

If you want to try the hCG Diet but don't understand how it works, this brief overview will help you understand what sets the hCG diet plan apart from other diets. The hCG diet concentrates on reducing your intake of calories to 500 a day to stimulate weight loss. The presence of the hCG hormone forces your body to burn stubborn, stored fat for energy to compensate for the lack of calories eaten. Your body will be eating its own fat; therefore you will not feel hungry or experience your usual cravings.

1. hCG reprograms the hypothalamus

hCG is a hormone that has been shown to regulate the hypothalamus of the brain. When the body has an adequate amount of hCG, the hypothalamus burns excess fat stores. Without adequate hCG, the brain will burn lean muscle tissue before it ever burns excess fat.

2. hCG resets your metabolism

When your body's natural reserves of hCG are restored, the hypothalamus is triggered to burn the excess amounts of fat that contribute to obesity. This also resets your metabolism, giving it the boost you need in order to burn fat quickly. If you have struggled for years with a sluggish metabolism, an hCG deficiency may be your problem.

3. hCG controls hunger pains

Because your body draws the energy it needs from burning excess fat, you can maintain a low-calorie diet without feeling hungry between meals. With the hCG diet you learn to recognize when you are full, which trains you to stop overeating. This is a crucial weight-management skill that you will learn through the hCG program and use the rest of your life.

4. hCG increases energy

Unlike diet pills that rely on caffeine and other substances to boost energy, hCG gives you an all-natural energy kick. As your body burns excess fat stores, you will find your energy level increasing. While most low-calorie diets leave you feeling weak and undernourished, hCG allows your body to unlock its natural stores of energy.

5. hCG is safe and natural

hCG is a naturally occurring hormone in the body, which is depleted over time due to the chemicals in our environment and our food. Taking oral hCG is perfectly safe and it does not have any side effects. Nor does it interact with other medications. The diet plan itself does not call for any chemical-laden shakes or bars, you simply eat small amounts of fresh fruits, vegetables, and lean meats.

If you have struggled for years with obesity and a lack of energy, the hCG diet plan may be the right answer for you. It's a safe, effective, and all natural diet that jump-starts your metabolism and burns excess fat quickly.

Follow these hCG Diet Canada directions to reach your healthy weight and lifestyle goals quickly and easily.

For more information contact

websites www.ResetDiet.ca
www.HCGDietCanada.com
www.DietDropsCanada.com
e-mail info@hcgdietcanada.com
phone 416 . 477 . 1345



HCG Diet Canada Phase Directions

On the hCG diet you follow these simple 4 hCG Phase protocols:



<p>PHASE 1 FAT LOADING Days 1 & 2</p>	<p>Start oral sublingual hCG drops and begin high fat, high calorie diet. This is an essential step in resetting the body's fat regulating system. Start taking the hCG daily. During these 2 days eat foods with high fat content. This will ensure that you are not hungry or have cravings during your first week of dieting. Enjoy! Eat lots of fatty foods. See <i>hCG Diet Canada list of best foods for fat loading (included)</i></p>
<p>PHASE 2 FAT BURNING Days 3-99 depending on desired amount of weight to lose</p>	<p>On the third day of taking the hCG drops begin the strict caloric total of 500 calories per day (referred to as the VLCD) for the duration of treatment. Your body will be burning a significant amount of calories from your abnormal stubborn fat stores so you will not feel hungry or experience food cravings. The hCG triggers your body to release stored fat as "food" so although you are not 'chewing' food, your body believes you are eating. The burned fat is providing a constant flow of fuel so you won't feel hungry and quickly see pounds & inches melt away.</p> <p>This Phase can be extended up to a total of 99 days from start of drops depending on desired weight loss.</p>
<p>PHASE 3 ELIMINATION 3 days after your last dose of drops</p>	<p>Stop taking the hCG drops but continue the 500 calorie diet for three more days, since the hCG remains in circulation for that time. Increasing your calories too soon with hCG in your system will cause weight gain. These 3 days allow the body to cleanse itself of hCG while you still lose weight.</p>
<p>AFTER THE DIET</p> <p>PHASE 4 STABILIZATION 21 day Stabilization Phase</p> <p>MAINTENANCE</p>	<p>SEE OUR 10 PAGE STABILIZATION/MAINTENANCE PHASE DIRECTION BOOKLET ON SITE</p> <p>This is a huge, critical part of the diet, as you are resetting your metabolism! Stabilization – 21 days</p> <p>You are allowed to eat whatever you want as long as <u>NO STARCHES AND NO SUGARS.</u> Stabilization is necessary for 3 weeks. You will be increasing your calories (between 2000 and 2500 calories) to allow the hypothalamus to reset your metabolism at this time. Do not gain or lose even 2 pounds at this time. This is NOT the time to lose more weight! (because you would lose normal fat) Do NOT skip meals, but eat 5 or 6 times a day: breakfast, lunch and supper and snacks in between. This will keep your metabolism healthy and moving. If you exercise, you will need more calories to sustain your weight. Oils and good fats are now allowed; (especially coconut oil), You may now have any kind of meat you desire, nuts, milk, avocados, eggs, cheese and yogurt with no sugar. Add any vegetable except potato, corn, peas, yams, because they have too much starch. Remember, do not gain or lose weight!</p> <p>Maintenance Slowly add starchy foods, weighing yourself every day to see <u>how much starch you</u> can get away with! This is where each person is different! If you are up more than 2 pounds, do a steak day. That means you eat nothing all day, but for dinner you have a large steak cooked in butter or coconut oil and a raw apple or raw tomato. The next day the weight will be off!</p>

