

HCG Diet Protocol



FDA Required Disclaimer

None of the statements in this pamphlet have been evaluated by the Food and Drug Administration. They are not intended to diagnose, treat, cure or prevent disease.

This pamphlet was not written by a medical doctor. It is for intellectual purposes only. It is not intended to provide medical advice, diagnose illness, or in any way attempt to practice medicine. It is not intended to replace personal medical care from a licensed health care practitioner. Doing anything recommended or suggested in this book must be done at your own risk.

Before beginning any weight loss program you should consult a licensed health care provider and be monitored throughout the entire weight loss process.

History & Nature of Obesity

In his book, The Weight Loss Cure "They Don't Want You To Know About", Kevin Trudeau attributes much of the cause of the modern epidemic of obesity to the harmful hormones and chemicals present in most of the food on the market today. He explains that only 50 years ago food was purchased fresh locally without any of these harmful additives and obesity was rare.

Mr. Trudeau goes on to explain that diet food didn't exist back then. There were no artificial sweeteners or low calorie, low carbohydrate, low fat alternatives (which are loaded with harmful chemicals). People put fresh cream in their coffee, slathered real butter on their toast and drank high calorie beer and wine with their dinners. Their diets consisted of high calorie, high carbohydrate, high fat foods and obesity was almost unheard of.

It was around this time, a little over 50 years ago, that Dr. Simeons began studying what was then considered a rare disorder, that of obesity.

Though only a small percentage of the population was considered overweight, this was not considered a "condition" but rather a result of over-consumption and under-exertion. Those who were overweight came mostly from wealthy families who had ample supplies of the finest delicacies and were not required to walk long distances or perform hard labor for their livelihoods. This class of overweight persons could easily lose their excess weight by simply lowering their food intake and increasing their daily exercise. It was that simple.

Obesity on the other hand, was not as simply defined, nor corrected. Dr. Simeons first experience with obesity was with a rare condition he discovered amongst the impoverished where those with low caloric intake and high physical exertion levels were still overweight. This condition fascinated him and his research led him to become one of the world's experts on obesity. He spent 40 years studying obesity, personally investigating thousands of cases.

It had been commonly held that obesity was caused by overeating, but Simeons knew this was not the case. In fact, he later came to show that overeating was the *result* of the disorder, not its *cause*.

He discovered that the tendency to accumulate abnormal fat was a metabolic disorder. In his research he discovered that there are three kinds of fat in the human body.

1) Structural Fat

This *normal* and necessary fat surrounds the organs and joints and acts as padding to protect them from injury.

2) Fat Reserves

These *normal* fat reserves are equally distributed throughout the body and are released for use as fuel when the body is not receiving enough through dietary intake.

3) Abnormal, Secure Reserves of Fat

These *abnormal* fat reserves are also supposedly reserved for fuel, but differ from the normal reserves in that:

- They are not equally distributed, but are concentrated in the "problem areas"
- They are not so easily released for fuel use, but are locked away and are almost impossible to access.

This third type of fat is abnormal and is only present in the obese. It is these fat reserves that mark the difference between those who are simply overweight and those who suffer from obesity.

Under normal conditions these abnormal fat reserves are almost impossible to access. However, Dr. Simeons found one very interesting exception.

While traveling in India he noticed that pregnant women who ate very few calories, but walked many miles and engaged in strenuous activities still gave birth to babies with healthy birth weights.

In addition, he discovered that obese pregnant women could easily lose weight by drastically reducing their diets, yet without feeling hunger or in any way harming the child in the womb.

After much research, he attributed this phenomenon to the presence of human chorionic gonadotrophin (hCG) in the woman's body during pregnancy. This substance is only found in women and only during pregnancy. In fact, it is the presence of this substance in the urine that makes a store bought pregnancy test read a positive result.

Simeons wondered if hCG could assist in the opening of the abnormal, secure reserves of fat in non-pregnant women and even possibly in men.

He tested this theory on a rare medical condition found in Indian boys. These young boys were not developing normally. They had underdeveloped genitals, large breasts, hips, buttocks, thighs and abnormal fat around their bellies. They came to become known as "fat boys". With just a small amount of hCG, these "fat boys" miraculously lost their ravenous appetites, and reshaped their bodies to normal.

