

How To Feel Good Naked In 26 Days

HCG Diet Fast Start Guide



Lose Fat-Build Muscle-Transform Your Body and Reveal Your True Body Within!

HCG BODY FOR LIFE FAST START GUIDE

A Healthier Approach to HCG Weight Loss Protocol

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www.howtofeelgoodnakedin26days.com

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"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better.

The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat."

— [Theodore Roosevelt](#)

HCG Diet How to Video Instructions

1. Watch the Video

<http://www.youtube.com/watch?v=S6EfMnJbUoc>

2. Buy HCG Here

<http://hcgbodyforlife.com>

3. Buy Your HCG Mixing Kit

<http://hcgbodyforlife.com>

4. HCG Diet Essentials

<http://www.youtube.com/watch?v=SzG61otOV3M>

5. HCG Mixing Instruction

<http://www.youtube.com/watch?v=R4sQwZiSiXk>

6. Sublingual HCG Mixing Instructions

<http://www.youtube.com/watch?v=ENyaq0zv8fQ>

7. HCG Injection Procedures

<http://www.youtube.com/watch?v=03hX8TwCduA>

How to Feel Good Naked In 26 Days

EBook , Recipe Books, and Workout Video

<http://HCgbody4LIFE.com>

Our Goal

To Support and Inspire You On This Journey of Physical and Spiritual and Transformation; To Educate You About a Faster, Healthier, Approach to a 60 Year Old Weight Loss Cure; for You to See Who You Truly Are, and Help You To Reveal Your True HCG Body for Life.

Our HCG Body for Life weight loss protocol is a modernized and updated version of the original Dr. Simeons HCG Diet Protocol on which our program is based. Our goal is to help you to achieve faster, safer, and a complete body transformation faster than you ever thought possible.

Additionally we have written an E-Book that contains all the information you'll need on the science behind how HCG assists in decreasing the fat cell size within the body and it also includes a complete revision of the Protocol which makes the entire process faster, safer and healthier, and will produce a complete body transformation in as little as 26 days for those who follow our system to the letter.

If you have more weight to lose then extend the protocol to 43 days when needed. Our HCG body for life protocol recommends the infusing B-12 with you HCG which makes many participants feel better during the challenges of weight loss. The results will speak for themselves!

How to Feel Good Naked In 26 Days

888-242-5282

www.howtofeelgoodnakedin26days.com

Welcome to HCG Body for Life

Fast Start Guide

Welcome to Inches and HCG Body for Life Weight Loss System and congratulations for taking your first step to ending rollercoaster dieting frustration for good! You have probably tried several other weight loss programs and found that you have gained all the weight back and maybe even more!

The HCG Body for Life Protocol is designed to target FAT loss, not loss of your precious muscle, unlike starvation diets that are a quick fix. Low calorie diets may result in muscle loss which can slow down your metabolism making it harder for you to lose weight in the future and causing you to gain back all the weight you lost.

It is believed that the HCG hormone shrinks and liquefies fat cells and delivers up to 2000 calories of energy for your body to utilize, thereby preventing hunger and weakness.

This Quick Start Guide focuses on the 40-day Phase 2 diet protocol. Our comprehensive Inches and Pounds E-Book, *The Truth about Weight Loss* reviews all 4 phases of the diet protocol and is available for download on our website at WWW.HCGBODYFORLIFE.COM.

Jayne and I congratulate you for taking your first step towards ending rollercoaster dieting for good. We look forward to helping you achieve a healthier thinner and stronger..... YOU!

All the Best,

Colin and Jayne
How to Feel Good Naked in 26 Days

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HCG BODY FOR LIFE PROTOCOL COMPARISON CHART

Revised HCG Body for Life Protocol

- 1) 750 max calories daily
- 2) Eat breakfast
- 3) Effectively is an LCD; is safer than the original
- 4) More selection of green vegetables
- 5) HCG is infused with B12
- 6) Multi-vitamin/minerals highly suggested
- 7) Take all medications prescribed by own MD
- 8) Medication absorbs equally as effective via Sub Q and less painful.
- 9) Patients can self administer via Sub Q method
- 10) HCG available in sublingual form
- 11) Detailed HCG Body for Life Diet Book that is an exceptional educational tool.
- 12) Cookbook for Phase 2 meals with shopping list
- 13) Products in our program are easy to find at stores. Or Provided by easy access hyperlink
- 14) We are using HCG "off label" with no claim that it is directly responsible for Weight loss.

Original Dr. Simeons Protocol

- 1) 500 max calories daily
- 2) No breakfast, only tea
- 3) Effectively a VLCD mandating closer supervision
- 4) Limited on vegetable intake
- 5) No B12
- 6) No vitamins except calcium
- 7) Prefers to stop all medications
- 8) Dr. Simeons gave his patients only intramuscular injections that were sometimes painful.
- 9) Patients had to see Dr. Simeons everyday for inj.
- 10) No sublingual form
- 11) Hard to understand pamphlet "Pounds and Inches" written 50 years ago, very confusing to most.
- 12) Very ambiguous list of food to prepare
- 13) Some products are difficult to find at stores.
- 14) Claims that HCG actually causes weight loss.

