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**LOSE WEIGHT
FIX YOUR METABOLISM
RE-SET YOUR BODY
NEVER DIET AGAIN
INDIVIDUAL PROGRAMS
EAT OUT
EXERCISE
TRAVEL
WHAT YOU GET...**

- DAILY GUIDANCE AND ACCOUNTABILITY
- INDIVIDUAL MENU PLANS
- 9 POINT BODY COMPOSITION ANALYSIS
- DETAILED BODY MEASUREMENTS
- INDIVIDUAL CONFIDENTIAL CONSULTATION
- 2 ADDITIONAL UPDATE SESSIONS
- INSIGHT FROM A SIMILAR CASE STUDY
- 100+ ITEM PROTOCOL FOOD LIST
- ONLINE ACCESS TO GUIDES AND INFORMATION
- 45 DAY SUPPLY OF PRESCRIPTION HCG MANUFACTURED IN AN FDA APPROVED FACILITY, MIXED INTO INJECTION FORM OR DROP FORM

FULL PROGRAM PRICE \$380.00

EACH ADDITIONAL FAMILY MEMBER \$220.00

ADDITIONAL 15 DAY SUPPLY OF HCG \$40.00

HOW DOES HCG WORK FOR WEIGHT LOSS?

THE HORMONE HCG FOUND IN PREGNANT WOMEN IS A NATURAL SAFEGUARD THAT IS RESPONSIBLE FOR PROPAGATION OF THE SPECIES. HCG HELPS TO ENSURE SURVIVAL, BY EITHER STORING ACCESS CALORIES AS FAT OR UNUSED ENERGY OR TO ACCESS AND UTILIZE FAT AND STORED ENERGY. BY TAKING SMALL DOSES OF HCG, COMBINED WITH A HEALTHY LOW CALORIE DIET HCG IS USED AS A MEANS OF CORRECTING THE DIENCEPHALON DISORDER WHICH IS RESPONSIBLE FOR "OVERWEIGHT" CONSUMING TOO MANY CALORIES WHILE ON HCG WILL FACILITATE FAT STORAGE!

WILL I BE ABLE TO KEEP THE WEIGHT OFF AFTER I LOSE IT?

THE GOAL OF GETBODYCOACH IS TO COACH YOU THROUGH THE WEIGHT LOSS PROCESS AND THE MAINTENANCE PROCESS. ANYONE CAN LOSE WIEGHT, WITH OR WITH OUT HCG OR A COACH BUT REACHING YOUR GOAL WEIGHT AND RE-ESTABLISHING YOUR SET POINT THROUGH THE MAINTENANCE PROGRAM IS THE GOAL.

WHY CAN'T I LOSE THESE LAST FIVE POUNDS?

WHEN A PERSON SUFFERS FROM CHRONIC ILLNESS, OVER DIETING, OVER EXERCISING, OR POVERTY, DIENCEPHALON REGULATIONS ADJUST THEMSELVES TO THE LOW FOOD INTAKE. ESSENTIALLY, IF YOU ARE NOT GETTING ENOUGH CALORIES YOUR BODY WILL STORE FAT TO "PROLONG YOUR LIFE" IF YOU TAKE IN TOO MANY CALORIES YOUR BODY WILL STORE FAT, BECAUSE THE ENERGY GENERATED FROM THE EXTRA CALORIES ARE NOT BEING USED THUS, STORED.

WEIGHT LOSS IS A VERY DIFFICULT TASK

SO TAKE CARE OF YOURSELF, KEEP YOUR HYPOTHALAMIC FUNCTIONS AT A STEADY AND CONSISTENT LEVEL. YOUR BODY IS CONTINUALLY STRIVING TO ACHIEVE **HOMEOSTASIS**. HOMEOSTASIS IS WHEN BRAIN AND BODY ARE IN BALANCE AND HARMONY. WHEN HOMEOSTASIS IS DISRUPTED, YOUR BODY IMMEDIATELY SENDS A MESSAGE TO YOUR BRAIN THAT YOU ARE IN DANGER. OUR NATURAL DEFENSES AND SURVIVAL TOOLS ARE AUTOMATICALLY ACTIVATED WHEN OUR FIGHT/FLIGHT SETS IN. TO SURVIVE, YOUR BODY WILL SUDDENLY STORE ENERGY, RESIST SLEEP, RETAIN WATER, AND INCREASE YOUR BLOOD PRESSURE, MAKING WEIGHT LOSS IMPOSSIBLE.

