



# HCG Blend Success Guide

HCG Blend is a professional grade proprietary formula, trusted by doctors and weight loss clinics nationwide.

People are experiencing the most amazing results. They're transforming their bodies and lives in a few short weeks and you can too!

HCG Blend follows Dr A.T.W Simeons'\* manuscript "Pounds & Inches"

\*Dr. Simeons studied and treated obesity in Rome, Italy for over 30 years.

## HOW THE SCIENCE WORKS

HCG is a natural, quick-absorbing hormone that triggers the hypothalamus to release and mobilize abnormal (extra) fat you are carrying for your body to use as an energy, or "food" source. Therefore, when you go on a very low calorie die (VLCD), HCG helps the body make up the difference in calories it needs to function by using your stored fat as food. The result is rapid

weight loss. By using the HCG drops, the Dr. Simeons protocol will help you establish a lower body weight “set-point”

There are three major benefits from the release of this abnormal fat:

- You will lose weight (up to 1-2 pounds daily)
- Your stored fat will help support your daily caloric needs
- You will burn fat from areas that are typically hard to reduce

HCG Blend’s homeopathic formula is taken orally, under the tongue, and does not negatively affect the normal (healthy) fat or muscle tissue.

## HCG BLEND’S UNIQUE FORMULA

Our one-of-a-kind proprietary formula’s active ingredients come from the highest United States Pharmacopeia (USP) grade of Human Chorionic Gonadotropin (HCG) and amino acids available. (No synthetics or animal products are used.)

We have added 3 amino acids into our formula in order to optimize weight loss results.

Amino	Benefits
Acetyl - L Carnitine	Mobilizes fat, Improves Brain Function, Increases Energy Levels
L - Arginine	Improves Blood Flow and the Heart, Relaxes Blood Vessels
L - Omithine	Muscle Growth, Body Fat Reduction, Healthier Skin, Increased Energy

## HOW YOU START

The Dr. Simeon’s diet is divided into 3 phases. Please read carefully as these instructions are vital to your success.

*\*Women: For best results, begin the program on the first day after your menstrual cycle ends.*

<b>PHASE 1: Days 1 and 2, "The Fat Loading Days"</b>		
<p>Drops - Place 7 to 10 HCG Blend drops (this is equal to approximately 1/4 of the dropper) under your tongue 3 times per day: morning afternoon and evening. Hold the drops under your tongue for up to 5 minutes. This will increase absorption. (Do not eat or drink 15 minutes before or after taking the drops.)</p>	<p>Indulge - Eat all the fatty foods you have ever wanted to eat for 2 days. Nothing is off limits; pastries, butter, avocados, hamburgers, fried food, etc. These loading days are very important energy-building days, to assist you in your transition into the very low calorie diet (VLCD).</p>	<p>Weight/Measure daily and record your weight</p>

<b>Days 3 - 44, "Very Low Calorie Intake Days"</b>
<p>Drops - Continue taking the drops 3 times a day and begin your very low calorie diet</p>

## **DR. SIMEONS VERY LOW CALORIE DIET**

There are no substitutions or exceptions to this diet. We follow Dr. Simeons exact protocol for best results.

### **Breakfast:**

Tea or coffee in any quantity without sugar. Only one tablespoon of milk is allowed in 24 hours. Saccharin or Stevia may be used.

### **Lunch:**

1. 100-gram (4 oz) piece of lean protein (This is about the size of a deck of playing cards).  
Choices include: beef, chicken breast, fresh white fish, lobster, crab, or shrimp (No eel, tuna or salmon).

2. 2 cups of vegetables. Choices include: spinach, asparagus, cabbage, green salad, tomato, cucumber, celery, fennel, onion, chicory, beet-greens, red radishes, broccoli, cauliflower, cucumbers, or chard (Only one type of vegetable per meal is allowed, however, tomatoes and onions may be served together).
3. One Grissino breadstick or one slice of Melba toast.

### **Dinner:**

Eat from the same choices of lunch.

### **Snacks:**

Choose one fruit 2x per day to have whenever you want: apple, half grapefruit, or handful (6-9) of strawberries.

*Hint: You may choose to eat one portion of fruit as your breakfast, and the other portion as a late-night snack.*

### **Extras:**

- Any amount of tea, coffee, or water at any time is allowed
- The juice of one lemon daily is allowed for any purpose
- All natural seasonings including: salt (minimal), pepper, vinegar, mustard powder, garlic, sweet basil, parsley, thyme, marjoram, etc. All natural seasonings only.

**NO Oil, Butter or Dressing | NO Soda Pop | NO Beer | NO Wine | NO Crystal Light or Flavored Drinks | NO Exceptions, Don't Ask!**

## **A DAY IN THE DIET (EXAMPLE)**

When you take the drops (whether before or after meals) is not important. Make sure to take them three times a day: morning, afternoon, and evening. The exact time is not crucial.

