

hCG Weight Loss Program

Reduce

Reset

Reshape

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Introduction

Why use hCG?

- You can lose weight rapidly and safely on this program with good medical monitoring.
- You lose kilos and inches with minimal hunger and good energy levels.
- You lose fat from abnormal fat stores in your arms, abdomen, buttocks, hips and legs, at the same time maintaining structural fat and the good fat that cushions your organs and joints.
- You also maintain muscle mass and facial structure.
- You will look good and feel good!
- hCG can reset your metabolism leading to less risk of regaining unwanted weight.
- Optimum weight is vital for optimum health!

What is hCG or human Chorionic Gonadotropin?

- It is a hormone produced by the placenta in large amounts, up to a million units per day which enables the foetus to extract energy for growth and development from its mother's fat reserves.
- hCG was researched and developed by an English endocrinologist, Dr Simeons, in the 1970's.
- According to Dr Simeons, hCG migrates to and has potent effects on the hypothalamus (which controls the hunger and emotional centres of the brain).
- He also postulated that hCG, in as low as 400 to 500 units daily, could enable the loss of abnormal fat from fat stores in adults releasing 1000 to 3000 calories of energy daily into the circulation whilst on a 500 calorie diet.
- What this means is that people on low doses of hCG can survive on a 500 calorie diet (or 700 calorie diet as we recommend) with minimal hunger, good energy levels and at the same time they can maintain emotional and psychological balance.
- People on this diet are able to cope with their home and work requirements in a good frame of mind.
- It also means that fat is lost from abnormal fat stores whilst maintaining structural fat and fat stored for immediate energy requirements.
- Muscle mass is maintained which is vital to speed up metabolism.
- Dr Simeons also postulated that hCG could reset the metabolism so that at the end of the diet you could have the opportunity to maintain good healthy eating habits and healthy weight.
- He had a clinic in Italy and successfully treated hundreds of patients.

Footnotes

- Dr Simeons diet went out of fashion because researchers found in some studies that people on hCG and 500 calorie diet lost the same amount of weight as people on 500 calorie diet without hCG which is true.
 - ✓ However, they did not discuss how difficult it is to maintain a 500 calorie diet without support and the associated hunger pains, irritability, lack of energy, etc.
- hCG is not recommended for weight loss by the FDA or by New Zealand authorities and is consequently used off label.
 - ✓ Many drugs are prescribed off label by Doctors for conditions, for which they were not originally designed, i.e. the use of high blood pressure pills to treat heart rhythm disorders.

Dr Mike's hCG Diet

Before you take hCG

- Read entire guidelines.
- You will need bathroom scales and a tape measure.
- Make meal plans and a shopping list for whilst on hCG.
- Eat a normal calorie intake.
- If sweetening is required, use stevia instead of sugar.
- A "detox" is recommended before you start hCG.

Detox Guidelines

- Eat normal calories.
- No intake of fast foods or heavily processed foods (from can, box, jar, frozen meals etc.).
- Try to change to organic as much as possible.
- Drink a minimum of 2 litres of water per day
- Drink green tea.
- Have organic apple cider vinegar - 1 tbsp. (15mls), 1 to 2 times daily in warm water.
- Eat apples. They regulate blood sugar, reduce appetite and increase cleansing of liver and colon.
- Eat grapefruit. Enzymes in grapefruit help release fat, regulate blood sugar, reduce food cravings, and increase cleansing of the liver and colon. DO NOT take grapefruit if you are taking medical drugs that are affected by grapefruit.
- PectaClear Detox Formula, (180 Veggie Caps). Take 3 capsules twice daily, 30 minutes before food to remove toxins and heavy metals.

On hCG

Record Keeping

1. **Daily:** Weigh yourself first thing in the morning, without clothes, and after passing urine.
2. **Weekly:** Tape measure, chest across the nipples, waist just above the navel, hip just below the top of the hip bone.

