

HCG Diet Protocol Phase 2 and Phase 3

Phase 2

Note: This diet was intended for HCG injections, but people are getting good results and without the risks associated with injections by using the HCG homeopathic drops. Just follow the instructions on the bottle. Start the drops with Part A of Phase 2. Take on a “clean mouth” for best results. (which means no strong tastes should be left in your mouth.)

Part A: (2 days)

Load up on fatty and sugary foods to trigger your body's fat burn response and prepare it to metabolize from fat cells over the next phase. Make sure you drink 2 to 4 litres of R/O, distilled, filtered spring water over throughout the day. Do as many of the Phase 1 items as you think are applicable to you.

Part B: (21-40 days)

This is the VLCD or the “very low calorie diet” which consists of 500 total calories a day in two meals.

Lunch contains 100 grams of protein plus a handful of vegetables and an apple, OR an orange, OR a handful of strawberries, OR half a grapefruit. The diet provides a list of protein sources (chicken breast, beef, shrimp, crab, lobster, white fish, or veal) and a list of vegetables (asparagus, lettuce, tomato, spinach, cucumber, celery, red radishes, chicory, chard, cabbage, greens from beets, fennel or onion). The protocol is clear that only these choices can be consumed for each meal and not the same choices for the 2nd meal in a day. The science has shown that the composition of only these foods together in conjunction with the HCG provides the right conditions for a maximum weight loss. Weigh yourself daily. To end this cycle, you stop taking the drops and stay on the low calorie diet for 2 to 3 more days.

You may season any of the food with the juice of half an organic lemon, white or black pepper, organic raw apple cider vinegar, sea salt, organic garlic, organic basil, organic parsley, organic thyme, organic

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marjoram, or any other organic herb. Absolutely no oil, butter dressings or anything else of that nature!

You may eat or drink any of the other foods listed under the “Phase 1” section. Do any of the activities listed under “Phase 1” as well to get the optimum results. (Ie. Rebounding, yoga, colonics etc.)

Phase 3 (21 days):

In this phase you have stopped taking the HCG supplement and started adding variety back into your diet, at more normal consumption levels, with two prohibited exceptions: no starches and no sugars (Ie. no beans, pasta, potatoes, rice, bread or any kinds of sugars). This stage stabilizes your body and resets your body weight set point which resides in the hypothalamus. Your metabolism locks in at the new lower weight you’ve arrived at from phase 2. Monitor your daily weight and adjust your food consumption so that you are within + or - 3 lbs or 1.4 Kg of the weight you recorded on the last day of Stage 2. (If your weight is outside the range, a “steak day” is recommended where, on the day you exceed the weight, for dinner you have a huge steak with a tomato or an apple at 6:00 pm. No food is eaten until 6:00 pm. You would drink water, up to one gallon, as much as you can. In addition to water, you would drink as much of the various teas recommended. See under “Phase 1”).

Phase 4: (21 days)

This is the “maintenance stage”. Slowly integrate starches and sugars back in to your diet and continue to weigh yourself each morning. In this stage, your weight shouldn’t increase by more than 2 to 3 lbs or greater than 1.4 Kg of your last weight from phase 2.

During this phase you will incorporate as many items as you can from “Phase 1” that seem the most applicable to you.

Note:

It takes up to 30 days to form a new habit. If you cheat on this diet your weight loss will be set back to up to 5 days per “cheat”.

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Editor's note:

This information was a compilation of facts obtained from; iTunes app store (13\$ HCG application), from Dr. Simeon's book "Pounds and Inches", from the website www.yourHCGblog.com, from Chapter 5 of Kevin Trudeau's book "The Weight Loss Cure.", as well as practical experience from clients.

This information is not used to diagnose or treat, but is simply provided to educate on the HCG protocol for those who freely choose to help themselves lose weight.