



Skinny Up!

Weight loss today...and forever!

You are about to embark on a wonderful journey that will make you smile and jump for joy. I've struggled, you've struggled; it's time to conquer our weight issues once and for all!

The Skinny Up! program is real and it works—no smooth talk, no slick advertising, and no exaggerated claims of success. The Skinny Up! program produces results that are typical in the majority of individuals.

Education and Commitment—that's all it takes. So let's get started!

HCG stands for human chorionic gonadotropin. It is a hormone that is produced in large quantities in pregnancy. (Both men and women have male and female hormones, so this program is just as successful for men!)

HCG is responsible for making the abnormal fat reserves of the body available to be burned as fuel. In pregnancy it is used to protect the nutritional health of the growing baby; however, in conjunction with this program, it is used to rid the body of the abnormal fat deposits. Rest assured that the HCG helps to stave off any hunger pangs that a restricted diet may cause. With the introduction of HCG, thousands of extra calories begin to flood the system from the abnormal fat being metabolized. For this reason, HCG diets are easier to stick to than a traditional healthy diet that simply restricts calories. When a program is easy to stick to, success is the end result!

Dr Simeon's Plan for Success:

Dr. Simeon's research in the 1950's concluded that there are 3 different types of fat stored in the body:

1. Structural (visceral) Fat (in and around muscles, cushioning organs, padding of bottoms of feet, etc.)
2. Normal Fat (dermal fat which is directly under the skin's surface and provides the soft cushioning between the skin and frame of the body)
3. Abnormal (adipose) Fat (under the dermal fat and not available for use by the metabolism until the other 2 kinds of fat are reduced)

Abnormal Fat can be viewed as "famine fat." It is stored by the body for emergency famine. Yo-yo dieting contributes to the storage of this type of fat because the body begins to question the availability of fuel (food). When calories are restricted, the body stores all the fat it can to save up for the lean times!

Dr. A.T.W. Simeon's research produced a plan that results in an average weight loss of 0.5 to 2 lbs a day of Abnormal Fat when accompanied by a VLCD (very low calorie diet).

- VS. -

Most calorie reduction diets will not produce the best results for those individuals with an abundance of Abnormal Fat stores because their bodies will begin by burning the wrong kind of fat. When a low caloric diet is introduced to the system, the Normal reserves of fat are used up first. As a result, most people

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look gaunt and drawn after a reduced caloric diet. The normal reserves of fat have been reduced; however, the abnormal fat remains intact. Without using HCG in a reduced caloric diet plan, the body will burn Structural and Normal fat.

HCG works to release the abnormal fat stores and make them available to be used as fuel. By following the protocol precisely, the body will "burn" the abnormal fat, while preserving muscle, normal fat, and structural fat.

Ready for the best part? Dr. Simeon called it a CURE!

The HCG will help to release the Abnormal Fat reserves in the body. But what about keeping that extra weight off? This is where commitment comes into play. Commitment to all phases of this plan will retrain the hypothalamus to be the food/fat gatekeeper that God intended it to be!

Re-setting the Hypothalamus

The hypothalamus is located just above the brain stem. It is known as the master gland and is a supervising center in the brain that links the body's two control systems—the nervous system and the endocrine system.

The hypothalamus controls body temperature, hunger, thirst, blood pressure, heartbeat, gastric reflexes, maternal behavior, immune responses, carbohydrate and fat metabolism. The hypothalamus is responsible for the control of food intake.

The hypothalamus is responsible for the control of food intake!!

It may sound amazing, but it is the hypothalamus' job to make the body salivate for an apple, rather than a piece of chocolate cake. If the hypothalamus is working normally, then a person will be more inclined to crave a nutritionally, well balanced diet! Food that is void of the nutrition needed will not have the same pull or crave-producing impact. That is why some people can have one bite of their chocolate cake, push it to the side, and say, "That was enough."

The hypothalamus is much like peripheral vision. When driving on the highway, even though the driver may not always be looking straight ahead, his peripheral vision assists him in making the tiny adjustments in steering to keep the car in between the lines on the road. The hypothalamus, when functioning normally, works in the same way. It assists the body by steering the appetite and promoting more effective metabolism to keep the body at a certain weight, or "set-point," just like the lines on the highway.

For those who have a hypothalamus that is not functioning properly, it is like their peripheral vision has become distorted. The lines on the highway, so to speak, become wider and wider, or not visible at all. The body's hunger becomes more and more intense; more food is craved and eaten; more fat is consumed and stored. Now, the body's "set-point" has risen on the scale to a new high and isn't coming down. Sound familiar?

Using Dr. Simeon's plan, it is now possible to lower the body's "set-point" and retrain the hypothalamus to make the necessary adjustments to keep it there, forever!

