

## Frequently Asked Questions

### **What is HcG?**

It is a natural substance that is produced in the human body during pregnancy. The homeopathic form of low level multiple potencies of HcG is very safe and minimal compared to the concentration produced during pregnancy.

### **Can I start the program with Phase 2 without doing any of the things in Phase 1? *YES***

Dr. Simeons did not have a Phase 1. This originated in the Kevin Trudeau book “The Weight Loss Cure”. If you feel you would like to do some cleanses prior to the diet, it is certainly acceptable however, and the diet by itself is a very good cleansing mechanism.

### **Do I have to do Phase 3? *YES***

Phase 2 and Phase 3 are, in fact, the original Simeons “weight loss cure protocol.” Phase 3 is necessary to stabilize your weight and reset the hypothalamus so that the weight does not come back. It is vitally important that you follow Phase 2 and Phase 3 exactly as described. You must strictly adhere to Simeons’ instructions in Phase 2 and Phase 3.

### **Isn't 500 calories a day too low to be safe? *NO***

Research now confirms that eating very low calorie diets actually increase overall health, have anti-aging effects, and increase lifespan. This was reported recently in The New York Times. Most importantly, however, is when you are doing the diet combined with the HcG, Dr. Simeons reports that your body is being flooded with over 2,000 calories of nutrition from the releasing of the abnormal fat reserves. This is one of the reasons that during Phase 2, consisting of the diet and HcG supplementation, you are not hungry and generally have an increase in energy levels.

### **During the diet in Phase 2 am I allowed to continue taking supplements and prescription medications. *YES***

In order to maintain a healthy nutritional balance you should use supplementation. Recommendations, based on your medical intake package or blood work (if provided) of supplements that will help you achieve an even greater weight loss. It is also imperative that you continue to take any necessary prescription medication that your primary doctor has ordered.

### **Must I gorge for the first two days in Phase 2? *YES***

Dr. Simeons states that a person will not be comfortable on the 500 calorie diet unless his normal fat reserves are reasonably well stocked. It is for this reason that in every case a person must eat to capacity the most fattening food they can get down for the first two days in Phase 2. It is a fundamental mistake to start the 500 calorie diet as soon as HcG supplementation is started it seems to take about three days before abnormal fat deposits begin to get released and circulate, thus becoming available to the body as fuel.

**How do I measure the 100 grams (3.5 ounces) of protein?**

Use a kitchen scale or postal scale. 100 grams equals about 3.5 ounces. Weigh the meat in its raw state.

**Can I change some of the food items on the diet?** *NO*

You must be very strict in following the diet exactly if you want to achieve results. Simeons was very particular in his research about how even the very smallest change or variation would slow down or stop the fat burning process completely. He pointed out that if a patient dropped the apple and had a little more protein he would not be getting any more calories, but he would not lose weight. However, when substitutions are made Simeons found that they interfere with the regular loss of weight under HcG. This is due to the nature of their chemical compositions. **IF IT IS NOT ON THE LIST DON'T EAT IT.**

**Can I eat lamb, pork, duck, while on the 500 calorie Phase 2 diet?** *NO*

**Will I be hungry during this protocol?**

During Phase 2 you may have slight hunger between one and seven days. If you following the instructions to “load up on calories” the first two days, this will not be as noticeable. Each person is different but for the most part the hunger is slight.

\*\*\*Please note\*\*\* Should there be an issue with hunger, there is a natural appetite suppressant that is available and you can contact the office to get more information about this product. During Phase 3 you cannot be hungry because there is no limit to the amount of food you consume.

**Can I use artificial sweeteners while on this protocol?** *NO*

You should never use any artificial sweeteners ever again for as long as you live. All artificial sweeteners, including NutraSweet and Splenda, should never be consumed. They increase depression, are physically, chemically addicting, and they make you fat.

An alternative to this problem is a product called “Stevia”. There is a website called [www.stevitastevia.com](http://www.stevitastevia.com) that has every conceivable stevia product available.

I recently discovered a product called JustLike Sugar that is a FOOD product. It will not ferment in your intestines and encourage candida growth or effect the health of your teeth .Go to their website to get more information:[www.justlikesugar.com](http://www.justlikesugar.com).

**While on the protocol an I use gum, mints, lozenges, or cough syrup?** *No, No, No*

**If I am not hungry while doing Phase 2, do I still have to eat everything as described?** *YES*

## **What if I cheat on the diet during Phase 2?**

If you do cheat for a meal or for one or two days in a row, all it means is that the weight loss process will stop for a few days or a temporary slight increase in weight may occur. Immediately start the diet again at the next meal and carry on. If you cheat on a meal every other day you are wasting your time.

## **What if I have low energy or hunger during Phase 2.**

Some patients may be dealing with insulin resistance or low blood sugar. It is suggested that you may drink Eleotin tea to help this. Also, make sure that you eat your apple mid morning. Low energy could also be caused by a hypoactive thyroid, Candida yeast overgrowth, poor circulation, or parasites. If you feel any of this pertains to you or if you have a concern, call the office. We have several suggestions that will ease all of those problems.