WOMEN:

You cannot begin Phase 1 of the hCG Diet any less than 10 days BEFORE the 1st day of your menstrual cycle. Starting your Fat Loading on the first day AFTER the last day of your cycle is the best time to start.

Best foods for Phase 1: 'fat loading' (suggestions)

fat loading is a very IMPORTANT step to your success – during Phase 1 eat as much fat as possible



cheese – especially cheddar, cream & parmesan
macadamia nuts & cashews
deep fried chicken wings & dip
goat's milk
coffee cream
bacon & gravy
coconut
chocolate
salami & sausages
pork ribs
fried foods



butter & peanut butter
mayonnaise (not light)
creamy salad dressing
prime rib & gravy
Philly cheese steak sandwich
deep fried fish & chips
oils: vegetable oil, bacon grease, lard, palm & coconut oil
McDonalds - Big Mac w/ extra sauce, 1/3 lb Angus Burger
Burger King - Double Whopper with cheese & bacon
Kentucky Fried Chicken with gravy (or any fried chicken)



milkshakes
ice cream
whipped cream
cheesecake
avocado
guacamole
and any of your favourite high fat, high calorie foods



HCG Dosing and Food Guidelines

HOW & WHEN TO TAKE YOUR HCG DROPS



<p>How to take your HCG Drops for maximum fat loss take 0.50 ml per dosing, 6 times per day (every 3 hours)</p>	<p>For maximum weight loss without stalls or plateaus take .50 ml from the dropper a total of 6 times per day, approximately every 3 hours.</p> <p>Take 0.5 ml from the hCG dropper 6 times per day. (0.5 ml/6 x per day = 200 IU prescription hCG) hold under tongue for 30 seconds to one minute then swallow. Spread the 6 doses out evenly throughout your day – approximately every 3 hours to keep a consistent, optimal hCG fat burning level in your system. Do not eat or drink anything for 15 minutes before or after taking your hCG drops.</p>
<p>B12 (min 1,000 mcg) daily supplement (available at Shoppers Drug Mart, Health Food Stores, Walmart, etc)</p>	<p>Whatever B12 supplement you choose, ensure that you take it EVERY MORNING. B12 is MANDATORY to alleviate dizziness, being lightheaded and lack of energy.</p> <p>A sublingual B12 (drop, tablets or dots) is recommended as it may absorb better.</p>

THE VLCD DIET ("VERY LOW CALORIE DIET") – also referred to as PHASE 2

Don't worry – you won't be hungry because your body will be eating 2,500-3,000 calories a day of stubborn fat

<p>Breakfast</p>	<p>Any non calorie fluids in any amount (<i>see examples below. i.e. tea or coffee in any quantity without sugar</i>). Only one tablespoonful of milk allowed in 24 hours. Stevia may be used, but no sugar or artificial sweeteners.</p>
<p>Lunch</p> <p>NEED SNACKS? (items #3 and 4) for lunch & dinner can be spread out during your day as snacks or eaten as breakfast.</p> <p>Space out your 2 fruit & melba toast by at least 6 hours.</p>	<ol style="list-style-type: none"> 100 grams (3.5 oz) of veal, beef, chicken breast, white fish (cod, sole, halibut, basa) scallops, crab, lobster, shrimps, prawns, or tuna in water. All visible fat must be totally removed before cooking and all meat must be weighed raw, then cooked without any additional fat or oil added. Salmon, eel, tuna in oil, herring, dried or pickled fish are not allowed. Chicken breast and meats must be removed from the bone before cooking. 100 grams (3.5 oz) of one type of vegetable only to be chosen from the following: spinach, chard, chicory, beet-greens, green salad, tomatoes, celery, fennel, onions, red radishes, cucumbers, lettuce, asparagus, cabbage One breadstick (grissino) or one Melba toast An apple, orange, or 6 large strawberries or one-half grapefruit
<p>Dinner</p>	<p>FOR DINNER CHOOSE FROM THE SAME 4 FOOD OPTIONS ABOVE BUT WITH A DIFFERENT PROTEIN, FRUIT AND VEGETABLE SELECTION IF POSSIBLE.</p>