Thousands of participants who have followed our programs have lost as much as a 1 to 3 pound a day over a 26 or 43 day period and have been able to keep the weight off.

HCG BODY FOR LIFE PROGRAM OPTIONS

PROGRAM ONE (Minimally needed for program participation)

- ▶ 26 Day Supply of HCG/B-12 Medication with HCG mixing Kit
- ▶ The ability to suspend all doubt that their weight loss success is possible
- ▶ Meditation CD
- ▶ Must be willing to follow the protocol to the letter
- ▶ Only use real HCG and not an HCG weight loss substitute i.e. HHCG
- ▶ How to Feel Good Naked in 26 Days E-Book
- ▶ How to Feel Good Naked E-Cookbook
- ▶ How to Feel Good Naked HIIT (High Intensity Interval Training)workout E-Book

PROGRAM TWO (Recommended and includes 3 supplements)

- ▶ 40 Day Supply of HCG/B-12 with HCG mixing Kit
- ▶ The ability to suspend all doubt that their weight loss success is possible
- ▶ Must be willing to follow the protocol to the letter
- ▶ Only use real HCG and not an HCG weight loss substitute i.e. HHCG
- ▶ How to Feel Good Naked in 26 Days E-Book
- ▶ **Multi-Vitamin/Mineral includes A-Z,**
- ▶ **Resveratrol, Green Tea Extract, Grape Seed Extract and CoQ10**
- ▶ **Total Body Colon and Organ Cleanse**
- ▶ **Fat Burner/Thermogenic Modulator**
- ▶ How to Feel Good Naked E-Book and Cookbook
- ▶ How to Feel Good Naked HIIT (High Intensity Interval Training)workout E-Book

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**Buy HCG and
HCG Mixing
Kits at**

<http://HCGBodyforLife.com>

**This Is By Far the fastest Fat Loss Protocol Available on the Market
Today... Simply Implement The Principals In This Plan, and Watch
Your Body... Burn the Fat Reveal the Muscle!**

Here's to revealing your true body within!

God Bless,

Colin and Jayne Watson

Pre-Phase 1 – (Optional, but highly suggested)

This phase is recommended for participants to follow during the 2 week waiting period before receiving the HCG Therapy.

HOW TO PREPARE YOUR BODY FOR THE HCG DIET

Multi Vitamin/Mineral supplement is suggested immediately when starting Phase 1. It provides superior essential nutrients to every organ in your body to sustain a low calorie diet.

Recommended for lifetime use: Vitamins A-Z and also includes CoQ10, Resveratrol, Green Tea Extract and Grape Seed Extract. (See last page for a complete list of supplements with easy access hyperlinks.)

Combat Adrenal Fatigue and take our Adrenal Complex Formula. Excessive stress, poor eating habits and the natural aging process can slow down your adrenal gland function and cause fatigue, lack of motivation, concentration and energy. A pharmaceutical grade proprietary blend of natural herbs will help to stimulate and aid in reversing adrenal fatigue symptoms.

Take a 15 day or 30 day Candida Yeast Cleanse before or after the HCG Treatment Therapy. Candida yeast build up over time may prevent weight loss, depress the immune system and slow down metabolism.

- Please take all medications prescribed to you by your personal physician and list all medications in the medical health history packet. We recommend you inform your personal physician before you start the HCG diet program or any weight loss program.
- Walk at least 30 minutes per day or begin your own exercise regimen, ex. swimming, biking, palates or yoga.
- Get some sun. Studies show that sunshine exposure on your skin daily can increase your Vitamin D blood levels. Vitamin D deficiency may put you at risk for certain cancers. Ask your diet coach about ordering the Vitamin D 25-hydroxy serum blood test.
- Drink a minimum of ½ a gallon of bottled or filtered water and/or unsweetened tea daily. • Eat grapefruit. Grapefruit has been scientifically proven to release fat.

- Bragg's Apple Cider Raw Unfiltered Vinegar can be used on your salad and marinated on your daily proteins (meat, breast of chicken and white fish) and even adds flavor to your steamed vegetables. You may even use it as a cooking oil substitute.

Apple Cider Vinegar stimulates metabolism and cleansing of the internal organs. It is also powerful in helping to release stored fat cells and has been proven to have properties similar to grapefruit in the release of fat. Found at most whole food stores or generic equivalent at most major supermarkets.

- Use a Natural Sweetener. We recommend Stevia as the preferred sweetener on the HCG diet and can be found at most major supermarkets and whole food stores. Please avoid artificial sweeteners such as Splenda, Equal and Sweet n Low.

