**The HCG Diet**

In this section we will discuss the HCG diet as it we have modified it from the original, set forth by Dr. Simeons. We have made some small, but significant changes that can help to achieve a more balanced diet and healthy weight loss. We will bring you through the process from start to finish, so that you have an excellent idea of how to complete this program.

**Using the HCG Diet**

The recommended dosage of HCG is 10 drops, 3 times daily. It is best not to eat anything for fifteen minutes before or after taking a dose of HCG, and you should apply the drops under your tongue and wait at least fifteen seconds before swallowing. Generally people take their first dose of HCG when they wake up, and wait six to eight hours between each dose. You should keep the dropper clean and store the bottle in a cool dry place, or the fridge if you prefer. It is important to weigh yourself every morning to track your progress, and it is best to weigh yourself under the same circumstances each day. If you weigh yourself after you have emptied your bladder one day, then you should continue to do so. It is also generally preferred to weigh in before eating breakfast. You should avoid weighing yourself throughout the day as weight fluctuates constantly and is affected by many factors. The most accurate account of your weight loss will come from consistently weighing yourself at the same time each day. You should also be getting seven to eight hours of sleep each night to be well rested and less likely to feel the need for extra food.

**Days 1-3**

For the first three days of taking the HCG drops you must basically stuff yourself with fatty foods, eating to capacity. This is in order to make sure your fat stores are sufficient to complete the diet effectively. This step is not as crucial as it is with the original 500 calorie diet, but may be recommended if you are often going on and coming off of diets (yo-yo dieting), or have just recently attempted or finished another diet. People who have a history of dieting are less likely to have the proper stores and nutrients available when undertaking the HCG diet. If this step is not taken when recommended, you are likely to feel tired or hungry during the diet whereas having completed it you should feel fine throughout. You should eat frequently of highly concentrated foods such as milk chocolate; pastries with whipped cream sugar; fried meats, particularly pork; eggs and bacon; mayonnaise;bread with thick butter and jam; etc. This “gorging” period can become uncomfortable, but it is necessary for the effectiveness of the program.For those who do not believe this period is necessary for their circumstances, it is advised that you simply eat normally during these days to allow the HCG to build up in your system.

**Days 4-23, or 4-40**

At this point you should be on a diet of 800-1000 calories a day. The minimum amount of time you should be on this portion of the diet, according to Dr. Simeons, is 20 days. This is because he found thatthose who stopped earlier were more likely to regain the weight. If you have lost the amount you wished to before the recommended time is up, then it is recommended that you maintain the type of foods recommended in the same proportions, and increase the amount if you feel you are losing too much. Try to stay within the same range as recommended in the Three Week transition section below.

The longest you should be taking HCG for is 40 days. After this dieters sometimes notice a lessening of its effect, known as an HCG immunity. This immunity is generally temporary and will dissipate over time. If you still have more weight to lose, check out the Repeating the Process section below.

The revised, 800-1000 calorie diet as follows: **Breakfast**: Tea or coffee in any quantity without sugar. Only one tablespoonful of milk allowed in 24 hours. Saccharin or other sweeteners may be used. One each of the following: 1. 3 egg whites OR 2 egg whites and 1 whole egg OR 175-225 grams (6-8oz) of veal, beef, chicken breast, fresh white fish, lobster, crab, or shrimp. All visible fat must be carefully removed before cooking, and the meat must be weighed raw. It must be boiled or grilled without additional fat. Salmon, eel, tuna, herring, dried or pickled fish are not allowed. The chicken must be removed from the bird. 2. An apple or an orange or a handful of strawberries or one-half grapefruit.

**Lunch**: One each of the following: 1. 175-225 grams (6-8oz) of veal, beef, chicken breast, fresh white fish, lobster, crab, or shrimp. All visible fat must be carefully removed before cooking, and the meat must be weighed raw. It must be boiled or grilled without additional fat. Salmon, eel, tuna, herring, dried or pickled fish are not allowed. The chicken must be removed from the bird. 2. One type of vegetable only to be chosen from the following: spinach, chard, chicory, beet-greens, green salad, tomatoes, celery, fennel, onions, red radishes, cucumbers, asparagus, cabbage. 3. One breadstick (grissino) or one Melba toast. 4. An apple or an orange or a handful of strawberries or one-half grapefruit.