Water

- **Daily without exception:** Drink a glass of filtered water after measurements are recorded.
- Drink a minimum of 2 litres of water per day.

hCG

- **Daily:** Place hCG under your tongue after swallowing your glass of water. The tablet is to dissolve slowly under the tongue. You will stay on hCG for 30 days.

Exercise

- High intensity exercise should be avoided. Walking, taiji, yoga, & stretching are encouraged.

Food – day 1 & 2

- **LOAD:** This means eating a high calorie diet for the first two days on hCG.
 - ✓ Loading ensures less hunger during the first week.
 - ✓ Eat as much food as you want. Load with high quality foods such as nuts, eggs, salmon, avocados, cheese, olives, heavy sauces, coconut oil, olive oil, fresh cream and many others.
 - × Avoid fast food and heavily processed foods.

Food - day 3 onwards

- Drink tea, coffee or water (1 tablespoon of milk per day allowed).
- **Breakfast, Lunch and Dinner:** 100 grams of lean protein, 1 to 2 cups of vegetables & 1 fruit.
 - ✓ A maximum of 2 fruits in a day, to be eaten at different meals in a day.
 - ✓ Seasonings to suit your taste.
 - ✓ One meal may be replaced with 2 scoops of “IsoWhey Complete” in a glass of water.
 - × NO fat (oil, butter, meat fat, etc.)
 - × NO sugar
 - × NO bread or starches

Allowable Food Guidelines

- **Fish:** Tuna, Cod, crab meat, flounder, crayfish, sole, snapper, shrimp, dory, gurnard, groper and other white fish. Oily fish is not allowed i.e. salmon.
- **Chicken:** Breast. Remove the skin and any fat.
- **Beef:** Remove any fat.
- **Veal:** Remove any fat.
- **Venison:** Remove any fat.
- **Vegetables:** Asparagus, beet greens, bok choy, cabbage, celery, chicory greens, cucumber, fennel, kale, mustard greens, onion, red radish, lettuce, spinach, chard, tomato, broccoli, capsicum.
 - ✓ Have 1 cup of heavy vegetables or up to 2 cups of light vegetables.
- **Fruit:** Apple, orange, grapefruit, kiwifruit, pear, plum, a handful of berries.
- **Seasonings:** Pepper, sea salt, lemon (juice of 1 lemon a day), apple cider vinegar, garlic, mustard, ginger, other spices and herbs (especially fresh). Use seasonings to own taste.

Vegetarian Protein Guidelines

- **Trim Milk:** 250ml per meal.
- **Cottage Cheese:** low fat.
- **Egg:** 1 whole egg and 3 egg whites poached or boiled.
- **Tempeh:** Do NOT fry.

Plateau Guidelines

- **This is when you have not lost weight for 4 days** and are not eating hidden sugars.
- Are you drinking enough water, or getting enough sleep? If yes, do an Apple or Steak day.

Apple Day – done if you reach a plateau

- Do this only once in a week and only if you have reached a plateau.
- Eat only 6 apples during the day.
- Drink a minimum of 2 litres of water over the day.

Steak or Fish Day – done if you reach a plateau

- Do not eat any food until 4 to 6pm.
- Eat a 400 gram lean steak or fish and 1 apple or raw tomato.
- Drink a minimum of 2 litres of water over the day.

After you finish hCG

- To avoid rapid weight gain, follow the below instructions carefully.

The first two days not taking hCG

- Continue on the 700 calorie diet for a further 2 days. This is very important as you still have hCG in your system.

The next 3 weeks

- Start normal calorie diet.
- Increase protein from 100 grams to 200 grams per meal.
- Oils and fats can be introduced.
- NO refined sugars or starches.
- If you gain more than 1 kg over your last hCG weight, do a Steak or Fish day.

After 3 weeks

- Gradually reintroduce good sugars and starches.
- Test for weight gain, and reduce food intake if necessary.
- Maintain your weight with a moderate intake of nutritious food, walking and relaxation.

Avoid snacking in the evening.

Further advice

You may opt to see a nutritionist for further advice.

