

THE BASICS OF HCG

As with any weight loss programme – please seek medical advice if you have any concerns. Do not stop any medication while taking this homeopathic remedy. If in doubt – don't do it.

STEP ONE – the first two days of your spray

Loading

While taking your HCG spray (4 quick sprays) three times a day you will eat as much FATTY FOODS AS YOU wish. THIS IS VITAL TO THE SUCCESS OF THIS PLAN SO DO NOT FORGET TO **TAKE YOUR SPRAY AND EAT AS MUCH AS YOU CAN (HIGH FAT – AND FOODS YOU LOVE) FOR THESE TWO DAYS.** This will establish reserve fat and keep you from getting hungry over the next three weeks.

This sounds crazy **but it is essential** if you want the diet to work. You will more than likely put weight on in the first two days but you lose this! People who have skipped this part of the protocol have usually cheated midway through or complained of being hungry throughout the 3 week process.

STEP TWO – 21 days while taking your spray

Restricted diet – combination of foods (page 6)

Take your HCG spray 4 sprays x 3 times daily (quick short sprays) while **ONLY EATING WHAT IS ON PAGE 6.** Don't try and create a different diet – you will just waste your time and money as you will not loose as much as we know you could. By eating the food on page 6 while taking Manutuke Herbs HCG this signals the Hypothalamus to burn abnormal fat instead of normal and structural fat & eventually releases around 1500-2000 calories of energy into the body that is not being fed.

This low calorie intake would not be recommended to anyone as it is too low and you would feel incredible weak and unable to function normally for long on this low level. However the HCG drops are telling your body to burn the stored fat to buffer this phase of low eating. This is the first step in stimulating the metabolism and is followed by a 21 day period (step 3 – maintenance).

You **must limit any kind of exercise during this phase.** The burnt abnormal fat releases enough energy to keep you lively while taking a very low calorie diet. **If you do the *Loading* phase you should not feel hungry and weak during the whole process.**

STAGE 2 LOW CALORIE PHASE

HCG Spray (4 quick sprays under the tongue three times daily)

Below is a list of food permitted on the 3 week diet. You **CANNOT EAT ANY OTHER FOOD OTHER THAN ON THIS LIST** for the diet to be successful. Do not have chewing gum as it is full of aspartame which is very bad for you.

PROTEIN 100 grams of COOKED protein twice a day

Remember to weigh the meat once cooked as by weighing before you will not be getting enough protein and may end up in protein starvation. If you are involved with physical work i.e. farming, gym instructor, busy teacher etc – have an additional serving of protein daily if you are getting tired or fatigued – you will still loose the weight as you are burning it off.

PROTEIN

Lean beef (snitzel/steak etc)	Chicken breast	White fish
Veal		
Mussels	Venison	Prawns Crayfish
Lobster		
Paua	Tuna (spring water)	2 whole eggs

VEGETABLES

Have as much of the following as you like

Tomatoes (tinned is fine)	Celery	Lettuce	Cucumber
Broccoli is fine)	Brussel sprouts	Cabbage	Asparagus (tinned)
Leafy greens	Radishes	Onions	Leeks
	Fennel	Zero noodles	

DAIRY

1 Tbsp skimmed milk per day

FRUIT

2 pieces of fruit daily from the following options

Apple (raw or stewed) (large handful)	Grapefruit (DO NOT HAVE IF ON MEDICATION)	Berries
Oranges		

DRINKS

Any herbal teas and coffee is fine, but must not be sweetened with any sugar other than stevia.

HERBS & SPICES

All herbs and spices are allowable. Braggs seasoning is good too. Chilly sauce is good and if you only use two teaspoons a day you will also get away with using Balsamic vinegar. Apple cider vinegar is fine too. Use cinnamon if you have a sweet tooth. I love having stewed apples with cinnamon for a desert at night.

AFTER YOUR 21 DAYS ON THIS STAGE GO BACK TO YOUR NOTES ON STAGE 3 (72 HOURS WITHOUT SPRAY) BEFORE STARTING MAINTENANCE (STAGE 4)

STAGE 4 MAINTENANCE PHASE WHEN YOU HAVE STOPPED YOUR SPRAY

Foods to Avoid during this 3 week maintenance phase

Avoid sugar. No biscuits, cakes, pies etc, soft drinks - check labels! Avoid most processed foods – as these usually contain some sugar.

Avoid starch such as cornstarch, white flour, wheat flour, pastry and bread products, crackers, tortillas, oatmeal, rice, polenta, peas, corn, lentils, pita bread, corn chips, potato chips, yams, butternut squash, cereals, corns and some nuts.

Look up paleo recipes – most of them fit in with maintenance.

Most restaurants and fast food places add sugar to nearly every product, so be wary of eating out all the time. Meats to watch out for include deli meats, bacon, ham, prosciutto, sausages and hotdogs.

AVOID THE FOLLOWING Starchy (high carb) vegetables:

Corn	Beets	Carrots	Parsnips	Peas
Potatoes	Squash	Butternut		
Bananas	Dried fruit	Mango		

Processed cheese; it contains unnecessary sugar and starches.

Try not to eat processed anything for that matter.

Diet drinks contain aspartame. Read up about the dangerous affects this has on the body. Make an informed choice whether you want to poison yourself or not.