Simeons concluded that the reshaping of their bodies was caused by the release of these abnormal, secure reserves of fat. Many years and thousands of patients later, Simeons had perfected this hCG treatment for obesity.

Hormadral: Weight Loss Cure Alternative

Phase 1

Due to the damaging chemicals so prevalent in our food, water and environment, phase 1 involves an intensive cleansing and nourishing of the body.

This phase should NOT be skipped and is essential to the success of the protocol. This phase addresses the causes of your extra weight and seeks to correct them. In addition, many have reported impressive weight loss during this phase alone. You should follow this phase for 30 days before moving on to phase 2.

Minimum Requirements for Phase 1:

Do the following cleanses:

- Colon Cleanse
- Heavy Metal Cleanse

(The recommended cleanses can be purchased at www.NaturalCuresStore.com.)

Take the following supplements:

- ThreeLac
- Whole Food Supplement
- Digestive Enzymes
- Probiotics
- Vitamin E
- Omega 3
- Acetyl-L Carnitine

(The recommended supplements can be purchased at special package pricing at www.NaturalCuresStore.com.)

Follow the liquid protocol:

- Drink ½-1 gallon pure, filtered, cool (not iced) water steeped with coral calcium daily. Use this simple formula:

Body Weight divided by 2 = # of Ounces of Recommended
Daily Water Consumption (ex. 200 lbs would drink 100 oz water)

- Drink at least 1 cup of each the following teas steeped in pure filtered water daily:
 - Wu-Long Tea
 - Organic Green Tea
 - Organic Yerba Mate Tea
 - Organic Chamomile Tea

(The recommended teas can be purchased at special package pricing at www.NaturalCuresStore.com.)

Follow the eating protocol:

- Eat only organic whole foods.
- No chemicals or additives of any kind.
- Do not use the microwave.
- Eat 6 smaller meals per day, including:
 - Large Breakfast
 - Mid-Morning Organic Apple
 - A Salad with Lunch
 - Mid-Afternoon Organic Apple
 - A Salad with Dinner
 - 100 grams of Protein before Bed

Follow the exercise protocol:

Light exercise for 1 hour per day (walking or rebounding is preferable).

We understand that this phase will most likely involve a complete reshaping of your lifestyle which can be very overwhelming, time consuming and expensive. Therefore, we have attempted to scale this phase down to a bare minimum.

In addition to the minimum requirements we recommend you invest in the following **lifestyle changes** as time and budget allow:

- Personal EMC Eliminator
- Home EMC Eliminator
- Cell Phone EMC Eliminator
- Reverse Osmosis System
- Shower Filter

- Rebounder
- Sauna
- Learn and Practice the Callahan Technique
- Learn and Practice Dr. Coldwell's Techniques

(The recommended lifestyle products can be purchased at www.NaturalCuresStore.com.)

Phase 2

This is the main weight loss phase of the protocol. During this phase you MUST follow ALL of the instructions below. You MUST NOT deviate or cheat even slightly from this phase of the protocol. You should follow this phase for exactly 45 days.

General Rules for Phase 2:

- 1) Stop taking ALL supplements and medications (only as directed by your physician).
- 2) Take Hormadral as directed, 5 drops 3 times daily. Place 5 drops under your tongue and hold for 15 seconds before swallowing. Take this dose, 3 times daily, morning, noon and night. Try to space the three doses evenly depending upon your personal schedule.
- 3) Drink your recommended ounces of cool (not iced), pure, filtered water steeped with coral calcium daily (see formula pg. 5).
- 4) Weigh yourself immediately upon rising, after emptying the bladder, without clothes. Keep a daily log of your morning weight. Take front, side and rear photos of your stripped down body on days 1 and 45.

Days 1 & 2

- Eat as much as you like of whatever you like all day long.

Days 3 - 45

- Light exercise for 1 hour per day (walking or rebounding is preferable). Exercise is ESSENTIAL to the success of this phase. DO NOT skip the exercise (unless recommended by your physician. Drink at least 1 cup of each of the following teas steeped in pure filtered water daily:
 - Wu-Long Tea
 - Organic Green Tea
 - Organic Yerba Mate Tea
 - Organic Chamomile Tea

(The recommended teas can be purchased at special package pricing at www.NaturalCuresStore.com.)