Drinks and Seasonings

- Non Calorie Fluids - Tea, coffee, plain water, or mineral water are the only drinks allowed, but they may be taken in any quantity and at all times. Zero calorie flavoured drops may be added to water for flavour.
- **Each day a minimum of 2 litres of water (4 x 500ml bottles) should be consumed. This is important.**
- The juice of **one** lemon daily is allowed for all purposes.
- Apple cider vinegar is allowed. Also is French's Mustard and Frank's red Hot Sauce.
- Sea salt, pepper, vinegar, mustard powder, garlic, sweet basil, parsley, thyme, marjoram, etc., may be used for seasoning, but no oil, butter or dressing. All fresh herbs are allowed.
- A fruit or bread stick service may be eaten between meals or for breakfast instead of with lunch or dinner, but no more than four items listed for lunch and dinner may be eaten at one meal.



Important Highlights

- All meat/vegetables must be weighed raw & never exceed 100 grams
- The 500 calorie limit must ALWAYS be maintained
- 2 small apples are not an acceptable exchange for "1 apple."
- Natural sweeteners like Stevia & Xylitol are allowed...
IN OTHER WORDS - NO SUGAR or ARTIFICIAL SWEETENERS!!!
- NO margarine, butter, oil, dressing
- DO NOT mix vegetables... only one type per meal. (unless you try & are able)
- White vinegar only allowed. No balsamic vinegar.
- Do not take fat soluble vitamins while on the program (ie: omegas or vitamin e)

The Plateau – How to break a plateau by doing an “Apple Day”

Some people experience a 4-6 day interruption in their regular weight loss. If your weight has been stationary for at least 4 days without any dietary error, you may take an apple day to break the plateau. An apple day starts at lunch and continues until before lunch the next day. The only food consumed during this time is 6 large apples, eaten one at a time, whenever you desire. Remember 6 is the maximum allowed for this entire time. During an apple day, no other foods or liquids are allowed except water.

Please refer to our website to learn more about plateaus and ways to break them.

Unforeseen Circumstances

Dr Simeons speaks about this in his book..... If an interruption of treatment lasting more than 4 days is necessary, you must increase your calorie intake to at least 800 calories by adding meat, eggs, cheese and milk after the 3rd day, otherwise you will become weak and hungry. If the interval lasts less than 2 weeks, you may continue the drops, and the 500 calorie diet, but if it lasts longer, you must start over completely. If you know you must travel or be unable to do this for more than 4 days, it is better to stop taking HCG 3 days before you leave, so you can do the 3 day strict dieting necessary after the last dose. Interruptions occurring before 20 days of HCG are most undesirable, because with less than 20 days of drops, some weight is liable to be regained. After day 20 an unavoidable interruption is merely a loss of time.

More to lose? Do another Round!

Do your 23 to 99 day hCG Diet protocol, stabilize for 3 weeks, maintain for 3 weeks, then you may do it again. If you still have more to lose, your break should be 8 weeks. (stabilize for 3 weeks, maintain for 5). Still more to lose? This time it is 3 weeks stabilization and 8 weeks maintenance before you can do another round.

Vegetarians

For vegetarians, there are alternatives for the daily ration of meat. HCG Diet originator Dr. Simeons substitutes 500cc or ½ liter of skim milk; which may be split into 250ml per meal. Other alternatives for the daily meat ration include 100 grams of non-fat cottage cheese or one protein portion from eggs. This would be one whole egg, boiled or poached, with the whites of 3 more eggs. Check our websites for more information on the hCG Diet for vegetarians.

These substitutes work inside the diet, yet Dr. Simeons found that you will lose weight half as fast as non-vegetarians. However, you need to be comfortable with this program and you need the protein or else you will lose muscle instead of fat and we do not want that!

Personal Care & Beauty Products on the HCG VLCD Diet

- Using mineral makeup is allowed as it is not absorbed into the skin.
- We DO NOT permit the use of lipstick, powder, sunscreen, moisturizers and any such lotions ~ you need to be entirely free of ingesting fatty substances, even through your skin!
- We recommend the oil free products from www.TheBestSkincare.ca
- Aspirin (not Tylenol) and birth control are both allowed on the Simeons hCG Diet.
- No massage of any kind allowed when you are on hCG.