Eating breakfast helps to increase your metabolism, burn fat, decrease appetite, and increase your morning blood sugar for energy throughout the day. If you skip breakfast, your body may potentially store fat.

Eat 6 times per day. This helps to increase your metabolism and release excess fat reserves. Small meals are healthier than large ones.

- Eat a salad with lunch and dinner or in between meals as a snack. Eating a salad made with fresh vegetables helps to stimulate digestion and adds fiber which helps to regulate blood sugar. (Dressing: Apple Cider Vinegar or Braggs Liquid Aminos and 1tsp Organic Coconut Oil)
- Try to eat organically grown meat, fruits and vegetables. Organic food does not contain preservatives, chemicals, flavor enhancers, herbicides, pesticides, growth hormones and antibiotics. If organic food is not accessible than look for chicken products in your local supermarket that do not contain antibiotics; fish products that are not farm raised and only wild caught, and wash all fruits and vegetables thoroughly.
 - Add Fiber. Fiber will help relieve constipation, reduce appetite, improve digestion, improve metabolism and cleanse the body of micro-toxins. A potent fiber supplement that contains soluble and insoluble fiber will help promote maximum digestive health. © 2010 How to Feel Good Naked In 26 Days
- Eliminate carbonated beverages including diet drinks. They can block calcium absorption, may cause nutritional deficiencies and potentially slow down digestion.
- Avoid butter and you may use margarine in moderation in Phase 1. Butter and margarine are prohibited in Phase 2.

- Avoid high fructose corn syrup. This is a man made highly processed sugar that can increase insulin levels and store fat which may lead to obesity.
- Avoid complex carbohydrates in Phases 1, 2 & 3 such as: bread, pasta, potatoes, rice, oatmeal, cereal and granola bars.
- Avoid artificial sweeteners.
- Avoid all sweets and dairy products.
- No MSG (Monosodium Glutamate).
- No Fast Food.
- No Fried Food.

PHASE 2 HCG DIET

Summary

DAY 1 and 2

- Take the HCG medication as prescribed in the morning.
- Start our Colon Cleanse. Take 2 capsules daily. Maybe started before or during the HCG medication phase.
- Please eat complex carbohydrates (starches) on Day 1 and 2 **ONLY**. This will increase your body's fat stores to prepare you for the 750 maximum calories per day limit on days on HIIT workout days 3-40. We do not recommend gorging with pizza, ice cream, or fried food; instead choose healthy carbohydrates such as whole grain bread, pasta and sweet potatoes.
- Drink a minimum of half a gallon of bottled or filtered water/tea throughout the day. Do not drink tap water.

DAYS 3-26 or 40

Weigh yourself when you wake up, without clothing and after you have emptied your bladder. Weigh yourself at the same time each day of your morning regimen.

How to Inject HCG Video Link==><http://www.youtube.com/watch?v=03hX8TwCduA>

Take the HCG Injection mixed with B12 in the morning.
Drink ½ to a gallon of bottled or filtered water throughout the day.
You must eat everything as described in Phase 2. Do not skip meals.

Your total caloric intake will be between 750 calories per day, which consists of protein, vegetables and fruit. See the 750 calorie sample menu provided.

DAYS 23 -26 or 41-43 continue to follow the Phase 2 diet on days 23-26 or

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41-43 because the HCG hormone is still in your blood stream.

PHASE 2 – HCG BODY FOR LIFE PROTOCOL

HCG Essentials Video Link==><http://www.youtube.com/watch?v=SzG61otOV3M>

Your Daily Intake at a Glance

½ A GALLON MINIMUM OF FLUIDS

2-3 FRUIT SERVINGS

2-3 PROTEIN SERVINGS

Egg whites are included as 1 of the 3 proteins

2 VEGETABLE SERVINGS

1-2 SMALL SALADS

DO NOT GO ABOVE 700 CALORIES PER DAY!

HCG Essentials

- Braggs Organic Apple Cider Vinegar
- Braggs All Natural Liquid Aminos
- Stevia Natural Sweetener
- All Natural Sea Salt
- Food Scale
- Accurate Weight Scale
- Tape Measure
- Organic Coconut Oil
- Corn Huskers Oil or Mineral Oil

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PHASE 2 MENU GUIDE

DRINK

Bottled or filtered water (no tap water)

Mineral water

Black coffee

1 to 2 tbsp/day Lucerne sugar free/fat free (Not Recommended: Only for the coffee desperate)

French Vanilla coffee creamer

Unsweetened organic soy milk (2 tbsp/day)

Herbal teas (any tea bag assortment)

No dairy products (except for egg whites)

No alcoholic beverages

No sodas, no diet drinks, no protein shakes, no crystal light

BREAKFAST

Drink plenty of tea and bottled or filtered water. You may have 1 fruit for breakfast and 3 egg whites. (ONLY)

LUNCH and DINNER

Are exactly the same food choices (1 protein 1 fruit, 1 to 2 vegetable and 1 small salad)

PROTEIN

- Choose 1 of the following proteins for lunch and dinner.