IS HCG APPROVED BY THE FDA?

HCG IS NOT APPROVED BY THE FDA SPECIFICALLY FOR WEIGHT-LOSS, HOWEVER IT IS APPROVED FOR THE FOLLOWING...AND, THE HCG USED BY GETBODYCOACH.COM IS PRODUCED IN AN FDA APPROVED FACILITY. HCG IS PRESCRIBED BY DOCTORS FOR TREATMENT OF

1. HYPO-GONADOTROPIN (NOT CAUSED BY ANATOMICAL OBSTRUCTION)
2. INDUCTION OF OVULATION

WILL I MAINTAIN MUSCLE?

MUSCLE BURNS FAT, WHEN THE BODY THINKS ITS STARVING IT WILL USE MUSCLE AS ENERGY TO CONSERVE FAT. WHILE ON A LOW CALORIE DIET WITH HCG IN YOUR SYSTEM, THE HCG WILL BURN FAT FOR ENERGY AND PREVENT YOUR BODY FROM OVER COMPENSATING BY BURNING MUSCLE.

HOW MUCH HCG IS USED FOR WEIGHT LOSS?

HCG IS A HORMONE PRODUCED BY PREGNANT WOMEN IN LEVELS OF 1 MILLION IU'S PER DAY. THE GETBODYCOACH.COM DIET CONSISTS OF VERY

LOW DAILY DOSES OF ABOUT 125-200 IUS DAILY ACCOMPANIED BY A VERY HEALTHY LOW CALORIE DIET

WHAT IS THE ACTION OF HCG?

DURING A NORMAL PREGNANCY, HCG SECRETED BY THE PLACENTA MAINTAINS THE CORPUS LUTEUM AFTER LH SECRETION DECREASES, SUPPORTING CONTINUED SECRETION OF ESTROGEN AND PROGESTERONE, AND PREVENTING MENSTRUATION

WILL I BE HUNGRY?

THERE ARE 3500 CALORIES IN ONE POUND OF FAT, WHEN TAKING HCG, YOU WILL BURN BETWEEN 0.4 AND 2 POUNDS OF ABNORMAL FAT PER DAY! THIS MEANS AN EXTRA 1000 -7000 CALORIES ARE COURSEING THROUGH THE BODY AS ABNORMAL FAT IS BEING METABOLIZED, IN ADDITION TO THE CALORIES CONSUMED.

HOW WILL HCG AFFECT MY METABOLISM?

CHANCES ARE YOU HAVE BEEN HAVING TOO FEW CALORIES, OR BURNING TOO MANY CALORIES THROUGH EXTREME EXERCISE. GETBODYCOACH.COM DIET AND MAINTENANCE WILL RE-TRAIN YOUR BODY HOW TO RECOGNIZE AND BURN FAT WHILE MAINTAINING AN APPROPRIATE AMOUNT OF HEALTHY CALORIES.

FAT....

DR. SIMIEONS DESCRIBES

1. STRUCTURAL FAT
2. NORMAL FAT
3. ABNORMAL FAT

STRUCTURAL FAT IS THE ADIPOSE TISSUE THAT SURROUNDS INTERNAL ORGANS, AND CUSHIONS THE SOLES OF THE FEET, ETC. IT IS ABSOLUTELY CRITICAL TO ONE'S HEALTH AND VITALITY.

NORMAL FAT IS THE ADIPOSE TISSUE THAT IS STORED AS ENERGY RESERVES FOR WHEN DIETARY CALORIES FROM FOOD ARE NOT READILY AVAILABLE IN THE BLOODSTREAM.

ABNORMAL FAT IS THE ADIPOSE TISSUE THAT DEVELOPS AROUND THE MID-SECTION OF MEN AND THE HIPS AND THIGHS OF WOMEN THAT NEVER SEEMS TO GO AWAY, NO MATTER HOW MUCH DIET AND EXERCISE ONE PERFORMS.