We recommend...

- Nicola Page
- Location: Bodytech, 8 Nugent St, Mt Eden
- Cost: \$145 for one hour
- Contact: 027 277 6445
- Email: nic.page@xtra.co.nz

Recipes

Whilst on hCG

Tomato and Chicken Soup

1. 100gm chicken breast.
2. ½ cup tomatoes diced.
3. 2 tbsps. Coriander.
4. Garlic as desired.
5. ½ tbsp. apple cider vinegar.
6. Juice of ½ a lemon.
7. 2 cups filtered water.

Put water, chicken and garlic in a pot. Cook chicken. Add remaining ingredients and simmer for 15 minutes.

Meal Packets

These packets can be prepared ahead of time and frozen.

1. 100gm protein.
2. 100gm vegetables.

Preheat oven to 180 degrees. Cut foil for packets. Place a serving of vegetables and protein on the foil. Sprinkle seasoning of choice. Fold foil to create a packet. Then bake for 25 minutes or until done.

Protein Salad

1. 100gm of any protein.
2. 1 cup of lettuce shredded (or tomato chopped).
3. Juice of ½ a lemon.
4. Desired seasonings.

Combine all ingredients and mix.

Lemon Fish

1. 100gm fish.
2. ½ cup filtered water.
3. Juice of ½ a lemon.
4. 1 tbsp onion chopped.
5. Garlic as desired.
6. ½ tsp ginger.
7. ¼ lemon zest.
8. Desired seasonings.

Place water, onion, garlic, and seasonings in pan and heat. Then add fish and poach for 7-10 minutes. Remove fish when cooked and serve with lemon juice on top.

Spicy Shrimp

1. 100gm shrimp.
2. Juice of ½ a lemon.
3. Desired garlic.
4. ½ tsp chilli powder.
5. Seasoning to taste.

Mix ingredients together. Cook in pan at medium heat for 5-7 minutes until shrimp are pink.

Fish and Broccoli

1. 100gm white fish.
2. 100gm broccoli chopped.
3. ¼ tsp basil.
4. ¼ tsp thyme.
5. ¼ tsp oregano.
6. 3 tbsp filtered water.
7. Lemon juice.
8. Seasoning to taste.

Put all ingredients into a pan and cook over medium heat until fish is cooked. Pour juices over fish and drizzle lemon juice on top.

Beef and Spring Onions

1. 100gm sirloin beef cut into pieces.
2. 3 tbsp spring onions chopped.
3. 1 tbsp apple cider vinegar.
4. Juice of ½ a lemon.
5. ¼ tsp grated ginger.
6. 3 tbsp filtered water.
7. Minced garlic as desired.
8. Seasoning to taste.

Put ingredients, except spring onions and water, in a pan and stir fry. Add small amounts of water until beef is cooked. Top with spring onions.

Chicken Bake

1. 100gm chicken breast.
2. 1 cup asparagus chopped.
3. Garlic as desired.
4. Seasoning to taste.

Preheat oven to 180 degrees. Bake all ingredients in a baking dish for 30 minutes or until chicken is cooked.

Chicken Wrap

1. 100gm chicken breast.
2. 1 large lettuce leaf.
3. Coriander as desired.
4. Garlic as desired.
5. Lemon juice to taste.
6. Seasoning of choice.

Cut chicken into small pieces. Cook chicken in a pan and place on top of lettuce. Add other ingredients. Wrap with lettuce.

After you finish hCG

Asian Soup

1. 400gm beef.
2. 400gm bok choy.
3. 1 large onion chopped.
4. ½ cup green onion.
5. 1 cup mushroom.
6. Desired coriander chopped.
7. Desired garlic.
8. 2 cups filtered water or broth.
9. Seasoning to taste.

Brown onions, garlic, mushrooms and beef over a low heat. Add water, bok choy, and seasoning. Cook until done. Top with coriander.

