicken or turkey sausages, organic beef, turkey or chicken in any fashion, wild (not farm raised) fish in any fashion organic potatoes cooked in any fashion, organic oatmeal, organic coffee or tea, organic apples, pears, grapefruit, strawberries, plums, peaches, kiwis, mangos, papayas, blueberries, raspberries, nectarines, or melon. *A large breakfast is recommended.*
6. **Eat 6 times per day**. Eating 6 smaller meals during the day keeps the metabolism high and helps release abnormal fat reserves. One suggestion is to eat 3 regular meals and then eat 3 snacks consisting of 1 organic apple and 1 organic grapefruit for each snack. Some people also benefit from eating smaller meals with protein within each meal 6 times per day. You have to decide what works for you.
7. **Eat Dinner Before 6:00 pm**. Try to eat 3 1/2 hours before you go to bed. This is very important at helping to reset the hypothalamus so as not to store fat.
8. **Eat Protein Before Bed**. Eat 100 grams of organic beef, chicken, turkey, or fish right before bedtime. This helps stimulate the mobilization of fat cells and decreases water

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retention. It also stimulates metabolism and actually helps you burn fat while you sleep. This may or may not be for your body type. It would be a good idea to take protein digestive enzymes with the meat so you can digest it properly, if you decide to do this.

- 9. Eat Salad With Lunch & Dinner.** Eat a fresh organic raw salad with each meal even breakfast if you can! It supplies fiber, enzymes, vitamins and minerals to satisfy your appetite.
- 10. Infrared Saunas.** Any kind of sauna is good, though the "infrared sauna" seems to be better and cleaning out the lymphatic system. Sweating in a sauna can increase metabolism and stimulate the release of fat cells. It will also stimulate the release of toxins through the skin via sweating.
- 11. Get Sun.** Everyone needs at least 20 minutes of sun per day. Do not use any lotions, sunscreens, or sunglasses during this period. These lotions etc., block the body's natural ability to make Vitamin D.
- 12. Get Some Sleep.** Ideally, you should go to bed at 10:00 pm and rise at 6:00 am. Lack of proper sleep can lead to obesity. The body releases certain hormones between 11:00 pm and 2:00 am, so being in a deep sleep during this time promotes healing in the body, youthful appearance, eliminating depression, and helps the hypothalamus to stay in a state of operating normalcy.
- 13. Rebound or Exercise.** Jumping at least 5 to 20 minutes per day can stimulate your lymphatic system to detoxify by dumping the waste into your colon, it will also help you release beneficial endorphins and other hormones. Some other benefits of rebounding stimulates muscle tone, muscle strength, flexibility, oxygenates the blood, and improves circulation. Exercise in general will also do some of these things, but rebounding is particularly good for the lymphatic system.
- 14. Massage.** Massage gets the lymphatic system going and promotes circulation so that fat loss is increased. 1 or 2 massages per week is recommended.
- 15. Yoga.** Yoga is good for the outside body as well as the internal organs. Anyone can do it, just find a class that is at your level. It is a very good stress release and when you are making life-long changes there is stress with this and it can be released through yoga.
- 16. Shower Filter.** More chlorine is absorbed through your skin during a shower than if you drank 8 glasses of water from the tap. Chlorine contributes to heart disease as well as kills off your normal flora in your gut. There are many types of filters available, you may want to check these out [www.ewater.com](http://www.ewater.com) and [www.wellnessfilter.com](http://www.wellnessfilter.com)
- 17. Electromagnetic Chaos Eliminator.** It is the "unseen" force that we live with today that wasn't around 50 years ago. It bombards our bodies with radiation and smashes our cells with electromagnetic chaos. It wears down the adrenal glands and affects the other glands including the hypothalamus. There are many devices that will work, the one I used initially was the Piezo Electric Crystal but Gia Wellness has devices for you cell phone and your computers. The Cell Guard and the Computer Guard have two types of technology that help the body repel the offending electromagnetic rays and keeps it from being absorbed in your body. Check out the

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link [www.giawellness.ca/55773/prod\\_terragia.html](http://www.giawellness.ca/55773/prod_terragia.html) for the Cell Guard and the Computer Guard.