UNBALANCED METABOLISM WHEN CALORIC INTAKE IS BELOW BMR (BASIC METABOLIC RATE=MINIMUM CALORIES TO SURVIVE) OR WHEN TOO MANY CALORIES ARE BEING UTILIZED IN "OVER EXERCISING" WHAT HAPPENS IS YOUR BODY STARTS TO BURN MUSCLE AND STRUCTURAL FAT.

1. WHITE FAT
2. YELLOW FAT
3. BROWN FAT

WHITE FAT IS THE NEW FAT THAT YOUR BODY HAS RECENTLY ACCUMULATED AND HAS NOT HAD TIME TO ABSORB VITAMINS AND NUTRIENTS. IT IS THE LIGHT GLYCERIN LIKE FAT THAT IS EASY TO BREAK UP AND METABOLIZE.

YELLOW FAT IS THE FAT THAT HAS BEEN AROUND FOR A WHILE MAYBE SINCE CHILDHOOD. IT IS YELLOW AND "BUBBLE GUM" TEXTURE. IT IS WHAT MOST OF OUR BODY FAT LOOKS LIKE. IT CONTAINS VITAMINS AND NUTRIENTS THAT OUR BODY NEEDS TO SURVIVE.

BROWN FAT IS THE FAT THAT IS OFTEN FOUND BETWEEN UNDER OUR MUSCLE WALL, AND BETWEEN OUR MUSCLES. IN ORDER TO GET A LONG LEAN LOOK THIS FAT HAS TO BE BROKEN UP BEFORE IT CAN BE UTILIZED.

METABOLISM

METABOLISM - THE ORGANIC PROCESSES (IN A CELL OR ORGANISM) THAT ARE NECESSARY FOR LIFE

METABOLIC PROCESS

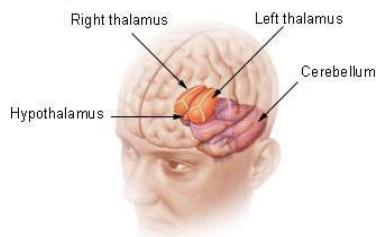
BASAL METABOLISM - THE AMOUNT OF ENERGY REQUIRED TO MAINTAIN THE BODY OF AN INDIVIDUAL IN A RESTING STATE

FAT METABOLISM - A METABOLIC PROCESS THAT BREAKS DOWN INGESTED FATS INTO FATTY ACIDS AND GLYCEROL AND THEN INTO SIMPLER COMPOUNDS THAT CAN BE USED BY CELLS OF THE BODY

GLYCOLYSIS - A METABOLIC PROCESS THAT BREAKS DOWN CARBOHYDRATES AND SUGARS THROUGH A SERIES OF REACTIONS TO EITHER PYRUVIC ACID OR LACTIC ACID AND RELEASES ENERGY FOR THE BODY IN THE FORM OF ATP

WHEN A PERSON SUFFERS FROM CHRONIC ILLNESS, OVER DIETING, OR POVERTY, DIENCEPHALON (REGULATORY CENTER OF THE BRAIN) REGULATIONS ADJUST TO THE LOW FOOD INTAKE.

Dienc ephalon



HYPOTHALAMUS

THE HYPOTHALAMUS IS THE LOWER PART OF THE DIENCEPHALON. IT IS CRUCIAL IN THE REGULATION OF BEHAVIOR. IT FUNCTIONS TO STIMULATE THE RELEASE OF CERTAIN HORMONES COMING FROM THE PITUITARY GLAND. YOUR PHYSICAL APPETITE, AUTONOMIC FUNCTIONS, TEMPERATURE CONTROL, AND DIURNAL RHYTHMS ARE UNDER THE CONTROL OF THIS TINY PART. WITH ITS MAJOR FUNCTION, YOU CAN SAY THAT THIS PART MAINTAINS THE HOMEOSTASIS IN THE BODY