### **Morning:**

- Wake up and empty your bladder
- Weigh/Measure yourself

- Drink 32oz of tea, coffee, or water before lunch

Take drops before or after breakfast, making sure to wait 15 minutes before or after eating

**Afternoon:**

- 4oz grilled chicken with approved seasoning
- 2 cups cucumbers
- 1 apple

Take drops before or after lunch, making sure to wait 15 minutes before or after eating

**Dinner:**

- 4oz grilled halibut with approved seasoning
- 2 cups asparagus
- One handful (6-7) strawberries\*

Take drops before or after dinner, making sure to wait 15 minutes before or after eating

\*A fruit may be substituted for breakfast or a snack instead of lunch and dinner

## HOW VLCD WORKS

Without HCG Blend, a very low calorie diet (VLCD) would not be a healthy way to lose weight. However, the HCG Blend drops allow you to get the additional calories needed from your body's extra "abnormal" fat. Dr Simeons, the developer of this diet reminds us: "Under the effect of HCG the body is always able to obtain all the calories it needs from the abnormal fat deposits, regardless of whether it uses 1500-4000 per day. The participant is living to a far greater extent on the fat which he is losing than on what he eats." Take the drops and eat very low calories each day for at least 21 days to help your body transition to a new lower body weight and lower "set-point". The day after you stop taking the drops is the day you have a new body "set-point", which is your body's new comfortable weight. This is when you begin Phase 2.

## HOW TO MOVE TO THE NEXT PHASE

### **If you reach your weight loss goal before 23 days:**

Keep taking the drops and increase your daily caloric intake to between 800-1000 calories through day 23.

### **If you do not reach your weight loss goal before 24 days:**

Continue taking the drops and stay on the very low calorie diet (VLCD) through day 40, or until you reach your goal, whichever comes first.

If you have more weight to lose, you can begin another protocol cycle after phase 3. Do not skip phase 2 or 3, this is crucial for your weight loss success.

In any case, DO NOT take the drops beyond 40 days. nor stay on the very low calorie diet beyond 42 days.

## HOW YOU SUCCEED WITH PHASE 2

### **PHASE 2: NEW BODY WEIGHT MAINTENANCE**

**\*\*3 WEEKS\*\***

**This is the most critical part of your weight loss program.** Over these 3 weeks your body will lock in its new “set-point”. this is where you can comfortably maintain your new weight with a healthy diet and regular exercise.

- Eat the same type of foods on your VLCD and gradually introduce additional fruits, vegetables, and proteins into your diet without sugar or starches (No pastas, breads, pastries, candy, etc).
- Consume 1500 to 2000 calories per day to help maintain your new “set-point” weight making sure to stay within 2 pounds of that weight.

- If you gain more than 2 pounds at any point during this phase, have a steak day: This is where you drink only water all day, and have only one large, lean steak for dinner with either a tomato or an apple.
- Weigh daily.

### **PHASE 3: FINAL TRANSITION**

**\*\*3 WEEKS\*\***

- Gradually introduce sugars and starches into your diet.
- Weigh daily.
- If you have obtained your weight and size goals, congratulations!
- If you have not met your goal, start a new weight loss cycle. It is up to you to decide how many weight loss cycles you go through.

### **PLATEAU: HOW YOU MANAGE**

If you reach a plateau (where you don't lose weight for two days in a row) do not be discouraged. This is very common. Your body is simply adjusting to a new, lower calorie diet and body weight. We suggest doing one or all of the following:

- Drink more water. Water intake should be between 2/3 to one gallon a day.
- Dr. Simeons suggests an apple a day. For one whole day eat only apples (up to six apples).

- Take more HCG Blend drops to help break the plateau and kick your weight loss back into gear.

## HOW YOU EXERCISE

Healthy eating and regular exercise are the keys to a healthier you and a long-term weight loss. Therefore, we recommend moderate exercise. On the Dr. Simeons protocol **it is not necessary to exercise for weight loss to be effective**. Strenuous exercising on the diet is not recommended. If at any time you feel weak or light-headed stop exercising immediately. Your daily exercise depends on your personal fitness level, and what you feel comfortable with.

## FAQ

### How much weight can I lose?

Following the HCG Blend protocol can allow for up to a 1-2 pound weight loss per day. However, the unofficial average is around 20 pounds per month - a little less than a pound per day.

### How can I survive on only very low calories a day?

HCG allows your body to release 1500 - 4000 calories from your stored fat. With the additional few calories you eat, you will have 2000 to 4000 calories to burn for energy.

### Will I feel hungry all the time?

It is common to experience mild hunger for the first few days. However, this should pass. Some find even very small portions of food to be completely satisfying while others feel that it takes extra effort to eat what is allowed. If mild hunger continues, increase the number of drops taken each time.