- **Red Meat**- Filet mignon (the leanest), top sirloin, organic grass fed beef, buffalo, veal (about 180 calories) Only Ground TURKEY.
- **Chicken**- Organic preferred or antibiotic free breast of chicken (skinless), white meat only (about 223 calories)
- **White Fish ONLY**- Examples include: Tilapia, cod, halibut, sea bass, sole, flounder, grouper, canned white tuna (low sodium), shrimp, lobster, scallops and crab. Any white fish is acceptable. No Salmon....it is orange!
- Eat approximately (3.5 to 6 oz See Food Chart) of protein (about the size of the palm of your hand)
- Grill or bake your proteins. Do not use any cooking oils, butter or margarine. (**only 1tsp organic extra virgin coconut oil**)

(See Acceptable Condiments list on the next page and our How to Feel Good Naked in

26 Days Cookbook)

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VEGETABLE –

- 2 servings per day.
- Choose 1 serving of **green** vegetables for lunch and dinner.
- Eat 1 cup of cooked green vegetables.

These can be eaten raw, steamed, grilled (with 1tsp organic coconut oil) per serving.

If it isn't green, do not eat it.

HCG Body for Life Protocol Food Chart

Food Item Calories per Ounce Ounces Eaten Total Calories

Apple	5	4	60
½ Grapefruit	9	6.6	59.4
Strawberries	9	6.6	59.4
Asparagus	6	6.7	40.2
Beet Greens	6	6.7	40.2
Broccoli	10	3.2	30
Cabbage	7	5.7	39.9
Celery	4	10	40
Chard	7	5.7	39.9
Chicory	7	5.7	39.9
Cucumber	3	13	39
Fennel	9	4.5	40.5
Romaine Lettuce	5	8	40
Iceberg Lettuce	4	10	40
Onion, bulb	12	3.3	39.6
Onion, green	9	4.5	40.5
Radish	5	8	40
Spinach	7	5.7	39.9
Tomato	5	8	40
1-tsp Coconut Oil			39

Protein Sources

Chicken	31	4.85	150.35
King Crab	24	6.25	150
Founder/Sole	26	5.8	150.8
Alaskan Sea Bass	28	5.8	150.8
Tilapia	27	5.55	149.85
Cod	23	6.5	149

Halibut	31	4.85	150.35
Ground Turkey 93%	41	3.66	150.06
Ground Turkey 99%	30	5	150
Hamburger 95%	38	3.95	150.1
Prawn	30	5	150
Steak, sirloin	53	2.83	149.99
Scallops	25	6	150
Shrimp, shelled	30	5	150
Lobster	26	5.8	150.8
1 Egg & 3 Egg Whites	15	10	150

Examples below:

Spinach 41 calories

Asparagus 43 calories

Green beans 44 calories

Cabbage 32 calories

Broccoli 43 calories

Brussels sprouts 60 calories

*** No lima beans or peas ***

SALAD

(1-2 small per day)

You may eat a salad with your meal or in between your meals. Use any green leaf lettuce, tomato, fresh onion, cucumber and celery with Bragg's or generic equivalent with 1tsp coconut oil-Organic Apple Cider Raw Unfiltered Vinegar that contains NO FAT. Lemon juice may also be used as a salad dressing.

FRUIT

(2 1/2-3 per day-organic preferred)

Eat 2-3 fruits per day with your meals or in between.

1 grapefruit large 66 calories

1 green apple med 125 calories

1 handful of strawberries (6) 57 calories

1 orange med 70 calories

***** There are no fruit substitutes*****

Do not to eat the same protein, vegetable or fruit combinations twice in the same day if possible. Metabolic activity may increase by following this concept suggested by Dr. Simeons.

Acceptable Condiments

Refer to our Cookbook for a complete list

Bragg's Organic Apple Cider Raw Unfiltered Vinegar found at whole food and major grocery stores or generic equivalent – (proven to release fat in your body)
Stevia – Natural Sweetener (Truvia is prohibited)

Sea Salt (very sparingly)
Fresh Garlic
Fresh Onion
Fresh Ground Pepper
Fresh Lemon or Lemon Juice
Parsley, Oregano, Thyme, Cumin, Cilantro, Cinnamon, Termeric
(Any fresh natural herb that does NOT contain sodium)

SNACKS

2 Grissini (PLAIN ONLY) breadsticks per day * found at most major supermarkets

OR

1 Wasa cracker per day (HIGH IN FIBER) * found at most major supermarkets

OR

1 Plain Melba Toast per day * found at most major supermarkets

Flavor Tip- Mix 1/3 liquid Stevia Sweetener, 1/3 bottled or spring water with 1/3 Organic Apple Cider Vinegar. You can use this mixture to marinate your protein, add flavor to veggies, use as a salad dressing or even use it in place of coconut oil!!