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THERE IS ANOTHER PIECE TO THE INTRICATE PUZZLE:

In the body there is a hormone called leptin. Leptin is like a messenger between the hypothalamus and the fat stores. When your body gets to the point where it has stored enough fat, leptin runs to the hypothalamus, and yells, "STOP!!!! We've stored enough fat!!!!"

In a normally functioning hypothalamus, it would understand leptin's message and stop storing extra fat on your body. When the hypothalamus is not functioning properly; however, it is as if it did not hear or understand what leptin was trying to tell it. So the hypothalamus thinks that it still needs to store excess fat. And it does. It keeps storing and storing because it has not gotten the message that there is already enough fat on your body. This is called Leptin Resistance. The more important part of this equation is that leptin is produced by the abnormal (adipose) fat!

It is clear why it is so crucial to rid the body of the abnormal (adipose) fat. Once the pounds of fat begin to reduce, the amount of leptin can begin to return to normal levels. This will start the process of healing the broken system of communication between the fat stores and the hypothalamus. When the communication is restored, the hypothalamus will once again prompt the body to decrease food intake through appetite and increase energy output to burn up any extra calories eaten.

It is for this reason that most weight reduction programs fail their participants. If the body doesn't get rid of the adipose fat, the high levels of leptin in the body will keep the hypothalamus confused. In its confusion, the message is to continue to store fat and keep the appetite elevated.

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THE EATING PLAN

Phase 1 – Cleansing

Kevin Trudeau, author of The Weight Loss Cure They Don't Want You To Know About, suggests that phase 1 of this program should involve cleansing. He recommends yeast, colon, gallbladder, and liver cleanses. Most individuals have just as much success moving on to Phase 2 without the above-mentioned cleanses. It is up to the individual to determine what, if any, cleanses should be completed before the start of the Skinny Up! program.

Phase 2 – VLCD (very low calorie days) while taking Skinny Up!

Breakfast: Herb tea in any quantity without sugar. Black tea and coffee are also permitted. You may sweeten these teas with Stevia, a natural sweetener which is available through health food stores. (Do not use aspartame, Nutrisweet, acesulfame, sucralose, Splenda, or any other chemicalized sugars.)

Lunch and Dinner:

100 grams of lean meat: 3-1/2 ounces (raw) / 3 ounces (cooked) of beef, veal, chicken breast, fresh white fish, lobster, crab, or shrimp.

Substitutions: You may use 4 eggs (1 whole plus 3 whites) or ½ cup fat free cottage cheese occasionally as your protein.

Bread: 1 Melba toast or 1 Grissini Bread Stick

Fruits and Vegetables: Pick one fruit and one vegetable for each meal.

Fruits: One item per meal (one handful)

- One apple (not two small apples)
- One orange
- Handful of strawberries
- ½ Grapefruit

Vegetables: One item per meal (one handful)

- Radishes
- Cucumbers
- Celery
- Fennel
- Cabbage
- Tomatoes
- Onions
- Spinach
- Lettuce
- Chard
- Asparagus
- Beet Greens

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Phase 3 – Ending the HCG

After the diet is completed, you may now eat anything you please EXCEPT sugar and starch, provided you are faithful to following one rule. This rule is that you must weigh yourself every morning.

It takes about 3 weeks before the weight becomes stable. It is during these 3 weeks that you must realize carbohydrates (sugars, rice, bread, potatoes, pastries, etc.) are, by far, the most dangerous. If no carbohydrates whatsoever are eaten, fats can be indulged in somewhat more liberally and even small quantities of alcohol, such as a glass of wine with meals, does no harm. But AS SOON AS FATS AND STARCH ARE COMBINED, THINGS ARE VERY LIABLE TO GET OUT OF HAND. This has to be observed very carefully during the first 3 weeks after the treatment is ended, otherwise disappointments are almost sure to occur.

As long as your weight stays within two pounds of the weight reached on final of using Skinny Up!, don't worry about what you are eating. But the moment the scale goes beyond two pounds, even if this is only a few ounces, you must skip breakfast and lunch and drink plenty of water. In the evening, you must eat a huge steak with only 1 apple or a raw tomato. This should bring your weight back down near your last Skinny Up! weight and you can begin eating normally (still no sugars or starches) the next day.

Once you have maintained your last Skinny Up! weight for 3 weeks, you are then able to return for another round of Phase 2 (VLCD with Skinny Up!). If you have met your weight goal, you then move to Phase 4.

Phase 4 – Maintenance

The next 3 weeks in Phase 4 will require that you continue to weigh everyday and, again, maintain your last Skinny Up! weight. Steak days will be needed if your weight rises by more than 2 pounds, just like in Phase 3.

During this phase, you will start introducing sugars and starches back into your diet. This will train your hypothalamus to accept your weight, no matter what you eat! Hopefully, by this time on the program, you will have a much better sense of what your body likes in terms of food and you will not revert to eating processed, empty caloric, non-nutritious food!