THIS IS WHEN A “**BROKEN METABOLISM**” MAKES LOSING WEIGHT ALMOST IMPOSSIBLE. ESSENTIALLY, IF YOU ARE NOT GETTING ENOUGH CALORIES YOUR BODY WILL STORE FAT TO “PROLONG YOUR LIFE”. IF YOU TAKE IN TOO MANY CALORIES YOUR BODY WILL STORE FAT BECAUSE THE ENERGY GENERATED FROM THE EXTRA CALORIES NOT BEING USED BUT STORED. HCG SENDS MESSAGES TO YOUR BRAIN THAT YOU ARE PRODUCING A LIFE. NATURE CREATED HCG SO THAT IF THE MOTHER DOES NOT HAVE ACCESS TO PROPER NUTRIENTS DURING HER PREGNANCY, SHE WILL BE ABLE TO BREAK INTO HER NATURAL FAT STORES IN ORDER TO PROPAGATE LIFE. WHEN YOU ARE TAKING HCG, **DO NOT OVER EAT** AND **DO NOT UNDER EAT**, OR YOU WILL DESTROY YOUR METABOLISM. FOLLOW THE GETBODYCOACH.COM DIET PLAN EXACTLY AS YOUR COACH HAS OUTLINED FOR YOU, THEN YOUR BODY WILL BURN STORED FAT AND NATURALLY BEGIN TO REGULATE YOUR METABOLISM.

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COMMITMENTS FOR SUCCESS

- 1- **EAT** ALL OF THE FOOD AND PORTIONS ASSIGNED TO YOU. IT'S VERY IMPORTANT TO MAINTAIN A HEALTHY METABOLISM.
- 2- **DRINK WATER** TO BREAK UP FAT AND ELIMINATE IT INSTEAD OF JUST REDISTRIBUTING IT. IT TAKES OXYGEN TO BURN FAT. AIR AND WATER ARE THE BEST WAY TO GET OXYGEN INTO YOUR BLOOD STREAM TO BURN THAT FAT! WORK UP TO A REGULAR 1 GALLON OF WATER A DAY AND 30 MINUTES OF DEEP BREATHING.
- 3- **BREATHE DEEP** TO OPEN YOUR LUNGS AND RECEIVE OXYGEN INTO YOUR BLOOD.
- 4 -**SLEEP REGULARLY**, DEEPLY AND ENOUGH FOR YOUR BODY TO ELIMINATE AND RENEW. HIT THE DELTA WAVES.
- 5-**MOVE** YOUR BODY AND MUSCLES TO KEEP YOUR BLOOD PRESSURE AND HEART RATE STEADY STRETCH ALL OF YOUR MUSCLES TO RELEASE THE TOXINS AND LOOSEN YOUR FAT STORES
- 6- **STICK TO THE PLAN** THE LIST HAS OPTIONS. DON'T DEVIATE! MIND OVER MATTER YOU CAN DO THIS! DON'T DO ONCE WHAT YOU NEVER WANT TO REPEAT.
- 7-**MAINTAIN HOMEOSTASIS** (CONSISTENCY OF HABITS AND BODILY FUNCTIONS)
- 8-**REPORT DAILY**, TEXT IN YOUR WEIGHT AND QUESTIONS TO ME EVERY DAY! THIS WILL HELP YOU LEARN TO LISTEN TO YOUR BODY
- 9- **STAY ACCOUNTABLE** WEIGH EVERY DAY, 1X A DAY AT THE SAME TIME EACH DAY
- 10- **OBEY** YOUR COACH ONLY TAKE INFORMATION AND INSTRUCTIONS FROM YOUR GETBODYCOACH.COM CERTIFIED COACH. DON'T LET THE "OTHER" PLANS GET IN YOUR HEAD, YOU ARE ON GETBODYCOACH.COM.

SIMPLE SUCCESS

1. WAKE
2. ELIMINATE (USE BATHROOM,)
3. WEIGH
4. RECORD (FOR YOURSELF)
5. REPORT TO YOUR COACH

FYI

IF YOU ARE A FEMALE CLIENT YOU MUST TELL SOMEONE CLOSE TO YOU THAT YOU ARE TAKING HCG. IF YOU WERE IN AN ACCIDENT AND BLOOD TESTS WERE REQUIRED YOU WOULD TEST POSITIVE FOR PREGNANCY. MEN WILL TEST POSITIVE ALSO BUT ARE VERY UN- LIKELY TO BE TESTED FOR OBVIOUS REASONS. :)

PLATEAUS CAN BE UGLY!