Phase 2 – Day's 23-26 or 41-43

The HCG blood level is still in your system for about 3 days after your last injection dose on day 23 or 40. You must continue these additional 3 days on the 700 calorie diet. You can move on to Phase 3 Maintenance on day 44

Plateau Breakers

Increase your fluid intake to 2 - 3 quarts per day. Additional fluids will assist in promoting adequate digestion, prevent constipation and help flush out toxins and fat.

Try increasing your protein by half an ounce. You may not be eating enough calories per day. Avoid consuming less than 500 calories daily because your body may go into "starvation mode" and store fat.

The "apple day". Reduce your fluid intake by 1 quart and eat 6 apples throughout the day. This method typically will rid the body of excess fluids and most participants state they lose about 2 pounds. This method is not recommended on a continuous basis.

Limit your red meat serving to once a week. Red meat digests slowly in the bowel and may slow weight loss.

Make sure you are not using garlic salt! Sea salt and garlic powder are acceptable.

Do not mix vegetables.

Cut out the allowable carbohydrate snacks such as Grissini breadsticks, Melba toast and Wasa crackers.

Do not eat the same protein, vegetable or fruit in the same day.

Make sure there are no antibiotics or flavor enhancers in your chicken or other protein sources.

Do not eat any canned food products. These have preservatives and flavor enhancers that can slow down weight loss.

For women, your cycle may cause a weight gain of 2-5 pounds. Be aware of the date of your last menstrual cycle.

Dr. Simeons "steak day" plateau breaker is not recommended more than once a week to be followed more than 4-5 times during the 6 week course. However, here is the process: Drink as much fluid as possible throughout the day and then enjoy a large steak for dinner. You may have 1 tomato and an apple with your steak. Many patients have told us that they have lost about 2 to 5 pounds the following day.

If you are not having regular bowel movements, a fiber supplement is highly recommended to be taken daily. It is possible to hold 5 or more pounds of stool in the colon. High protein diets most often will cause constipation. If you have discomfort, an over the counter laxative should be taken only as needed.

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I recommend using the Smooth Move dieters Tea in combination with 2 blue Ex-lax pills. This works wonders for me, and I have lost of to 4 pounds of waist with this method.

Apple Cider Vinegar is the star condiment on this diet. If you suffer from acid reflux or just dislike the taste, start taking Apple Cider Vinegar Capsules found at most health food stores. Apple Cider Vinegar has been scientifically proven to release fat within the body.

Intense exercise is not needed for success on this diet. If you have been lifting weights, you should consider cutting down your workouts to or HIIT workout. You can find this in

the How to Feel Good Naked in 26 Days HIIT Video series. Also walking on a treadmill for 30 minutes a day at a 15% incline and 3.2 to 3.4 mph can burn from 400 to 600 calories a day.

Resistance training builds lean muscle mass. Lean muscle weighs more than fat and can skew your weight loss on the scale. Keep in mind that we do advocate resistance training however, you should only use our specialized HCG diet approved workout system while following this protocol. Otherwise wait until you have finished the Phase 2 the HCG Body for Life weight loss protocol.

Get enough sleep. More than a few patients have reported that not enough sleep has reflected little or no weight loss the following day.

PHASE 2 700 - CALORIE SAMPLE MENU

Breakfast (1 protein-egg whites only and 1 fruit choice)

3 large Egg Whites

	Calories	Protein	Carbs.	Fat	Sodium
	51.0	10.5	0.6	0.3	164.5
½ Grapefruit	59.4	1.2	13.5	0.7	1.5
Totals	110	11.7	14.1	1.0	166.0

Morning snack (1 fruit choice)

½ large Green Apple

	52.4	2.0	16.2	0.4	2.0
Totals	52.4	2.0	16.2	0.4	2.0

Lunch (1 protein, 1 vegetable choice w/ salad)

4.85 oz. Chicken (boneless breast, no skin)

1 cup Asparagus

1 bowl Small salad

	150.0	33.0	-	2.5	71.25
	.0	7.5			
	40.0	6.0	7.0	1.0	3.0
	67.0	0.1	6.6	0.0	0.2
Totals	257	39.85	13.6	3.5	74.45

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Afternoon snack (1 fruit choice)

1 med Orange

. Totals

45.0	0.9	11.	0.	-
		3	1	
45.0	0.9	11.	0.	-
		3	1	

Dinner (1 protein, 1 vegetable choice w/ salad)

4 oz. Fish/Flounder

1 cup Broccoli

1 bowl Small salad

1sp coconut oil

150.8	26.0	9.0	1.	111.0
			8	
45.0	5.0	9.0	0	29.0
67.0	0.1	6.6	0	0.2
40.0	0	0	3.	0
			5	

302.8

Totals 108 + 52+257+45+305.0

GRAND TOTALS 722.2

NUTRITION

Importance of Vitamins and Minerals

What are vitamins and minerals? Vitamins and minerals are the spark plugs of our human machine. We do not produce them; therefore we need to take them in from outside sources. They are essential for the normal functioning of our bodies and are necessary for growth and vitality. Lack of them can lead to acute and chronic disease.