Life

Eat what you want, when you are hungry. Stop when you are satisfied and STOP THINKING ABOUT YOUR WEIGHT!

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IMPORTANT POINTS

Meat: Make sure that the meat is very lean with no fat. All visible fat must be removed before cooking. All meat must be weighed uncooked. A food scale will assist in getting weight correct. The meats can be cooked by broiling, grilling, or boiling with no additional fat or oils. A George Foreman Grill works great.

Seasonings: With each meal the juice of one lemon or lime is allowed. Salt, pepper, vinegar, mustard powder, sweet basil, parsley, thyme, marjoram, and most other herbs and spices are fine to use as seasonings.

No oil, butter, or dressings of any kind can be used.

The items allowed per day may be eaten in two meals (1 of each: protein, veggie, fruit, starch) or spread out through the day. But two of the same items (i.e., two fruits or two proteins) may not be eaten together (i.e., at the same time).

Diabetics or those who are prone to hypoglycemia may divide the daily amount of allowed foods into smaller meals throughout the day to control blood sugar.

****REMEMBER: Only eight items may be eaten each day...**

WHAT TO AVOID?

Oils:

- All digestible oils (sunflower, olive, coconut, sesame, Vitamin E, fish oils). (Mineral Oil acceptable in moderation.)
- Shampoos, lotions, toothpaste, makeup, deodorant, and other bathroom items that contain digestible oils, seed oils, etc.
- Bathroom items that contain digestible oils, seed oils, etc.

Ladies: Only use mineral-based cosmetics. No liquid makeup (contains oil).

Massage: Avoid massages while on the diet (oil and lotions are heavily used).

Sunbathing: Avoid getting a sunburn. Sun is great to produce natural Vitamin D; however sunburns produce water retention.

Exercise: Moderate Exercise. If you aren't losing as you would like, stop exercising while on the diet.

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Where to begin (items you will need):

1. Bathroom scale that weighs in .2 pound increments.
2. Food scale that weighs in grams/ounces.
3. "HCG Weight Loss Cure Guide" by Linda Prinster.
4. Read Dr. Simeon's manuscript, "Pounds and Inches" on [www.YOUR WEBSITE.com].
5. Check your calendar and choose a period of time that will allow for a restricted eating plan. If you have:
 - 10 to 20 pounds to lose: Choose 23-day HCG plan.
 - 20 to 50 pounds to lose: Choose 40-day HCG plan (multiple rounds if needed).
6. Skinny Up!: 2 bottles for 23-day round, 3 bottles for 40-day round. Order by calling [**YOUR PRACTICE NAME**] at [**YOUR PHONE**] or e-mailing [**YOUR EMAIL ADDRESS**].
7. Stevia, if sugar has been a coping mechanism, and Smooth Move Tea, Dieter's Tea, Dr. Miller's Holy Tea, etc. (Beginning load days can create mild constipation. Use as needed throughout the course of the HCG program.)
8. High fat content foods for the two "load" days at the beginning of each round: Avocado, peanut butter, mayonnaise, whipping cream, cheese, etc.

Plan Overview:

1. Days 1 and 2 are your "load" days. Take your Skinny Up! 3X daily on these days.
2. Days 3 through 23 or 40 are your VLCD (Very Low Calorie Days). Take your Skinny Up! 3X daily throughout this phase.
3. Days 24, 25, 26 (or 41, 42, 43) are VLCD **without** taking Skinny Up!.
4. Days 26 or 44 are the beginning of Phase 3! Phase 3: Three weeks enjoying more food but no sugar and no starches.
5. Return to Phase 2 if you have not met your goal weight. Continue on to Phase 4 if you have met your goal weight.

E-mail questions to: jbrunmbhc@gmail.com.

Here's to a new you!

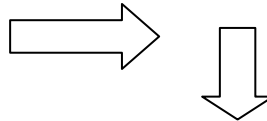
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Flowchart of the Four Phases

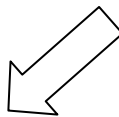
Phase 1

Read Dr. Simeon's manuscript
 Check with physician
 Purchase Skinny Up! and HCG book
 Purchase food and weight scales



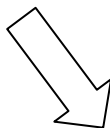
Phase 2

Take Skinny Up! 3X daily
 "Load" on Days 1 & 2
 No fats or oils on Days 3 thru 23 or 40
 Follow 500 calorie diet
 Track weight loss



Phase 3

No Skinny Up!
 Read up on limitations of Phase 3
 Follow 21 days of maintenance
 Add fats and oils back into diet
 Maintain weight loss

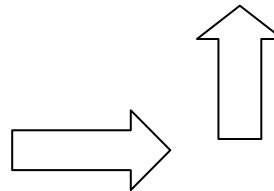


Phase 4

No Skinny Up!
 Read up on Phase 4
 Follow 21 days of maintenance
 Add sugars and starches back into diet
 Maintain weight loss

Round 2

Return to Phase 2
 if you have more weight to lose



Life

Eat what you want, when you want, and
 Stop worrying about your weight

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Directions for Homeopathic HCG Use

Skinny Up! is a unique blend of frequencies* that include HCG, Hypothalamus gland, Pituitary gland, Thyroid gland, Liver, Gallbladder, Kidney and Adrenal support.