This daily diet must be followed with extreme precision. Even the slightest food substitutions (such as mushrooms or artichokes) have been found to dramatically slow the weight loss process. The amount of daily food consumption equals approximately 500 calories. Less is not better. Do not skip any of the components of any of the meal. It is essential that you follow this diet to a "T".

BREAKFAST

- Drink as much organic coffee or above listed teas as desired.
- No food.

LUNCH & DINNER MENU

You have the same meal choices for lunch and dinner every day. However, do not eat two identical meals in one day.

You may season any of the food with the juice of half an organic lemon, organic raw apple cider vinegar, white or black pepper, sea salt, organic garlic or any other organic herb. ABSOLUTELY no oil, butter, dressing or fat of any kind.

1) Eat 100 grams (weighed raw) grilled (without oil, butter or fat of any kind) of ONE of the following meats (choose one):

- Organic Grass-Fed Beef
- Organic Grass-Fed Veal
- Organic Chicken Breast (skinless)
- Salmon
- Sea Bass
- Flounder
- Sole
- Halibut
- Shrimp

2) Eat one large handful of the following organic vegetables. These can be eaten raw, steamed, boiled or grilled (without oil, butter or fat of any kind).

- Spinach
- Chard
- Beet Greens
- Lettuce (any kind)
- Tomatoes
- Celery
- Fennel
- White, Yellow or Red Onions
- Red Radishes
- Cucumbers
- Asparagus
- Broccoli
- Cabbage

3) Eat one small organic apple, small organic grapefruit OR a handful of organic strawberries (no substitutes of any kind). This may be eaten between meals if desired, but it must be eaten.

You may drink as much organic coffee or recommended teas as desired throughout the day.

At the end of the 45 days, you have two choices:

- 1) If you have met your weight loss goal, proceed to Phase 3.
- 2) If you need to lose more weight, return to Phase 1 for six weeks, with the following modifications:
 - No cleansing necessary.
 - ABSOLUTELY, No sugar or starches.

You may then return to Phase 2 for a second 45-day cycle.

Phase 3

The purpose of this phase is to reset your body's weight set point, hypothalamus and metabolism rate. You should follow this phase for 21 days immediately following the last day of phase 2.

Continue to incorporate the lifestyle changes listed at the end of phase 1.

Take the following supplements:

- ThreeLac
- Whole Food Supplement
- Digestive Enzymes
- Probiotics
- Vitamin E
- Omega 3

(The recommended supplements can be purchased at special package pricing at www.NaturalCuresStore.com.)

Follow the liquid protocol:

- Drink your recommended ounces of cool (not iced), pure, filtered water steeped with coral calcium daily (see formula pg. 5).
- Drink at least 1 cup of each of the following teas steeped in pure filtered water daily:
 - Wu-Long Tea
 - Organic Green Tea
 - Organic Yerba Mate Tea
 - Organic Chamomile Tea

(The recommended teas can be purchased at special package pricing at www.NaturalCuresStore.com.)

Follow the eating protocol:

- **No sugars or starches of ANY kind.**
- Eat ONLY organic whole foods
- No chemicals or additives of ANY kind
- Do not use the microwave.
- Eat 6 smaller meals per day, including:
 - Large Breakfast
 - Mid-Morning Organic Apple
 - A Salad with Lunch
 - Mid-Afternoon Organic Apple
 - A Salad with Dinner
 - 100 grams of Protein before Bed

Follow the exercise protocol:

Light exercise for 1 hour per day (walking or rebounding is preferable).

During phase 3 you should take special note of all aspects of your eating habits, especially hunger and fullness. You must learn to distinguish between *true hunger* and cravings, social eating, emotional eating, etc.

You will find that you cannot eat even close to the same amount of food that you could eat prior to beginning this protocol. Most people find that they eat only HALF or less of what they used to eat. Here are some HEALTHY EATING PRINCIPLES to follow:

- 1) Drink a glass of water 30 minutes prior to each meal so that you don't confuse hunger with thirst.
- 2) Sit down, without distractions and focus on eating. Eat slowly, chew thoroughly, enjoy.
- 3) Put your fork/food down between each bite. Don't eat like an assembly line. Enjoy and savor each bite.