In Pounds and Inches, Dr. Simeons wrote:

"Most women find it hard to believe that fats, oils, creams, and ointments applied to the skin are absorbed and interfere with weight reduction by HCG just as if they had been eaten. This almost incredible sensitivity to even such very minor increases in nutritional intake is a peculiar feature of the HCG method. For instance, we find that persons who habitually handle organic fats, such as workers in beauty parlors, masseurs, butchers, etc. never show what we consider a satisfactory loss of weight unless they can avoid fat coming into contact with their skin."

Dr Simeons goes on to say that mineral oil is acceptable to use during VLCD but, **we MUST avoid products that contain food oils, fats, butters, steroids and/or hormones**. This doesn't mean that selecting personal care products has to be complicated! In fact, you may find that you will be able to continue using many of your regular products during VLCD. Please refer to our website to see the personal care products allowed during Phase 2 (VLCD) of the hCG Diet.

Do you have to replace all of your personal care products with those listed on our website? NO! Check your current products and replace them if necessary. The items listed on our website are suggested replacements. But, **you may feel free to use ANY products that contain no food oils other than mineral oil**. The last page of this guide is a list of food oils that need to be avoided in your personal care product choices. Check your current products for any of the ingredients listed on the last page and if one is listed, please refrain from using it until you enter your Maintenance stage.

Start by reading the ingredient labels of your current products. If they contain any food oils, butters, steroids or hormones, put them away until you have completed VLCD. These items will need to be replaced with products that do not contain these ingredients.

Wear gloves: During VLCD, it is very important that you wear gloves when washing greasy dishes or handling fatty foods. In fact, gloves should be worn whenever your hands might come in contact with any fatty/oily substances. Keep a box of gloves on hand.

Keep track of products used and when you used them: as with many things in this protocol, different people may experience different results/effects with certain products.

Coloring hair while on VLCD: We haven't identified any treatments that are perfect. Regardless, many clients have used hair coloring treatments during VLCD, and while they may have not lost weight that day, the color treatment did not have an ongoing effect, and most didn't note any difference in long-term weight loss. Make sure that you bring your own VLCD safe shampoo and conditioner to use at the salon. The salon products may not be safe for VLCD.

Store your HCG Diet Canada drops away from microwaves and direct sunlight. A dark, indoor, room temperature place is ideal. HCG Diet Canada drops do not require refrigeration however it is recommended to refrigerate drops that have been opened and being stored for a long period of time before using them again. Women may keep them in their purse. Do not leave your hCG drops in your car during extremely warm or cold weather.

This is the last diet you will ever go on. Please remember to send us your before & after pictures!

Food Oils to Avoid in Your Personal Care Products Choices

- | | | |
|-------------------|------------------------------|--------------------------|
| Acai | Cottonseed | Palm |
| Almond | Dika | Palm kernel |
| Amaranth | False flax (Camelina sativa) | Papaya seed |
| Apple seed | Fish oil | Peanut |
| Apricot kernel | Fish oil, cod liver | Pecan |
| Argan | Fish oil, herring | Pequi |
| Artichoke | Fish oil, menhaden | Perilla seed |
| Avocado | Fish oil, salmon | Pine nut |
| Babassu | Fish oil, sardine | Pistachio |
| Ben | Grapeseed | Poppyseed |
| Blackcurrant | Hazelnut | Prune kernel |
| Borage | Hemp | Pumpkin seed |
| Borneo tallow nut | Illipe | Quinoa |
| Bottle gourd | Jajoba | Ramtil |
| Buffalo gourd | Kapok seed | Rapeseed |
| Canola | Kenaf seed | Raspberry seed |
| Carrot | Lanolin | Rice bran |
| Carob | Linseed | Royle (prinsepia utilis) |
| Cashew | Macadamia | Safflower |
| Cassia | Marula | Sasha inchi |
| Castor | Mongongo | Sesame |
| Cocklebur | Mustard | Sheanut (shea butter) |
| Coconut | Oat | Soybean |
| Cohune | Okra seed | Sunflower |
| Corn | Olive | Supu assu |
| | | Tea seed |
| | | Thistle |
| | | Tigernut |
| | | Tomato seed |
| | | Ucuhuba (butter) |
| | | Vegetable oil |
| | | Walnut |
| | | Watermelon seed |
| | | Wheat germ |



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Visit our website to see many more before and after pictures
www.hcgdietscanada.com
www.resetdiet.ca