The base solution of Skinny Up! is helpful for inflammation and liver detoxification. With the added frequencies of the above-mentioned, Skinny Up! becomes a very effective nutritional support for anyone seeking to benefit from Dr. Simeon's Pounds and Inches protocol.

To maintain the highest level of homeopathic properties during use, it is important to succus (tap bottom firmly on the heel of the hand in rapid succession 5 to 8 times) before placing the solution under the tongue 3 times per day. The succusion reactivates the homeopathic frequencies for optimum potency. Failure to succus the Skinny Up! bottle could result in increased hunger.

Dosage Steps:

1. Refrain from eating or drinking for 15 minutes.
2. Succus the bottle of Skinny Up! on the heel of the hand.
3. Squeeze .75 ml into the syringe.
4. Swallow hard or spit to rid the mouth of excess saliva.
5. Squeeze the .75 ml solution under the tongue and hold for 2 minutes.
6. Refrain from eating or drinking for 20 minutes.
7. Repeat 3 times daily.

During times of excessive hunger (during the first week or during menses) it may be helpful to add one or two additional doses of .25ml between the morning, midday, and evening doses of Skinny Up!.

Here's to your success!

Dr. Garrett Tomsin, DC
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*All frequencies are added to balance, not over-stimulate, the above-mentioned glands and organs.

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Recipes for Phase 2

Chicken Taco Wraps

100 grams ground chicken breast
 1/4 cup chicken broth
 About 1/4 cup chopped onion
 1-2 cloves garlic, crushed and minced
 1/2 teaspoon oregano
 1/8 to 1/4 teaspoon cumin
 Handful of fresh cilantro, chopped
 Cayenne pepper to taste
 Salt and pepper
 2-4 large lettuce leaves

In a small pan (no grease, just dry), brown the onions and garlic. It will brown the bottom of the pan a bit, just keep stirring. Then add chicken broth—this will deglaze your pan and add great flavor. Add the raw chicken and brown it also. Add spices. Use the lettuce leaves for wrap.

This counts as a Meat and 1/4 Veggie; add more side salad to complete your Veggie.

Chili

100 grams lean veal, ground beef, buffalo or chicken (cook with 1-2 T malt vinegar for a good flavor)
 1 tsp sugar-free tomato paste
 Handful ripe tomatoes (2 large Roma tomatoes)
 1 large onion, chopped
 1 clove garlic, minced
 1/8 tsp chili powder
 Cayenne pepper to taste
 1/8 tsp cumin
 1/8 tsp thyme
 1/8 tsp basil
 1/2 tsp fat-free cocoa powder (optional)
 Sea salt/black pepper to taste
 Water or broth for desired consistency

Brown meat with onions and garlic. Drain fat from meat. Add tomatoes, tomato paste, and remaining seasonings. Simmer onions until desired tenderness. Top with one crushed grissini bread stick or melba toast.

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Chinese Chicken/Celery Stir-fry

100 grams chicken breast, finely chopped
4 large stalks celery, finely chopped
2 T onion, finely chopped
2 cloves crushed garlic
1/4 cup water or broth
1 T Bragg's Liquid Amino Flavoring
1/8 tsp coriander
1/8 tsp ground ginger
1/8 tsp ground cloves
Salt to taste
Stevia to taste (optional)

Place all but chicken in large skillet and cover to cook celery. When celery is partially cooked, add *previously cooked* chicken breast (add chicken in first step *if raw*). Cook long enough to allow chicken to soak up seasonings.

Serve hot or cold. (*Experiment with finely chopped shrimp!*)

Curry Cabbage with Beef

100 grams of lean ground beef
1/4 to 1/3 head of cabbage (depending on size), shredded
1/16 tsp coriander
1/8 tsp curry
1/16 tsp ground ginger
Stevia and other seasonings to taste (like Bragg's Liquid Amino Flavoring)

Cook beef in a deep skillet with a small amount of malt vinegar (or water), garlic, salt, and pepper. When beef is browned, add cabbage and rest of seasonings.

Add 1/8 C water and cover skillet. Simmer until cabbage is cooked and flavors have melded.

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Spinach/Meat & Egg Scramble

50 grams of raw meat (beef, steak, chicken, shrimp)
Handful of fresh spinach (or 1/3 package of frozen spinach)
2 eggs

Cook meat in a skillet and season with preferred spices. Remove meat from pan and place spinach in same skillet to cook. Remove extra moisture from pan (paper towels pressed in pan can pick up extra liquid). Add meat back into skillet with spinach. Wisk 1 whole egg and 1 egg white in a bowl and add to skillet. Cook mixture.