- 4) Eat until you feel approximately 80% full. You should still be able to eat more, but stop anyway. It takes approximately 20 minutes for your stomach to register with your brain.
- 5) Eat smaller and more frequent meals.

You must continue to weigh yourself immediately upon rising, after emptying the bladder, without clothes. You must do this every day without fail. If your morning weight ever rises more than 2 pounds above the weight recorded on the last day of phase 2 you must immediately take the following steps on the SAME DAY:

- 1) Do not eat any food until 6 pm.
- 2) Continue drinking your daily water intake and all the recommended teas.
- 3) At 6 pm (or dinnertime) eat the biggest organic grass fed beef steak you can. It may be fried with oil and seasoned with pepper and herbs, but NO SALT! You may also have either a large organic raw tomato OR apple.

It is IMPERATIVE that the above steps are followed exactly and are done immediately on the day the weight increase is noted. Do not delay these steps to the following day.

The goal of phase 3 is to reset the body's weight set point. The above steps are crucial to this process.

Phase 4

Phase 4 begins day 1 of the rest of your life. And this begins with some deep cleansing.

Do the following cleanses:

- Candida Cleanse
- Full Body Cleanse (which includes colon, liver and parasite)

(The recommended cleanses can be purchased at www.NaturalCuresStore.com.)

Take the following supplements daily:

- Whole Food Supplement
- Digestive Enzymes
- Probiotics
- Vitamin E
- Omega 3
- Acetyl L-Carnitine

(The recommended supplements can be purchased at special package pricing at www.NaturalCuresStore.com.)

Continue your healthy drinking habits:

- Drink your recommended ounces of cool (not iced), pure, filtered water steeped with coral calcium daily (see formula pg. 5).
- Drink the recommended teas.

(The recommended teas can be purchased at special package pricing at www.NaturalCuresStore.com.)

Continue your healthy eating habits:

- **SLOWLY add sugars and starches back into your diet.**
- Eat only organic whole foods.

- No chemicals or additives of any kind.
- Do not use the microwave.
- Practice the 5 healthy eating principles outlined on pgs. 10-11.

Continue your healthy exercise habits:

Light exercise for 1 hour per day (walking or rebounding is preferable).

Continue to incorporate the lifestyle changes listed at the end of phase 1.

(The recommended lifestyle products can be purchased at www.NaturalCuresStore.com.)

**IMAGINE YOURSELF AT YOUR
IDEAL WEIGHT AND SMILE!**

RECIPES

Notes:

- No artificial sweeteners, including splenda, stevia and sugar alcohols. None!
- No dairy of any kind, no non-fat creamers, no imitation dairy, no non-fat milk. None!
- No bouillon cubes or packaged broth, unless the only ingredients are some combination of beef, chicken, vegetables, spices and salt. Your best bet is to check the organic brands, but the fat and carbs must both be 0 grams. Make sure there are no hidden sugars, like high fructose corn syrup or evaporated cane juice.
- If you use any of the above, even in tiny amounts, your weight loss will decrease dramatically.
- Spice blends are a big key to flavor, BUT... you must make certain there are no hidden sugars. Double check the ingredients and, if listed, the carbohydrates should read 0 grams.
- Because you cannot have butter or oil of any kind. When the recipe indicates saute, you will need to use a non-stick pan. You can use a little water or approved broth, if necessary.
- IMPORTANT: Salt is key to flavor. We have not included amounts for salt and pepper, but have left it up to your personal taste. But if you find a recipe to be bland, keep adding salt until the flavors "pop".

Beverages

Spiced Coffee

Cinnamon Coffee (sprinkle black coffee with cinnamon)

Nutmeg Coffee (sprinkle black coffee with nutmeg)

Chai Coffee (add a chai teabag to your coffee)

Can be served hot or iced.

Try different coffee blends. The blend you use with cream and sugar may be too strong to drink black. Try a mild roast or blend. Then adjust the strength of the coffee until you find the strength that works for you. If you can get the ratios right for you, this can be a very satisfying drink.

Passion Tea

Passion teas have flavors that imitate sweetness and are very satisfying.