A PLATEAU IS REALLY DISCOURAGING... BUT THEY WILL ALWAYS HAPPEN!

IT IS IMPORTANT TO KNOW THAT THERE IS SO MUCH MORE GOING ON IN YOUR BODY THAN CAN BE REFLECTED ON THE SCALE.

AT TIMES THE BODY IS BURNING THE MOST FAT DURING A PLATEAU.

STICK WITH IT! IF YOU ARE DOING ALL YOU ARE SUPPOSED TO, YOUR REWARD WILL COME. I PROMISE!

MENSTRUAL INTERRUPTION

A MENSTRUAL PLATEAU OCCURS A FEW DAYS BEFORE AND DURING MENSTRUATION AND FOR SOME WOMEN AT THE TIME OF OVULATION. IT TAKES SO MUCH EFFORT FOR YOUR BODY TO ACCOMPLISH OVULATION AND MENSTRUATION. BE PATIENT WITH YOUR BODY. LET IT HAPPEN.

REACHING A FORMER LEVEL

PLATEAUS DUE TO REACHING A FORMER WEIGHT MAY LAST 10 DAYS TO TWO WEEKS AND OCCUR IN GETBODYCOACH.COM CLIENTS THAT HAVE, AT SOME POINT MAINTAINED A CERTAIN WEIGHT FOR LONGER THAN ONE YEAR.

SALT

SALT CAN'T MAKE YOU FAT. IT CAN ONLY MAKE THE SCALE STOP SHOWING PROGRESS TEMPORARILY. AN INCREASE IN THE INTAKE OF SALT IS ONE OF THE MOST COMMON CAUSES FOR AN INCREASE IN WEIGHT FROM ONE DAY TO THE NEXT. IT IN NO WAY INFLUENCES THE REGULAR LOSS OF FAT. IN ORDER TO HOLD ONE TEASPOONFUL OF SALT THE BODY REQUIRES ONE LITER OF WATER.

IF A PERSON HAS ONE TEASPOONFUL OF SALT HIS WEIGHT WILL GO UP BY MORE THAN TWO POUNDS. THE BODY REPLACES SOME OF THE EXTRACTED FAT WITH WATER, WHICH IS RETAINED. WATER IS HEAVIER THAN FAT, THE SCALE MAY SHOW NO LOSS OF WEIGHT EVEN THOUGH FAT HAS ACTUALLY BEEN USED AS ENERGY TO MAKE UP FOR THE DEFICIT IN THE LOW CALORIE DIET. WHEN THE FAT IS FINALLY BROKEN DOWN AND THE WATER IS RELEASED, THERE IS A SUDDEN FLOOD OF URINE AND A MARKED LOSS OF WEIGHT. THIS IS THE REASON FOR THE APPEARANCE OF NO WEIGHT LOSS ON THE SCALE WHILE FOLLOWING THE INSTRUCTIONS OF THE DIET. THERE MAY BE NO CHANGE IN WEIGHT AT ALL FOR TWO OR THREE DAYS AND THEN A SUDDEN LOSS WHICH RE-ESTABLISHES THE NORMAL AVERAGE. THESE FLUCTUATIONS ARE ENTIRELY DUE TO VARIATIONS IN THE RETENTION AND ELIMINATION OF WATER. THIS IS MORE COMMON IN WOMEN THAN IN MEN."

LACK OF SLEEP

UNDERSTAND THAT WHEN THE BODY RECEIVES LESS THAN ITS NEEDED AMOUNT OF SLEEP, IT ATTEMPTS TO MAKE UP FOR THE LACK BY CRAVING MORE FOOD THAN YOU ACTUALLY NEED. IMBALANCED HORMONE LEVELS OF GHRELIN AND LEPTIN ARE PRODUCED WHEN YOU DON'T GET ENOUGH SLEEP. THE **HORMONE GHRELIN** WILL MAKE YOU FEEL HUNGRY, AND **LEPTIN** TELLS YOU TO STOP EATING WHEN YOU ARE FULL. WITHOUT SLEEP, THESE HORMONES GO OUT OF BALANCE. MAKE A PLAN TO SLEEP WELL, STICK TO IT AND WATCH YOUR CRAVINGS CHANGE AND WEIGHT BEGIN TO GO DOWN.