Serve hot or cold! *Hot sauce is great on this!*

Strawberry Omelet Crepe

4 eggs
Vanilla flavored Stevia
1 serving of strawberries (chop until fine, but not runny!)

Mix egg whites to stiff peak, add 1 yolk, and vanilla flavored Stevia; blend again to stiff peak. Smooth the whipped egg into a dry nonstick skillet; sprinkle strawberries evenly over the surface. Cover with a dome lid and cook on medium heat. Crepe will rise under the lid and then collapse after a few minutes. When the crepe has fallen, remove from heat, but leave covered to build up condensation—this will help release the omelet from the pan. Use a spatula to gently roll the crepe into a large burrito.

Serve hot or cold.

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BBQ Sauce

3 ounces tomato paste
1/4 C apple cider vinegar
3 T lemon juice
1 T hot sauce
1 T minced onion
3 cloves crushed garlic
1/4 tsp chili powder
1/2 tsp Worcestershire sauce
1/2 tsp garlic powder
1/2 tsp onion powder
1 tsp crushed parsley
Liquid smoke to taste (optional)
Cayenne, salt, and pepper to taste
Stevia, or chocolate Stevia, to taste
Water, for desired consistency

Bring to slow boil and then simmer for 5 minutes.

(This is good for grilling, baking -or- add 1 T to Citrus Dressing for a tomato dressing.)

Citrus Dressing

1/4 C apple cider vinegar
1 C water
1 T lemon juice
15 drops of Stevia
10 drops of apricot nectar or valencia orange Stevia
1/4 tsp Chinese Five Spice, or Italian seasoning
1/4 tsp garlic salt

Add 2 tsp tomato paste for a tomato/citrus dressing.

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Ketchup (no sugar)

3 ounces tomato paste
3 T apple cider vinegar
1 T lemon juice
1/4 tsp celery salt
1/2 tsp paprika
1/4 tsp mustard powder
Pinch of nutmeg and clove
Pinch of black pepper
1/4 tsp onion powder
1/4 tsp garlic powder
Stevia, to taste

Dissolve spices in vinegar and lemon juice. Add tomato paste and mix thoroughly. Add additional lemon juice, vinegar, or a little water until desired consistency is reached.

Old Bay Seasoning Mix

1 T bay leaves, ground
2 1/2 tsp celery salt
1 1/2 tsp dry mustard
1 tsp black pepper
1/2 tsp white pepper
1/2 tsp nutmeg
1/2 tsp cloves
1/2 tsp ginger
1/4 tsp allspice
1 tsp paprika
1/4 tsp red pepper flakes
1/4 tsp cardamom

This seasoning is great as a rub on meats or as a seasoning for soups or other dishes.

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Orange Ginger Dressing

1/2 -1 C white wine or champagne vinegar

2 T minced or grated ginger

1 T garlic

Juice of one orange

Put all into a mason jar; let sit for at least 8 hours before using so the flavors can meld.
Optional: Slice off 2 thin slices of the orange, cut in half, and add to the jar; juice the rest.

Strawberry White Balsamic Vinaigrette

Puree 2-3 large strawberries

1/2 C white balsamic vinegar (or any other white vinegar-like white wine or champagne)

1/2 T minced garlic

1 packet Stevia

Mix all ingredients together; shake vigorously.

(Delicious on anything, especially spinach and cucumbers.)

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Phase 3 - Ending the HCG

After the diet is completed you have a wider variety of fruits and vegetables that you may now eat. You may eat and cook with fats and oils.

There are two rules:

1. You must weigh yourself every morning and remain within 2 pounds of your last HCG weight, and
2. You must eat at least 1500 calories per day with one exception: NO SUGARS AND STARCHES!

Fruits that are **NOT** included in Phase 3 are: Dried fruits, fruits that are processed with sugar (canned cranberry sauce, applesauce, canned cherries, etc.)

Fruits that are a **Caution** in Phase 3 are: Melons (all varieties), grapes, mangos, bananas, pomegranates, raisins, and watermelon

Vegetables that are **NOT** included in Phase 3 are: Beets, corn, yams, parsnips, potatoes (all varieties including sweet), rutabagas

Vegetables that are a **Caution** in Phase 3 are: Artichokes, okra, peas, pumpkin, squash (acorn, butternut, spaghetti, crookneck, winter)

All cheeses/dairy are a **Caution**, except for Cottage Cheese

All Nuts/Seeds are a **Caution**, except for Coconuts and flax seeds

All 'Starchy' Beans are **NOT** included in Phase 3 except for Edamame

It takes about 3 weeks before the weight becomes stable. It is during these 3 weeks that you must realize carbohydrates (sugars, rice, bread, potatoes, pastries, etc.) are by far the most dangerous. If no carbohydrates whatsoever are eaten, fats can be indulged in somewhat more liberally and even small quantities of alcohol, such as a glass of wine with meals, does no harm, but AS SOON AS FATS AND STARCH ARE COMBINED, THINGS ARE VERY LIABLE TO GET OUT OF HAND. This has to be observed very carefully during the first 3 weeks after the treatment is ended otherwise disappointments are almost sure to occur.