Can be served hot or iced.

Recommended Brands:

Barnes & Watson Tahitian Blend, Tazo Passion, Good Earth Sweet & Spicy

Soups

The total vegetables included in each soup should be equivalent to 1 serving.

There are a million variations of soup you can make. Be creative. As long as all the ingredients are allowed and don't exceed the allowed quantities, you're safe to experiment all you want. Be sure to add enough salt. A soup won't "pop" until you've hit the right salt content.

Mexican Chicken Soup

- 100g chicken breast, chopped
- ¼ cup finely chopped onion
- 1 large minced garlic clove
- 1/4 tsp cumin
- 1/4 tsp chili powder
- 1/2 tsp cilantro
- 1 dash ground cayenne
- 1-1/2 tsp lime juice
- Tomatoes & Celery, chopped
- Salt & Pepper

Saute chopped chicken, onion and garlic in non-stick pan on medium heat until onions are translucent and chicken is browned (NO ADDED OIL). Add 16 oz water, spices, lime juice, chopped tomatoes & celery. Simmer until vegetables are tender. Generously salt & pepper to taste.

Cioppino Seafood Stew

- 100g of your choice of shrimp and/or white fish (total combined weight should equal 100 grams)
- ¼ cup chopped onion
- 1 large minced garlic clove
- Tomatoes
- 1 bay leaf
- ½ tsp basil
- ¼ tsp oregano
- ¼ tsp parsley
- Salt & Pepper
- Tabasco

Saute onions & garlic in non-stick pan on medium heat until onions are translucent. Put tomatoes and 8 oz water in a blender or food mill. Add tomato puree to onions and garlic. Add bay leaf and spices. Simmer on low until pureed tomatoes are cooked (the color should darken from pink to orange when cooked). Add seafood. Simmer for 5 minutes until seafood is cooked. Generously salt, pepper & tabasco to taste.

Salads

The total vegetables included in each salad should be equivalent to 1 serving.

Chinese Chicken Salad

100g chicken breast
Chinese Five Spice powder
Asparagus tops, cut into bite size pieces
Celery, sliced
Scallions, chopped
Lettuce

Dressing:

1/3 cup rice vinegar
2/3 cup soy sauce
1 Tbsp wasabi powder
1 Tbsp minced green onions
1 tsp minced ginger
1 minced garlic clove
Pinch of Salt
Pinch of Pepper

Saute chicken breast in non-stick pan on medium heat with Chinese Five Spice powder. Toss vegetables in 1-2 Tbsp dressing (store the rest in an airtight container) and top with sautéed chicken.

Shrimp Spinach Salad

100g shrimp
1 Tbsp minced onion
1 large minced garlic clove
1 tsp dried parsley
Salt
Pepper
Spinach

Dressing:

Lemon
Salt
Pepper

Sautee shrimp, onion, garlic and parsley until shrimp is cooked. Salt & pepper to taste. Serve over fresh spinach tossed with freshly squeezed lemon juice and generous amounts of salt & pepper.

Salads cont.**Salmon Salad**

100g fresh salmon
2 Tbsp chopped red onion
¼ cup chopped celery
1 Tbsp capers
1 tsp fresh dill
1 Tbsp raspberry vinegar
Salt
Pepper

Generously salt & pepper salmon. Saute salmon in a non-stick pan on medium heat until cooked through (approximately 2 minutes per side). Crumble the salmon and add to the rest of the ingredients. Refrigerate for at least an hour to allow flavors to blend. Salt & pepper to taste.

Taco Salad

100g extra-lean hamburger
1 tsp chili powder
1/4 tsp cumin
Pinch paprika
Pinch garlic powder
Pinch onion powder
Pinch cayenne
1/4 cup water
Salt
Pepper
Lettuce
Tomato
Onions

Dressing:

Unsweetened salsa (Green Mountain Gringo is one brand)

Saute ground beef, spices and water in non-stick pan on medium heat (mashing with a fork to separate beef into crumbles) until beef is cooked and water is boiled off. Generously salt & pepper to taste. Serve over your choice of lettuce tossed in salsa, with fresh tomatoes and onions.

Salads cont.