- 18. Breathe.** Deep breathing helps to oxygenate your cells, helps to decrease anxiety and brings a sense of calmness. It increases oxygen to your brain and helps you to think clearly. There are many ways to learn deep breathing. Some of the best ways are during Qi Gong, Tai Chi or when doing Yoga.
- 19. Reduce Air Conditioning.** Researchers have shown that people exposed to air conditioning for long periods of time gain weight faster than those who don't. It is a mystery as to why this is, but reduce your exposure. (Those who live in Calgary don't have to worry about air conditioning!!)
- 20. Reduce Exposure to Fluorescent Lights.** Florescent lighting causes chemical reactions in the brain that produce fatigue and depression. This leads to food cravings. Florescent lighting's negative affect on the cells causes a suppressed immune system and lowers the metabolism.
- 21. De-stressing CD's.** Stress reduction does have the power to reduce hunger, increase metabolism, alleviate depression and promote long-term permanent weight loss. The best would be a meditation CD.
- 22. Parasite Cleanse.** Parasites are responsible for many symptoms one of which is food cravings. Some other symptoms are; food & environmental allergies, asthma, skin disorders, constipation, gas & bloating etc. Parasites are hard to get rid of and you may want to do a parasite cleanse in Phase 1 and after Phase 3 of the HCG weight loss protocol in order to really deal with the parasites.
- 23. Liver Cleanse.** Most people who have an obesity problem have a clogged liver. This leads to improper metabolism of fat, slowing of the digestion, constipation etc. Cleansing the liver will help to increase energy, decreases depression, increases metabolism, lowers hunger, and dramatically increases an overall sense of wellbeing.
- 24. Lift Weights.** Helps to improves the metabolism. Resistance training also releases hormones in the body that have anti-aging benefits. Strength increases, which leads to increases energy and vitality.
- 25. Drugs.** Check all the non-prescription and prescription drugs to see what the side-effects are. Drugs have affects on glands in the body and could be having an ill-effect on your weight making it difficult to shed pounds.

### **Don't's:**

- 1. Not Trans Fats.** Trans fats make you obese. Do not eat anything that contains hydrogenated or partially hydrogenated oil of any kind. Read labels!

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- 2. No High Fructose Corn Syrup.** Do not eat any man-made sweeteners. Avoid these forms; high fructose corn syrup, corn syrup, sucrose, dextrose, or maltose. These will overtax the hypothalamus and make you fat.
- 3. No Artificial Sweeteners.** Avoid these artificial sweeteners; NutraSweet, Splenda, aspartame, sucralos, or saccacrin. Besides affecting the hypothalamus, they are highly chemically addicting and cause depression and anxiety.
- 4. No Monosodium Glutamate (MSG).** Use to enhance flavour, it is also called an excitotoxin. It adversely affects the hypothalamus and can be addicting. It contributes to obesity and depression.
- 5. No Nitrites.** Nitrites cause hormonal imbalances leading to weight gain, allergies and food cravings.
- 6. No Farm Raised Fish.** Basically, fish that are farm raised live in cesspools of poison water containing drugs & chemicals to increase growth and production. Much of the fish is injected with chemical food dyes to make them appear fresher longer. Again, the drugs & chemicals cause hormonal imbalances leading to obesity.
- 7. No Microwaving.** Microwaved food has been proven to be dead. It destroys the enzymes in the food making it virtually lifeless.
- 8. Limit Carbonated Drinks.** Drink the carbonated drinks that have sugar in them versus the diet drinks. But read the labels, a lot of the regular sodas have high fructose corn syrup in them. Drink reverse osmosis, distilled or filtered spring water instead or herbal teas or freshly made juice or coffee.
- 9. Limit Ice Cold Drinks.** Drink cold drinks when you are trying to cool off, when you are "hot" only. Drink liquids at room temperature or hot. Ice cold drinks while eating a meal is like putting water on a fire, but in this case it is on your digestive enzymes...killing your digestive "fire".
- 10. No Fast Food.** This type of food basically contains all the things we have talked about that you don't want in your food. I.e., preservatives like nitrites, MSG, artificial sweeteners, high fructose corn syrup...etc.
- 11. No Lotions or Creams.** Avoid anything containing; mineral oil, propylene glycol, and sodium laurel sulfate. There are other ingredients that are also contraindicated like any of the parabens. If you use only ingredients that you would "ingest" or could eat...then you know you are safe because when it get absorbed into your blood stream then you know it won't make you sick.