As long as your weight stays within two pounds of the weight reached on the day of the last HCG, don't worry about what you are eating; but, the moment the scale goes beyond two pounds, even if this is only a few ounces, you must skip breakfast and lunch and drink plenty of water. In the evening you must eat a huge steak with only 1 apple or a raw tomato. This should bring your weight back down near your last HCG weight and you can begin eating normally (still no sugars or starches) the next day.

Once you have maintained your last HCG weight for 3 weeks, you are then able to return for another round of Phase 2 (VLCD with HCG). If you have met your weight goal, you then move to Phase 4.

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Homeopathic HCG Q & A

Q:

What are some of the reasons why a person's weight stalls on Phase 2?

A:

Every person's body is made up different cell memories, conditioned responses, stress reactions, and emotional triggers. Because of this, each person is a new, individual case when it comes to this program. Where one person may have extreme success in losing quickly without many (or any) stall patterns, another person may feel that their Phase 2 is riddled with ups and downs or stalls on their weight loss chart. It is important that we do not compare our weight loss with anyone else. There are a good portion of people that lose an average of .8 pounds per day over the course of each round, however, there are many people that average anywhere from .4 to .8 pounds per day. (Take your total weight lost so far and divide that by the total number of days you have been in Phase 2, to find your daily average weight loss.) If we stepped into this program with the perception that we would lose 1/2 pound a day, we would be so happy that we were losing 1 pound every 2 days . . . right?! But, because some people lose weight a bit more quickly, we become disappointed with our own amazing results!

Here are some reasons for stalls or gains:

1. Addition of oils or fats into the diet or absorbed through the skin.
2. Old weight set-point (your body feels safe at —thisll weight)
3. Emotional issues: Fear of success, fear of attention or advances from opposite sex, fear of giving up the excuse to be: Sad, lonely, sick, tired, less than wonderful, less than beautiful, less than needed, less than worthy, less than . . .
4. Release of toxins (fat soluble toxins) back into the system which increases acidic nature of the internal terrain of the body. When the body becomes too acidic, it retains water to help alkalize the internal terrain. This extra water retention can show up as weight gain or a stall.

Q:

It's time for Phase 3 and I'm soooo scared to eat!

A:

Let's face it, Phase 2 is —safe. We have a certain portion of food that we eat, in a set manner, that has finally moved us in a new direction with regards to our stubborn weight. It is scary to come away from that safety net, to what seems like —the scary world of food. Let me tell you, though, you will LOVE Phase 3!

This was my rule for Phase 3: Eat when hungry, stop eating just as soon as the hunger pangs go away, and wait for the body to tell you when to eat again. It is that simple! The biggest lesson I learned in Phase 3 is that the old habits of hoarding and gobbling massive meals has to be a thing of the past. Just light meals here and there throughout the day.

Those old food habits must go. You need to retrain your brain in Phase 3 to graze and use food as fuel, not entertainment or as a solution for emotional ups and downs. I learned that my body asks for water, many more times during the day than food. So, a good rule of thumb to start with is this: When you feel hunger or cravings, drink water first then go for the food. The other thing I did was to make sure I was getting some kind of protein with every meal or snack. Hard boiled eggs and string cheese can be very handy. Add them to any other food like apples, carrots, and nuts.

Here is a sample Phase 3 day of eating:

Breakfast: Bacon (cuz I missed it so much!) and spinach omelet

Snack: Nuts and cheese

Lunch: Protein shake and small salad with avocado

Snack: Almond butter with an apple

Dinner: Small piece of grilled meat with Veggie

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Dessert: Plain yogurt sweetened with Stevia and some frozen blueberries

Yes, compared to Phase 2 this is a bunch of food!!! But you'll be amazed when you get on the scale in the morning, your weight only moves slightly up and down the scale within your 2 pounds of the last HCG weight. If you happen to eat something that is inflammatory to your body, you'll know it because the scale will be higher. Easy resolve: Just fast with liquids for breakfast and lunch (you can have V8 juice now) and have a big juicy steak with an apple or tomato for an early dinner. This will bring you down to a lower weight and you are back on track again! Embrace Phase 3—it is wonderful!!

Q:
Is it important for me to take my HCG drops at a certain time during the day?

A:
It is good to have the HCG drops taken throughout the day to help suppress your appetite. Some people are very specific about their timing; others are somewhat random in taking their HCG drops. There isn't a set in stone rule for taking the HCG. As long as you are taking the drops spread out in intervals during the day, that is good. Try to take HCG drops sometime in the morning; it doesn't have to be before a meal. Then take another dose sometime mid-day or early afternoon. Take your last dose sometime in the evening, or even before bed. The best time to take your HCG is when it is best for you and your schedule.