Chicken Soup

1. 2 chicken breast cut into small pieces.
2. 1 onion chopped.
3. ½ cup celery chopped.
4. 1 cup butter nut pumpkin chopped into small pieces.
5. 2 tbsp parsley.
6. Desired garlic.
7. 2 cups filtered water or broth.
8. 2 tbsp sour cream (optional).
9. Seasoning to taste.

Cook chicken and onion in pot. Add vegetables, water and seasoning. Simmer until cooked. Add sour cream if desired.

Vegetable Soup

1. 1 onion chopped.
2. 1 cup broccoli chopped.
3. 1 cup mushrooms sliced.
4. Desired coriander.
5. Desired garlic.
6. 2 cups filtered water or broth.
7. 2 tbsp sour cream.
8. Herbs and spices of choice.

Cook onion, garlic, mushrooms and seasoning. Add water and broccoli. Gently cook until broccoli is done. Puree if desired. Add sour cream.

Stir Fry

1. 3 bacon slices chopped
2. ¼ cup onion chopped
3. ¼ cup green pepper chopped
4. ¼ cup red pepper chopped
5. ¼ cup butter nut pumpkin
6. 2 eggs

Cook bacon and onion in pan. Add other vegetables and cook until tender. Poach eggs and serve with bacon and vegetables.

Lemon Salmon

1. 200gm salmon.
2. 1 tbsp lemon juice.
3. Garlic as desired.
4. Seasoning to taste.

Place a baking dish holding the salmon, topped with garlic and seasoning, into an oven preheated to 200 degrees. Bake for 10 to 15 minutes until salmon is cooked through. Top with lemon juice.

Spicy Scallops

1. 200gm large scallops.
2. ½ tsp paprika.
3. ½ tsp black pepper.
4. ½ tsp cayenne pepper.

Place dry scallops in bowl with spices and mix. Heat coconut oil in pan and sauté scallops about 3 minutes on each side until cooked.

Tuna and Tomato Salad

1. 200gm tinned tuna (in spring water) drained.
2. 2 cups cherry tomatoes chopped.
3. ¼ cup spring onion.
4. ½ cup mayonnaise.
5. ¼ tsp dill.
6. 2 tbsp parsley.
7. Seasoning to taste.

Mix ingredients.

Beef Bake

1. 200gm beef.
2. ½ cup onion chopped.
3. 1 tomato chopped.
4. 1 courgette sliced.
5. ½ cup mushroom sliced.
6. ½ tsp basil.
7. Desired garlic.
8. 1 cup cheese.
9. Seasoning to taste.

Cook onion, garlic, courgette and mushroom in a pan until tender. Add beef with vegetables and brown. Add tomato, basil and seasoning. Put ingredients into a baking dish. Top with cheese and bake for 30 minute in an oven preheated to 180 degrees.

Gazpacho

1. 4 medium tomatoes chopped.
2. 1 medium cucumber chopped.
3. 1 small red bell pepper chopped.
4. ½ avocado chopped.
5. Desired garlic.
6. 1 tbsp olive oil.
7. 1 tbsp apple cider vinegar.
8. Seasoning to taste.
9. Coriander for garnish.

Puree all ingredients in a blender to desired texture. Refrigerate for 1 hour. Garnish with coriander.

Mixed Berry Parfait

1. 1 cup ricotta cheese
2. ½ cup yogurt
3. 1 cup mixed berries (keep 4 for garnish)
4. 1 tsp grated orange zest

Puree ricotta, yogurt and orange zest. Spoon 3 tbsp of mixture into dessert dish. Put a layer of berries on top. Make more layers with each and finish with the ricotta yogurt mixture. Garnish with berries.

Apples and Nut Dip

1. Apples
2. 2 tbsp nut butter (almond, cashew, macadamia)

Slice the apple. Spread nut butter onto apple.

Weight Loss Record

Day	Date	Weight	Chest Perimeter	Waist Perimeter	Hip Perimeter
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
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19					
20					

Day	Date	Weight	Chest Perimeter	Waist Perimeter	Hip Perimeter
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22					
23					
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