### Should I eat more if I work out hard or live a very physical lifestyle?

If you are active and hard-working, do not eat more than your very low calorie diet (VLCD) per day. The HCG drops allow your body to let go of the additional needed calories from your abnormal fat storage. If you feel hungry, increase your dosage by one or two drops each time.

### **Will I have to “diet forever”?**

The HCG Blend diet allows you to lose weight quickly, but it is up to you after the diet to eat healthy and exercise regularly for long-lasting results.

### **Is HCG safe to take with my prescriptions?**

We recommend that you consult your prescribing physician before starting HCG Blend or any other weight loss plan.

### **Does HCG Blend need to be refrigerated?**

HCG Blend does not need to be refrigerated because it is homeopathic and mixed with a 20% alcohol as part of its liquid medium. The alcohol acts as a preservative that keeps the HCG active and effective. HCG should not be exposed to sun or extreme heat.

## **HOW TO MEASURE SUCCESS**

**Weigh Daily:** You will be motivated to stay on the protocol as you see the weight melt off

**Food Scale:** This will help keep you on track, without purchasing beyond the boundaries of your VLCD.

**Cloth Tape Measure:** You should feel your clothes begin to loosen, but the tape measure can help you track how fast you lose inches.

**Take Pictures:** Take photos before you start the HCG Blend protocol and at the end of each phase.

**Continue Your Schedule:** Exercise is always a healthy option, but is not required to lose weight with HCG.

## **HOW TO MAKE IT EASIER**

- Start HCG Blend weight loss with the intention of sticking with it for the long run.

- Drink plenty of water to help flush out the bad fats.
- Pre-measure and prepare foods, so they are always ready to eat. (For quick measuring: 4oz of lean meat is about the size of a deck of cards)
- Get a friend to lose weight on HCG Blend with you. The buddy system works!
- Take potassium, calcium supplements, and a B-complex vitamin.
- Eat a variety of foods from your approved list to prevent boredom.
- Do not try to make substitutions to Dr. Simeons' diet. The diet gives you all the calories, protein, and vitamins you need.
- Use mineral powder and oil-free moisturizers, lotions, cosmetics, and sunscreens. Any oil eaten or on the skin will be the first consumed by the effects of HCG - lessening its impact on abnormal fat.
- Women: If you experience extra bleeding or cramping during menses, discontinue the drops or stay on your VLCD. Restart the drops when symptoms subside.

**DISCLAIMER:**

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Actual weight loss for individuals for following the HCG Blend weight loss protocol will vary from person to person. Each person's actual experience will depend on the reasonableness of their weight loss goal, the time they allow themselves to lose weight to attain their weight loss goal, their age, state of health, how closely they follow the weight loss protocol cycle, any subsequent weight loss cycles followed, and any limitations placed on them by their health care professional due to above or any other factor.

## RECIPES

Keep it simple. At times you might think the diet is boring, but when you see the results of the weight loss you may overlook the boredom. Here are some great recipes others have found to be helpful on the diet.

<b>BEEF CABBAGE</b>	
4oz ground beef rinsed in hot water	Place beef on cabbage and cook in microwave for about 90 seconds. Complete meal by adding fruit.
1 tbs tastefully simple garlic (or to taste)	
2 cups shredded cabbage	

<b>CHILI</b>	
2oz lean ground beef or chicken	Cook ground meat until done. Remove from frying pan into a colander and rinse under hot water to remove all fat. Return to pan and add the remaining ingredients. Simmer for 20 - 30 minutes. Divide into 8 portions and package. Refrigerate or freeze unused packages for quick meals later. Add a fruit to complete your meal. Makes 8 servings.
1/2 white onion diced	
4 garlic cloves diced	
2 tsp. garlic powder	
1 tsp cumin	
4 tsp chili powder	
Salt and Pepper to taste	

<b>LETTUCE CHICKEN WRAPS</b>	
1 head iceberg	In skillet, cook chicken and onion until chicken is done and onion is tender. Cut chicken into 1/4 inch wide strips. Add tomato sauce, garlic, salt, and cumin. Reduce heat and simmer, covered for 15-20 minutes. To serve, place hot meat mixture on lettuce leaves and top with choice of fillings. Roll up burrito style. Makes 10 servings.
4 chicken breast fillets	
1/4 cup chopped onion	
1 (8oz) can tomato sauce	
minced garlic (to taste)	
1/2 tsp. sea salt	
1/2 tsp. ground cumin	

<b>GARDEN SALSA</b>	
2 large vine ripe tomatoes	Combine contents in a large mixing bowl. If you prefer smoother salsa, mix into the blender for a few seconds. Put in refrigerator.  1 tablespoon of salsa is equal to 10 calories. Put on salads or meat for a great flavor.
2 cans of diced tomatoes sugar free	
1/2 white onion, diced	
1/2 to 1 cup cilantro, diced	
6 green onions, diced	
1 small can green chilis	
3 garlic cloves, minced	
1 tablespoon red pepper	
1 tsp salt	
1 tsp black pepper	