YOU CAN HAVE IN MAINTENANCE

Sprouts (bean, alfalfa etc)	Greens (lettuce, spinach etc)
Kale	Radicchio and endive count as greens
All herbs	Bok Choy
Celery	Radishes
Seaweeds	Broccoli/cauliflower
Cabbage	Mushrooms
Avocado	Cucumber
Peppers	Zucchini
Scallions or green onions	Asparagus
Bamboo shoots	Leeks
Brussel sprouts	snow peas
Green bean	Eggplant
Artichoke Hearts	Fennel
Onions	Celery
Turnips	Water chestnuts
Pumpkin	

Low sugar fruit options YOU CAN HAVE during this phase

Rhubarb	Strawberries
Cranberries	Raspberries/blackberries/blueberries

Grapefruit
Apricots
Peaches
Guava
Apples

Melons
Plums
Pears
Cherries
Papaya

THINGS TO GET READY BEFORE YOU START

1. HCG spray (50ml) from Manutuke Herbs.
2. Bathroom scales (digital the best as you see grms lost) You must weigh yourself daily
3. Kitchen scales (100g of meat twice daily must be weighed when cooked)
4. Food on the plan
5. Tape measure to measure yourself once a week (more often if wanted)
6. Don't overdo it with skin care while on this programme. Any excess oil, even applied to the skin will absorb as fat and slow down your weight loss. Keep it in mind if you are not losing weight that it might be your makeup or moisturiser that is too rich in oils and fats – stop using these and your weight should shift within two days.
7. **Herbs and spices.** I recommend that you include **Cayenne Pepper** in your spices. Cayenne supports heart health, tones the vessels supplying blood around the body. Increases your metabolism and gives you energy. I use ½ teaspoon (or more) daily. It is hot tasting but very good for you.
Apple cider vinegar. This is high in potassium which helps flush your kidneys and supports the detox effect on the body. You can drink a tablespoon straight, diluted or add onto your salads with garlic and lemon juice for a bitter liver/kidney/spleen stimulator. Very good for you.
8. **Sparkling mineral water, herb teas, skim milk and Himalayan salt.** Why sparkling water? It has a refreshing taste. When you are trying to drink 3 litres of water a day – having sparkling water can feel like a treat. Why Himalayan salt? It has extra minerals and has not been as refined as some table salts.
9. **Psyllium husks** (available at Manutuke Herbs), 1-2 teaspoons in a full glass of water. Psyllium is the husk of the seed of Plantain. It is traditionally used by herbalist to help weight control as it swells in the stomach making the person feel full. It is also used herbally for general intestinal health. It contains a spongy fibre that reduces appetite, improves digestion and cleanses the system, making it an excellent choice for healthy dieting.
10. **Avoid all multi vitamins that contain Vit E oil, salmon oil, evening primrose oil,** in fact anything that has oil must be avoided as it will affect the 500 calorie diet. You can reintroduce these oils after the three week maintenance is completed.

STAGE 3 72 hours no spray still low calorie

The day you give yourself your last HCG spray, you count 72 hours (continuing on the restricted foods for those 72 hours) from that moment and then you start the maintenance phase. The weight you are that morning is your base weight for staying within your 1 kilo (over) weight limited before having to reduce the excess on a steak or apple only day.

So for example if your last dose on Monday at 8 am, you will begin the maintenance phase on Thursday at 8am.

First thing, when beginning the 3 week maintenance phase, make sure to increase your calories to at least 1500 a day.

Do not try to continue the low calorie intake once the HCG is out of your system. Your weight will fluctuate the first week or two, this is normal. Do a steak day if you need to rebalance. The weight will eventually stabilise. Watch the starch and sugar religiously during these 3 weeks. Read labels. Try and eat organic wherever possible. Eat whatever you want, without starch or sugar, during the maintenance phase. Make sure you are eating enough. Use healthy fats and dairy products to up your calorie intake if necessary. Continue to drink a minimum of 2 litres of water daily. **DO NOT GO BACK TO BAD EATING HABBITS THAT GOT YOU TO HAVING TO DO THIS PROGRAMME.**

STEP FOUR – 21 days NOT taking spray

It takes about 3 weeks before the weight reached at the end of the treatment becomes stable, i.e. does not show violent fluctuations after an occasional excess. During this period you must realise that the so-called carbohydrates, that convert into sugar i.e. 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 not 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.

Maintenance

You are no longer taking your spray. You still do not eat starch or sugar. You must double your protein. You can consume 1000-1500 calories with emphasis on healthy eating. At the end of the protocol the eating habits are completely restructured and thus leading to a reset hypothalamus. I have done this programme, and have not put weight back on for over 6 months – however you do need to be careful. I find that if I watch what I eat during the week – and have fun in the weekend, this tends to work well.

- *Summary of Dr. Simeons Maintenance Phase*

This phase is the period after the three week maintenance – after you finish you HCG spray. There are a few simple rules **YOU MUST FOLLOW**. You must weigh yourself each day and remain within a 1kg of your last weight loss when on the HCG drops. You cannot eat sugar or starches. It is extremely important to eat enough protein in this phase. If you go over the 1kg you must do a steak day (eat only one large steak for the entire day – or an apple day – eat 8 apples throughout the day) this will drop your weight back to where you started. This 3 week period is crucial to the success of the diet. The entire phase is explained in Dr. Simeons 'Pounds & Inches'.