**Dinner**: The same four choices as lunch. These meals may be seasoned, but only within the following restrictions. The juice of one lemon daily is allowed for all purposes. Salt, pepper, vinegar, mustard powder, garlic, sweet basil, parsley, thyme, majoram, etc., may be used for seasoning, but no oil, butter or dressing. If an oil must be used, an MCT oil is preferred. Though there is no salt restriction, it should roughly be the same amount everyday as a sudden increase in salt can result in weight gain. If beef is used as the chosen meat, it should not contain marbling as it is impossible to cut off that type of fat, but rather leaner beef is preferred. Otherwise, it is best to stick to the other meat choices. For the choice of an apple it is best to eat only one, despite relative size, as two smaller apples do contain more calories than one larger one. As for the chicken breast, you must realize that this means only chicken, not another fowl, and only the breast, not the wings or thighs. It is highly recommended that you obtain an accurate kitchen scale with which to weigh your meat as accuracy does count. No matter what you may rationalize as allowable, it is best to see the above restrictions as exact. In fact, it is even suggested, especially at the beginning of the diet, that you check the list of allowable foods and amounts often, perhaps even making a checklist to make sure you don`t accidently use the same component twice.

You are only allowed to drink water, coffee, or tea with artificial sweeteners while on HCG. Actually, it is expected that you should be drinking 2 litersof water a day in order to remain hydrated and to avoid retaining water. Drinking too much coffee without water can be harmful as coffee can act as a diuretic and therefore dehydrate you. Maintaining proper hydration is very important for the success of this diet and should be maintained at all times.

**Possible Substitutions**

There are some possible substitutions available to those who can’t or won’t eat what is on the above list, but they are few and could affect your weight loss. For instance, in rare cases you may substitute one whole egg and three egg whites, poached or boiled, or otherwise cooked without additives, for a serving of meat during lunch or dinner. The only cheese allowed is cottage cheese made from skimmed milk, 100 grams (4oz) of which could also be substituted for the meat or egg. Vegetarians may still use HCG, simply substitute 500 ml (roughly 17 oz) of milk or curds as their protein base. However, vegetarians tend to lose less overall because of the sugar content in milk. Dr. Simeons did not create a vegan diet for HCG, though sticking to our rule of 800-1000 calories with 600 grams of fat-free protein and a small amount of starch should give similar results. However, all foods not listed on the above list might have different compositions that can adversely affect the diet and cause weight loss to be slower, or less effective. You may also split your meals to eat more consistently throughout the day, for instance you can save an apple in order to have it before you go to bed, or keep a breadstick for an afternoon snack. However, meals cannot be separated in order to have an extra breadstick for dinner, all meal sizes are the maximum amount you should be eating at one time. If ever you feel that you are full enough that you do not need to eat everything allowable for the day that is fine as well.

**Other Restrictions**

Cosmetics containing fats and oils can have an adverse effect on the HCG diet as your skin will absorb and metabolize a portion of these ingredients. Though this is less important than dietary requirements, if you notice that you are not losing as much as expected or even experience weight gain during the diet, it may be your cosmetics, shampoos and other beauty products which are the cause.

**Exercise**

While exercise is not recommended on the original 500 calorie diet, with the diet presented in this book it is allowable. This is because the increased calorie intake, as well as the B12 Complex enhanced HCG recommended with the diet, allow for more energy and nutrients. With the increased amount of energy, a light to moderate exercise routine could be beneficial to the weight loss. In fact, 15 minutes, or more, of exercise a day has been shown to increase overall health, strengthen muscle and boost the metabolism. As the HCG diet is not only designed to help in weight loss, but to develop habits of portion control and healthy eating, starting a habit of a light exercise routine may be helpful as well. Of course, some people find that changing too much at once is difficult, so if you find yourself flagging be sure to at least stick to the basics of the diet. Some people may still feel a bit hungry when exercising on the diet, especially if you are used to vigorous exercise, and so it might be advisable to slightly increase the diet if you wish to continue exercising at the same level. This problem is not as common with the 1000 calorie diet, but if after a week of taking HCG, and this includes the 3 days before the diet, you find yourself unusually hungry it might be advisable to somewhat increase your diet. One way to increase your diet is to add an extra apple, 150 grams of meat, or two or three extra breadsticks. If you are particularly concerned about diet options, or are unsure of the proper amount based on your activity level, it is always best to consult a physician.

Wishing you and yours much success on the road to a happier, healthier and adventurous future!

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