LACK OF COMPLIANCE

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GETBODYCOACH.COM DROPS

TAKE SUBLINGUAL (UNDER YOUR TONGUE).

.50CC TWICE DAILY APPROXIMATELY 12 HOURS APART

HAVE A CLEAR AND CLEAN MOUTH. RINSE WITH WATER BEFORE AND AFTER PLACING DROPS UNDER YOUR TONGUE. MAKE SURE LIPS STAY PRESSED TOGETHER WITH HCG UNDER TONGUE FOR FIFTEEN MINUTES, AND THEN YOU CAN SWALLOW.

GETBODYCOACH.COM INJECTION

INTRA DERMAL (INTO YOUR SKIN)

.10 CC ONCE PER DAY APPROXIMATELY 24 HOURS APART

USE 31 GAUGE 1/2 TO 1CC INSULIN NEEDLES..

1. REMOVE NEEDLE CAPS,
2. SET CAPS ASIDE,
3. SWAB INJECTION SITE WITH ALCOHOL STRIP #1
4. SWAB TOP OF HCG VILE WITH ALCOHOL STRIP #2
5. EXTRACT .10CC HCG INTO NEEDLE.
6. INJECT INTO SKIN. IT DOES NOT MAKE A DIFFERENCE WHERE.
5. REPLACE NEEDLE CAPS
6. DISPOSE OF NEEDLE AND SYRINGE.

SUBJECT FAQ

DOES IT MATTER WHERE I INJECT?

NO. JUST SOMEWHERE WITH FAT

ARE DROPS OR SHOTS MORE AFFECTIVE?

NO. EXACTLY THE SAME

CAN I RE-USE NEEDLES?

NO. THEY WILL FEEL DULL AND POSSIBLY BRUISE.

WHY DO I KEEP THE CAPS?

KEEP AND REPLACE THE CAPS SO THE PERSON TAKING OUT THE GARBAGE DOES NOT GET STUCK.

WHAT DOES THE NEEDLE GAUGE MEAN?

THE HIGHER THE GAUGE THE THINNER THE NEEDLE.

WHERE DO I BUY NEEDLES?

A PHARMACY CAN SELL THEM TO YOU. LEGALLY I AM NOT ALLOWED TO SELL THEM, BUT I CAN GIVE THEM TO YOU AT MY COST.

WILL MY HCG EXPIRE?

YES. ORAL- ABOUT 6-9 MONTHS AFTER IT IS OPENED
6 MONTHS FOR INJECTION.

DOES IT NEED TO BE REFRIGERATED?

THE ORAL SHOULD BE KEPT IN A COOL DRY PLACE; THE INJECTION HAS TO BE REFRIGERATED.

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EXERCISE

IT IS IMPORTANT TO SET ASIDE AN HOUR OR SO A DAY TO EXERCISE OUR BODIES AND OUR MINDS WHILE TAKING HCG. DISCUSS YOUR EXERCISE PLAN WITH YOUR COACH DON'T "OVER" EXERCISE OR "BEGIN" A NEW EXERCISE PROGRAM IN THE MIDDLE OF YOUR HCG PHASE. I RECOMMEND YOU TRY PRANAYAMA TO GET OXYGEN INTO YOUR BLOOD STREAM TO BURN FAT. PRANAYAMA YOGA IS THE ART OF BREATHING CONTROL.