They are found in food and supplements, but diet alone may not be enough. Particularly when you are on a weight-loss program, it is crucial that you receive adequate vitamins and minerals. People who are vitamin and mineral deficient may crave sweets, carbohydrates and fat. When our bodies get the nutrition it needs to function properly, we do not crave these things.

Even if you eat six meals a day, you may still be deficient in nutrients your body needs. The food today is highly processed and the soil where most of our food is grown has been over utilized and missing important nutrients needed to properly grow vitamin and mineral enriched foods.

The vitamins and minerals we recommend are found to help ensure that while losing weight you are getting the proper nutrition to maintain optimal cellular health and diminish nutritional deficiencies. These deficiencies may cause cravings and addictions for the foods that cause us to gain weight. These supplements are important to take before, during and after a weight-loss program to maintain results and optimize health.

Adrenal Fatigue

If you have symptoms such as fatigue, inability to lose weight after extensive efforts, allergies, frequent influenza, arthritis, anxiety, depression, reduced memory, difficulties in concentrating and insomnia, you may be suffering from Adrenal Fatigue.

Other key signs and symptoms of Adrenal Fatigue may include salt cravings, elevated blood sugar under stress, increased PMS, increased peri-menopausal, or menopausal symptoms under stress, mild depression, lack of energy, decreased ability to handle stress, muscle weakness, absent mindedness, decreased sex drive, mild constipation alternating with diarrhea, as well as many others.

The onset of adrenal fatigue often occurs because of financial pressures, unemployment, infections, emotional stress, smoking, drugs, poor eating habits, sugar and white flour products, and several other stressors. After experiencing many of these events over a long period of time, the adrenal glands become fatigued which may slow

down metabolism leading to weight gain.

Nutritional supplements may offer benefits to patients experiencing Adrenal Fatigue symptoms. The following vitamins and minerals are recommended in addition to the Adrenal Health Supplement for participants that may be suffering from Adrenal Fatigue: Vitamin C, Vitamin E w/mixed tocopherols, Vitamin B complex, Vitamin B-5 (Pantothenic acid), Niacin B-6, Magnesium citrate and Liquid trace minerals: (*zinc, manganese, selenium, chromium, molybdenum, copper, iodine*) *All of the above nutrients are included in our recommended Pharmaceutical Multi-Vitamin/Mineral Supplement listed on the last page page.

RECOMMENDED SUPPLEMENTS

Multi-Vitamin/Mineral Supplement

Vitamins and Minerals are an essential part of any weight loss program. They help maintain and support adequate nutrients to the tissues, cells and vital organs in the body. They also help in maintaining energy levels especially on a low calorie diet regimen.

Contains: Vitamins A, B1, B2, B3, B5, B6, B12, C, D3, E, K1, Biotin, Calcium, Manganese, Iodine, Zinc, Selenium, Copper, Magnesium, Quercetin, Chromium, Folic Acid, Alpha Lipoic Acid, CoQ10, Green Tea Extract, Grape Seed Extract, Red Wine Extract, Resveratrol, Lutein, Black Pepper. * Do not use if allergic to Soy *

Recommended for a lifetime use

Deep Acting Colon Cleanse

This is a highly potent deep acting intestinal cleanse that contains a proprietary blend of herbs, vitamins, minerals, and amino acids to support easy intestinal elimination gently detoxifying the digestive tract, relieves bloating, slims the waistline and assists in weight loss with immediate results.

This product not only helps break up and remove impacted waste, but prevents future buildup from occurring. A deep acting proprietary herbal blend of calcium (from calcium carbonate) 70 mg/7%, cascara sagrada, fennel seed, ginger root, Irish moss, slippery elm bark, cayenne (capsicum), lactobacillus acidophilus cultures, barberry, bark root, soy, chlorella, licorice root, marsh mallow root, raspberry powder root leaf and anise seed oil. (Recommended to be taken for 10 days on the first week of HCG therapy.)

Fat Burner/Thermogenic Modulator

Thermogenic agents may also promote **Fat Oxidization**. Fat oxidation means maintaining your lean muscle mass while you lose the inches and pounds. This is the key to maintaining a faster metabolism for long term results. Many of our participants even after they reach their weight-loss goals continue to take these natural pharmaceutical grade supplements. This will also help to maintain your results long term.