Q:
The book says to stop taking the HCG during menstruation. How many days do I stop taking it?

A:
The majority of information given in the book, —HCG Weight Loss Cure Guide||, has to do with injections of the HCG hormone. In his protocol, Dr. Simeon had women stop taking the hormone injections during their menstrual cycle. However, most women who take the injections, continue to take the HCG throughout their entire cycle because their hunger returns. The Homeopathic HCG is a different story. The Homeopathic, since it is the frequency of the hormone, can be taken the entire Phase 2 round without interruption.

Q:
Help! I'm getting ready to go into Phase 3. I'm scared because I don't want to gain the weight back. What do I eat?!

A:
Once you have completed the VLCD (very low calorie days) without HCG at the end of Phase 2, you are now free to add oils and fats back into your diet. In Phase 3 you are allowed to eat fatty meats like turkey, ham, pork, tuna, salmon, etc. You also have a wider variety of fruits and vegetables to choose from. Linda Prinster's book, —HCG Weight Loss Cure Guidell has wonderful food guide charts that are a great resource for this transition. If you have not ordered the book, I highly recommend you do. You can find the link for the book on this site.

Phase 3 is a three week long maintenance period that is most important for resetting the hypothalamus.— still no sugars or starches. You will continue to weigh every day and maintain your weight within 2 pounds either side of your last HCG weight. If at any time your weight is higher than 2 pounds of your last HCG weight, you will do a —steak day.|| Fast on liquids for breakfast and lunch, and then eat either an apple or a tomato and a large steak for an early dinner. This should drop your weight to back within range of your last HCG weight. From that point on, eat as your body tells you to and eat smaller meals more frequently.

Q:
I'm a big soda pop drinker. Can I continue to drink diet soda while I'm on the VLCD (very low calorie diet) portion of Phase 2?

A:

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I'm so glad you asked! It is important to understand that the chemicals in diet soda have a negative effect on the glands, organs, hormones, and on neurology. The toxic effect of the artificial sweeteners on the body has been proven and should be avoided now, and always! I know that is not what you want to hear, however, **there is an alternative.**

If you need the bubbles, there is a way to get it without putting so much strain on the body. Sparkling water, low sodium club soda, mineral water, seltzer water, etc., all have fizz. Add Stevia to the seltzer water of your choice and you now have a soda that is much less harmful to the body. Nu-Naturals Vanilla Stevia has a very smooth aftertaste and can give sparkling water the flavor of Cream Soda. Now add any flavored Stevia, (Sweet Leaf brand carries many flavors) and you can have root-beer, lemon-lime, orange, etc. This is a great alternative. Another wonderful advantage to using Stevia is that it actually helps to balance blood sugar levels in the body!! Double Bonus!

Q:
What do you recommend I use for lotion?

A:
During Phase 2, it is very important not to use any lotions, body or face creams that have digestible oils in them. The HCG opens up the adipose fat tissue to be used as fuel, however, it is a two way street. Not only will the body use the adipose fat for fuel, but it also allows the storage of new fat, (whether eaten or absorbed through the skin), in the adipose layer! That is why Dr. Simeon insisted on an oil free, fat free diet while taking the HCG—he knew that the body would store fat if ingested. Therefore, by eliminating all external fat sources, the body will be forced to use its internal sources of fat for fuel.

A good friend and fellow HCG user, (with more than 20 pounds lost, I might add) told me about the product below. She said that she has found this product to be wonderful as a moisturizer and lotion. Thanks, Dixie, for sharing this great find!!!

Na-PCA Information (You can get it at The Vitamin Shoppe for \$7.00): Na-PCA with Aloe Vera liquid provides quick relief from dry skin, burns, shaving irritation, detergent rash and other skin irritation. Na-PCA with Aloe Vera is a Ph-balanced, concentrated solution of the sodium salt of pyrrolidone carboxylic acid (the natural moisturizing factor found in human skin), combined with the highest quality Aloe Vera gel. Na-PCA is synthesized from glutamic acid, a nonessential amino acid. The skin contains natural moisturizers, the most important being Na-PCA. Old skin contains only about half the amount of Na-PCA as that found in young skin. The ability of skin to hold moisture is directly related to its Na-PCA content. It is water, and not oil, that keeps skin soft and supple. Na-PCA pulls water out of the air, moisturizing the skin, improving its appearance, and giving it a moist and youthful glow. This is not a cosmetic cover up, it is a physiological correction of an age-related deficiency state. Na-PCA with Aloe Vera provides quick relief from dry and cracked skin, burns, shaving irritations, detergent rash and other minor skin irritations. The Aloe Vera gel in this fine product is produced from the crystal clear gel of Aloe barbadensis Miller (Aloe Vera line) by a unique extraction and purification process exclusively developed by Twinlab. The Aloe Vera gel has never been powdered, frozen or reconstituted; therefore, it retains its maximum biological activity and effectiveness.