## **The instructions in all the phases call for a large consumption of water and teas. Is this necessary? *YES***

During all the phases you should drink a minimum of one-half gallon of water per day, up to a maximum of one gallon. It is important in the treatment of the obesity condition. The importance and benefits of adhering to the water cannot be overemphasized. It is absolutely vital in order for the protocol to work effectively.

## **Must I eliminate cosmetics, moisturizers, lotions, and creams during Phase 2? *YES***

Dr. Simeons stated that most people find it hard to believe that the fats, oils, creams, and ointments applied to the skin are absorbed into the body and interfere with the weight reduction by HcG just as if those ingredients were eaten. Many modern cosmetics contain hormones which interfere with endocrine regulations in the body and must be avoided. Remember, whatever you put on the skin is absorbed into the body just as though you ate it.

## **After I do Phases 1, 2, and 3 should I continue weighing myself every day? *YES***

Because you have dealt with the obesity condition for so long, it is important to weigh yourself every day to make sure that you are maintaining your new lower weight. This will help keep you focused on doing the steps in Phase 4, thus making sure your bad habits do not return and the weight stays off permanently.

## **WILL I GAIN THE WEIGHT BACK**

**IF YOU GO BACK TO EATING FAST FOOD, RESTAURANT FOOD AND FOOD CONTAINING TRANS FATS, HIGH FRUCTOSE CORN SYRUP, SUPER HIGHLY REFINED FOOD, ARTIFICIAL SWEETENERS, MEAT, POULTRY AND DAIRY WITH GROWTH HORMONE AND ANTIBIOTICS, ETC... ETC... ETC, YOU WILL IN FACT MESS UP YOUR HYPOTHALAMUS AGAIN AND REGAIN THE WEIGHT:**

If however, you follow the dos and don'ts in Phase 4, the weight should never return. It is interesting to note that Simeons' patients of the 1950's and 1960's very rarely, if ever, gained the weight back. This is because fast food, trans fats, high fructose corn syrup, etc. was not in widespread use. Today, however, because the food industry is on a mission to create an obese world, it is more difficult to avoid all of the things that cause obesity. Follow the steps in Phase 4 and you should be able to keep the weight off forever.

**If the weight comes back can I do this protocol again? *YES***

If you lose a substantial amount of weight and a year later find you have gained some weight back, do the protocol as often as you desire. Many people will decide to do the protocol once a year for a three week period to lose any amount of weight gained just to keep on top of it.

**What if the food label says “all natural”?**

Today, the phrase “all natural” means absolutely nothing! Major food manufacturers have lobbied congress allowing new laws to be passed defining what can legally be called “all natural,” even if the food contains thousands of chemicals and is heavily processed. It is still legal to use the phrase “all natural.” You must read the ingredient list on the food. Look for 100% organic whenever is possible.

**Do you have any recipes that work with this protocol?**

It is provided with your hand outs and gives you enough good ideas to fix good meals very simple and fast..

**What if I show no weight loss for four days in a row while on Phase 2?**

Dr. Simeons discussed at length daily weight fluctuations or reaching weight plateaus. He explained that at times there may be no drop of weight at all for two or three days, which is then followed by a sudden large drop which reestablishes the normal daily average of about one pound per day during Phase 2. Weight fluctuations occur more so in women than in men. If a person weighs themselves and notices that the weight stays the same for four days in a row, the patient is told that after weighing on the fourth morning, to only eat six organic apples for the day. The patient is told to drink nothing except a small amount of water, just enough to quench their thirst when needed. Two cups of corn silk tea should be consumed. The next morning there should be a drop in weight. If not, do not be concerned. It is important to note that because this protocol is synthesizing and releasing so much abnormal fat, the body may retain excessive water in order to rid the system of this excess released fat and accompanying toxins. This, at times, results in no apparent weight loss on the scale, however, you must know that the body is still being reshaped, and massive fat loss is still occurring.

NOTE: There are two questions that we ask immediately when the above situation arises. The first question for women is: Are you having a period or are you close to having a period? (This seems to cause water retention and as soon as the period is over, the weight is lost.) The second question is; How are your bowel movements? (If you are not having regular daily bowel movements you are retaining weight. It is recommended that you take a supplement or a tea that will help you become regular again.) This, too, should make your weight start dropping again.

This is important, as once your body starts developing immunity to HcG, you will no longer be burning abnormal fat reserves, but rather start burning structural fat and muscle. You will know when the immunity sets in as you will be unnaturally hungry again and the 500 calorie diet will not be enough to sustain you alone.

**What if I am a vegetarian?**

If you are a vegetarian and cannot do the diet in Phase 2, you will not have the same effects as those who are able to eat the diet as listed in Phase 2. Dr. Simeons indicated that the amount of weight loss would only be about one-half as effective of those that followed the original diet.