Adrenal Health Formula

Some herbal remedies that have been noted as possible therapies include: Licorice, Ashwagandha, Astragalus Membranaceus, Siberian and Korean Ginseng. We encourage our patients to order our Pharmaceutical Grade Adrenal Complex and Multi-Vitamin/Mineral Supplement to enhance weight loss and decrease adrenal fatigue and are highly recommended for any weight loss program. This is also used to stimulate the immune system and the body's ability to resist and combat diseases.

Recommended for a lifetime use

Pro-Biotic Formula

A daily maintenance Probiotic formula that promotes healthy digestive function is recommended. The supplement should contain multiple strains of micro flora, including bifidus bacteria, Lactobacilli, and Lactococcus cultures to support intestinal and immune health.

These products should contain the following:

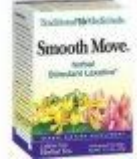
- At least 5 billion organisms per caplet
- Multiple strains of Bifid bacteria, Lactobacilli, and Lactococcus cultures
- A guaranteed delivery of active cultures
- Dairy-free, gluten-free
- Shelf life-stable with no refrigeration necessary

Candida Colon Cleanse

Candida albicans is common yeast normally found in the digestive tract. This yeast can proliferate, upsetting the balance in the gastro-intestinal track, giving rise to problems such as rectal itching, diarrhea, constipation, bloating, skin problems, and many other issues. The goal of the Candida Cleanse is to decrease the amount of yeast to a normal and manageable level. This product is formulated with all-natural herbal and mineral ingredients used to support overgrowth of Candida yeast.

Buy You HCG Body for Life Protocol [Supplement here](#) at this trusted site

- [Smooth Move Tea: Nightly as needed](#)



- [Laci Le Beau Dieters Tea: Nightly as needed](#)



- [Ex-lax Pills: Take Two Tablets Every 4 to 5 days to elevate built up waste.](#)



- [Iodoral 90 tabs - 2 bottles](#)



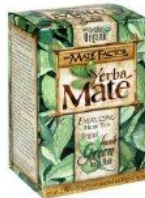
- [Adrenal Health Liquid Phyto-Caps 60 Capsules](#)



[All Natural Wuyi Oolong \(Wu Long, Wulong\) Loose Leaf Tea - Shui Hsien
Narcissus Oolong Tea - 5.3 Oz Tin](#)



- [Right click on this link text and choose 'Save target as' to save the product link.](#)



[Applied Nutrition Green Tea Fat Burner, Maximum Strength with 400 mg EGCG, Fast-Acting, 90 Liquid Soft-Gels \(Pack of 2\)](#)



[OROVO MULTIVITAMIN - 100% NATURAL MULTI-VITAMINS AND MINERALS WITH 10 SUPER FOOD!](#)



[Source Naturals MethylCobalamin Vitamin B-12, Tablets, Cherry Flavored Sublingual, 120 tablets \(Pack of 2\)](#)



[Perfect Equation Multi-vitamin, Mineral, Phyto-nutrient Formula with CoQ-10: 120 Capsules](#)



[Complete Body Cleanse: Colon, Liver and Kidney Cleanse - "Cleanse Your Body Today"](#)



[Lipo 10 - 90 Capsules Hardcore Thermogenic Fat Burner Weight Loss Diet Pills - 3 Pack](#)



The History of HCG

In 1967, Dr. Albert T. Simeons, a British-born physician, became the foundation of a weight loss program that used a medication called HCG (Human Chorionic Gonadotropin), a hormone produced when a woman becomes pregnant. Dr. Simeons discovered that if HCG can utilize the body's own fat reserves for nutrition to the baby in periods of deprivation, than a small amount administered daily in non-pregnant women and men may assist in weight loss.

It is believed that HCG may assist in the removal of stored fat by liquefying the fat cell contents, utilizing it as energy and then eliminating it through the body's own process. Under the direction of a licensed physician, the patient would receive an injection of the HCG medication daily and administered into the fatty tissue (belly area preferred) for a period of 30-40 days. Women on average may lose 25-40 pounds and men may lose 35-47 lbs in a 4-6 week period.

Dr. Simeons created a research manual, "Pounds and Inches" that focused on the use of HCG as a weight loss solution and found that HCG alone will not cause weight loss. However, if used in combination with a specific low calorie diet, combined with some exercise, significant weight loss may possibly occur.

During his research, Dr. Simeons noticed several important factors including the lack of symptoms expected from a patient on a very low calorie diet. For example, his patients had no headaches, hunger pains, weakness, or irritability as long as the low calorie diet was combined with HCG. By the 1970's HCG was the most widespread obesity medication administered in the United States.