Chicken Waldorf Salad

100g chicken breast, diced cooked
1/2 apple, cut into small bite size pieces (this must be subtracted from your daily apple allowance)
1-2 stalks celery cut into bite size pieces

Dressing:

Lemon
Salt
Pepper

Toss first three ingredients in freshly squeezed lemon juice. Generously salt & pepper to taste.

Spicy Steak Caesar

100g lean beef, cooked & cut into bite size pieces
Romaine lettuce

Dressing:

1/3 cup rice vinegar
2/3 cup soy sauce
1 Tbsp wasabi powder
1 Tbsp minced green onions
1 tsp minced ginger
1 minced garlic clove
Pinch of Salt
Pinch of Pepper

Toss lettuce in 1-2 Tbsp dressing (store the rest in an airtight container) and top with cooked beef.

Chicken Fajita Salad

100g chicken breast
Lettuce

Dressing:

Unsweetened salsa (Green Mountain Gringo is one brand)

Saute chicken breast in non-stick pan over medium heat. Salt & pepper to taste. Serve chicken over lettuce tossed in salsa.

Entrees

The total vegetables included in each entree should be equivalent to 1 serving.

Szechuan Beef & Broccoli

100g lean beef, cooked and cut into bite size pieces
½ bunch broccoli, steamed and cut into bite size pieces

Sauce:

1 Tbsp unsweetened ketchup (Westbrae is one brand)
1 tsp soy sauce
1 clove garlic, minced
1/2 tsp crushed red pepper
1/8 tsp freshly minced ginger

Combine sauce ingredients. Toss beef and broccoli in sauce.

Blackened Salmon

100g salmon
Blackening spice (make sure there are no sugars in the ingredients)
Spinach, steamed until tender
Salt & pepper

Heavily coat both sides of the salmon with the blackening spice. Cook salmon in a non-stick pan over medium heat until cooked through (approximately 2 minutes on each side). Serve over a bed of steamed spinach. Salt & pepper spinach to taste.

Tuna Tartare

100g raw sushi grade tuna
Cucumber, sliced thick

Sauce:

Grated zest of 1/4 lime
1 tsp freshly squeezed lime juice
1/8 tsp wasabi powder
1 tsp soy sauce
2 dashes Tabasco
¼ tsp salt
¼ tsp pepper
1 Tbsp minced scallions
½ tsp minced jalapeno

Cut the tuna into ¼ inch cubes. Combine the sauce ingredients. Toss the tuna in the sauce. Refrigerate for at least an hour to allow flavors to blend. Serve on cucumber rounds.

Entrées cont.

Fajita

100g lean beef or chicken breast, cut into bite size pieces
½ small onion, sliced matchstick size
1 small zucchini, sliced matchstick size
Unsweetened salsa (Green Mountain Gringo is one brand)

Saute onions in non-stick pan on medium heat until translucent. Add zucchini & meat and cook until done. Add salsa and stir until warm.

Cajun Shrimp

100g shrimp
Cajun spice mix
Spinach, steamed until tender

Saute shrimp in Cajun seasoning in non-stick pan over medium heat. Serve over bed of spinach.

Curry Chicken

100g chicken breast, cut into bite size pieces
Cherry tomatoes, halved or quartered
Zucchini, cut into bite size pieces
Curry spice

Saute chicken breast in curry spice in a non-stick pan over medium heat.

Slice vegetables and generously sprinkle with salt & pepper. Roast at 425 for 15 minutes.

Combine chicken and vegetables. Add more curry spice and/or salt & pepper to taste.

Desserts

The total fruit included in each dessert should be equivalent to 1 serving.

Baked Apple

Preheat oven to 375.

Core the inside of an apple, leaving the bottom intact.

Sprinkle the inside with cinnamon.

Add 1 Tbsp water to the inside of the apple.

Place in a baking pan. Pour boiling water in the pan around the apple until the bottom of the pan is covered.

Bake for approximately 20-40 minutes (baking time will vary based on the size of the apple).

Balsamic Strawberries

This only works with fresh, ripe strawberries.

Slice strawberries, lightly sprinkle with balsamic vinegar and black pepper. Then top with either finely sliced fresh mint or basil leaves. Play with it until the combination works for you.