THE GETBODYCOACH.COM HCG PHASE AND "MAINTENANCE PHASE IS ALL ABOUT MAINTAINING HOMEOSTASIS, REGULATING YOUR NERVOUS SYSTEM, AND REPAIRING YOUR METABOLISM. YOUR NATURAL FIGHT FLIGHT SAFETY MECHANISMS ARE TRIGGERED WHEN YOU UNDER EAT AND/OR OVER EXERCISE. AFTER YOU LOSE YOUR ACCESS FAT STORES YOU WILL BE THRILLED TO SEE THE LEAN MUSCLES YOU HAVE ALWAYS WANTED. IF YOU DO NOT HAVE A REGULAR EXERCISE PROGRAM AND ROUTINE ALREADY ESTABLISHED, IT IS A GOOD TIME TO SLOWLY INCORPORATE SMALL AMOUNTS OF TIME AND WORK UP TO A 60-90 MINUTE WORK-OUT PER DAY. WHEN YOU START MAINTENANCE YOU CAN START WORKING OUT. THE SPECIFIC PHYSIOLOGICAL EFFECTS OF THE HCG MAKE THE BODY FEEL AS IF IT IS GETTING PLENTY OF FOOD, BUT IN REALITY GETBODYCOACH.COM CLIENTS ARE INGESTING VERY FEW CALORIES. IF YOU MUST EXERCISE OR HAVE AN EXCEPTIONALLY BUSY DAY AHEAD. HAVE AN EXTRA PROTEIN WITH AN EXTRA FRUIT OR BREAD PORTION 45 MINUTES BEFORE EXERCISING.

CALORIE LOAD

PROS YOU SATURATE YOUR BLOOD WITH CALORIES BEFORE YOU START RESTRICTING CALORIES. THIS CAN SUBDUE SOME BLOOD SUGAR AND OR DETOXIFICATION SIDE EFFECTS. YOU GET TO EAT ALL OF YOUR NOT SO HEALTHY FAVORITE FOODS BEFORE YOU START A LIFE LONG LOVE FOR SUPER HEALTHY ONES.

CONS YOU WILL GAIN BEFORE YOU LOSE.

WHO IS DR. SIMEONS?

THE FIRST REPORT ON USING HCG FOR MANAGING OBESITY WAS PUBLISHED IN 1954 BY THE LATE DR. SIMEONS. WHILE PRACTICING IN INDIA, HE OBSERVED THAT THE SO-CALLED "FAT BOYS," WHO SHOWED ADIPOSE GENITAL DYSTROPHY, IMPROVED WHEN THEY WERE TREATED WITH HCG. HE ALSO OBSERVED THEIR CHANGING BODY FAT DISTRIBUTION AND HE FELT IT NEEDED FURTHER RESEARCH.

DR. SIMEONS INVESTIGATED PATIENTS SHOWING DIFFERENT DEGREES OF OBESITY, AND CONCLUDED HCG MAY BE USEFUL FOR THE TREATMENT OF OBESITY. MANY ENCOURAGING OBSERVATIONS LED HIM TO CONFIDENTLY PUBLISH THE RESULTS TO HIS PEERS. DR. SIMEONS MOVED TO ROME, WHERE HE EXPANDED HIS PRACTICE TO THE TREATMENT OF OBESITY. DR. SIMEONS SUGGESTED THAT HCG, ACTING ON THE HYPOTHALAMIC LEVEL, MAY BE CORRECTING THE BASIC HYPOTHALAMIC DISORDER, AND THE FAT BURNING PROCESS. HCG IS A HORMONE PRODUCED BY PREGNANT WOMEN IN LEVELS OF 1 MILLION IU'S PER DAY. IT IS THE HORMONE PRESENT IN THE URINE OF PREGNANT WOMEN THAT IS DETECTED BY HOME PREGNANCY TESTS TO INDICATE A POSITIVE RESULT.

THE HCG DIET CONSISTS OF VERY LOW DAILY DOSES OF HCG IN THE ORDER OF 125-200 IUS DAILY ACCOMPANIED BY A VERY LOW CALORIE DIET (HCGEASY). THE HCG DIET AS PROPOSED BY DR. SIMEONS MAKES THE CLAIM THAT THE DAILY INJECTIONS OF HCG HELP THE DIETER OVERCOME HUNGER PANGS AND ASSIST IN STICKING TO THE HCGEASY DIET, WHILE PREVENTING THE TYPICAL SYMPTOMS OF FOLLOWING A VERY LOW CALORIE DIET.