Na-PCA Ingredients Pure Aloe Vera Gel, Na-PCA (the sodium salt of pyrrolidone carboxylic acid), Purified Water, Methyl Paraben.

Na-PCA Suggested Usage After bath or shower, spray Na-PCA on the hands and apply to the face and other skin areas. It can be applied under makeup or skin cream, or used under shaving cream for a more close, non-irritating and smooth shave. Na-PCA can be sprayed on live plants to enrich their moisture content.

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Soap Miracle II You can purchase Miracle II in our office for \$22. It can be used as a chemical free, oil free shampoo, body wash, toothpaste all in one product!

Q:

I just started P2 (phase 2). When do the hunger pangs get better? Also I'm a little confused when I should take the HCG—is it right before you eat, or anytime you are really hungry, or around lunch and dinner? Also, is it alright to eat the melba toast or part of fruit in the morning? I found I was really hungry in the morning.

A:

Hunger is really common during the first few days. People experience different forms of —hunger. Some say their stomach grumbles and grumbles; some say it feels like an empty feeling in the pit of their stomach (like when you've gone way too long without food). Until this initial feeling goes away, there are a few things you can do:

1. Make sure you are drinking plenty of water (1/2 your body weight in ounces each day!). Heavy teas like chai tea also can be helpful. (Celestial Seasonings Ch- no sugar.)
Also,

mineral water, with bubbles (low sodium, please) can settle the stomach grumbles quite well.

2. You can spread your food out throughout the day. If hunger sets in at 10:30am, eat some or all of your melba toast, or 1/2 of one of your fruit servings.

3. You can take a bit more of the HCG if you feel you need it. A few drops under the tongue can be very helpful to stave off cravings. Everyone is different when it comes to effective HCG amounts (.5 up to 1ml – 3x per day) and the timing of taking their HCG. You will find your own rhythm and finally settle on what works best for you.

Q:

Is there a good way to measure veggies?

A:

Dr. Simeon's manuscript is not very specific regarding veggie amounts. Linda Prinster's book has actual measuring charts. I personally followed the 'handful' rule: On lettuce, salad mix, shredded cabbage and spinach, I used as much as I could grab which, usually, turned out to be 1-1/2 handfuls. Asparagus, I tried to eyeball it, but never actually cut it up to put in a measuring cup.

I guess what I'm saying is try not to fret over the serving size so much. The most important rule to follow is the lean meats at 100 grams weighed raw. This was the one thing that Dr. Simeon actually gave specifics on. Just use common sense and your best judgment.

Q:

Can I take over the counter pain relievers?

A:

There is always a chance that adding a chemical to our system can stall or slow down the process of fat loss. Chemicals are acid in the body. When the body becomes acid, it has to retain water and fat to neutralize the acid. This could be interpreted as a stall on

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the scale. However, when the body has regained a safe pH, it will release the toxin, or chemical, or emotion, and weight reduction will continue. Use pain relievers if necessary, and remember to not be alarmed if your weight loss is slowed a bit. This too shall pass.

Q:
When should I break a stall?

A:
Marilyn, who stalled for 8 days, said that she would never let a stall go on longer for more than 3 days. I agree. She did a mini steak day to break her stall. Fast with liquids for breakfast and lunch. For an early dinner, eat 100 grams of lean steak and an apple or a tomato. This enabled her to lose 2-3 pounds and she continued to go down from there without any problems.

Q:
How important is water consumption? I only really drink tea and coffee.

A:
Very!!! Water is vital to the body functioning properly. Water helps to flush toxins out, (you've heard that before). Here's why: When the body releases waste from the cells, which happens every second of the day, it has to protect itself by moving this acidic waste out of the system. One way to decrease acid in the system is to dilute it with water. So here's a good scenario: You are doing great in your fat loss, you've had three good days of losing .8, .6, and 1 pound. You're thrilled! Then whammmm, you stall for 2 days in a row. What happened? One possibility is that your body is diluting the newly released acid in your body by retaining water. This dilution will allow your body to remove these toxins more easily without harm. So, after your 2-day stall, you miraculously drop 1.2 pounds! Your body neutralized the acid and was able to release the waste and the extra water it took to neutralize it. This is why consumption of water is so, so, so important! When we lose weight at this rate, our body is releasing fat soluble toxins back into the system. More water will help your body neutralize the acidic toxins with greater ease. Tea and coffee are, by nature, acidic. If this is all you are drinking, you are keeping your body in a state of acidosis. Rethink your lifestyle choices and benefit greatly! Better yet, check out www.ionwas.com/drtomsin and research the advantages of drinking alkaline water!!



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