In 1976, the FTC ordered that Dr. Simeons and his associated group stop claiming that their HCG based programs were safe, effective, and/or approved by the FDA for weight-control. Although the order did not stop the clinics from using HCG, it required that patients who contract for the treatment be informed in writing that:

“HCG has not been demonstrated to be an effective adjunctive therapy in the treatment of obesity. There is no substantial evidence that it increases weight loss beyond that resulting from caloric restriction, that it causes a more attractive or

“normal” distribution of fat or that it decreases the hunger and discomfort associated with calorie-restricted diets.”

Since then, there have been thousands of success stories using HCG for weight loss including a book that sold over 4 million copies that reached the New York Times Best Sellers List. HCG has never been approved by the FDA as a weight loss medication and using HCG alone may not guarantee weight loss. HCG is only a small part of a specialized weight management and lifestyle program. In order for success, the entire program must be followed.

Testimonials

I lost almost 31 pounds, of which most of it was fat! I had no loss of muscle by percent of body fat went down by 9% and actually increased my hydration significantly. Amazing! Also, my energy levels are through the roof. I'm back to playing competitive racquetball, I've been off of all medications for over three months - I no longer suffer from acid reflux/chronic heartburn, depression, high blood pressure or high cholesterol

.
Thank you so very much,
Regards, Marcus

"I was on the hcg shots for 26 days. It's amazing how fast the fat and weight came off. I lost a total of 23 lbs. I lost 6 inches in my waist, 4 inches in my stomach, and 2 inches in my thighs. Before I was wearing 8's and 10's; I am now wearing size 4. I feel much healthier and energetic and would definitely recommend the hcg body for life system." Michelle

"I started on July 22, 2009 weighing at 241 pounds now today I weigh 159 pounds. That is 82 pounds! I'm 36 and have not weighed 159 since I was a junior in high school. I did 3 rounds of HCG and finished in April 2010. To date I fluctuate between 158 and 162 pounds. I have tried most of the weight loss programs out there and none compares to this. I tell everybody about it and 13 of my friends have started it now. I am paying it forward like you asked of me. My life has never been so great!"
Darwin

"I made it all the way through Phase II including the 3-day weaning period of coming off the injections. I'm proud to say I did not cheat even a teeny bit the entire time, (and I have tried many diets, believe me). My scale consistently showed an average loss of one-half pound per day all the way to the last day of injections. On the last day of my injections, I weighed 139.8 pounds. Before the first injection I weighed 166.8. So my total Stage II weight loss was 27 pounds!!!! I can't thank you enough for everything. My weight has stabilized at 138 and I'm a happy girl! Not bad for a 51 year old."
Anita

"Just wanted to let you know I have been on HCG for two weeks tomorrow and have lost 17 lbs. My goal is 55. I'm happy with my results so far. Just want to know, after I complete this round and take 6 weeks off, how can I get more HCG? I see the prescription has no refills. I'm guessing I will have lost 36 by the end of this prescription according to the pattern I am losing."
Karen

I just finished my 26-day protocol and wanted to give you my feedback on this process as compared to when I had taken the HCG drops several times. First of all, there is no competition. I lost a total of 254 lbs during these 26 days and it could have been easier.
Cheers,
Melissa

I lost 21 lbs the first 3 weeks and only 3 the last week. Of course I just started going back to the gym last week for the first time in 5 1/2 months too and know that my body was retaining water due to the workouts. I am very pleased because I did not have to inject anything with shots. It was very easy especially since I'm on the road a lot. With the shots in a 42 day protocol, I would lose around 30-32lbs. Again, I am very pleased with the drops. Thank you very much for your amazing customer support. You are first class all the way and I recommend you and your product above anything else.
Thanks,
David

"Quality Advanced HCG Weight Loss made my HCG experience so easy and affordable. I didn't think I was going to be able to afford this diet until I came across your website. It was so great that I could buy everything from you in one place. My husband is so excited to see me in my pre-baby shape."
Thanks a million,
Angelica

"I was overweight my entire life with very little self-esteem and never thought I could regain my health and normal weight. I took a chance with the your Advanced HCG weight loss diet and now I can't tell you how different my life is one-year after losing over 85 pounds. My health is so

much better and my cholesterol and blood pressure are now both normal. I recommend this diet to everyone I know. It was a life-saver for me.

Thank you so much,
Debra, NM

“I completed my six weeks round of HCG and completed the three week maintenance with tremendous results. I am now in Phase 4 which is maintaining your weight for the rest of your life. I was on a 7 day cruise last week and am probably the only person that came back having LOST a pound vs. gaining any weight. This program really does work.” Dru

“Thanks for the information and for asking how my treatment went. To answer your questions, yes, I am very happy with the results. I would have been finished with just one round, but I came down with the flu and I could not keep up with the specific diet, so I want to give it another go-round to lose the 15 pounds that I have left. I am telling everyone how I actually lost at least one pound a day! It's been amazing! I fit into clothes that I haven't fit since my freshman year in college! Thanks again!” Roxanne

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Weight Loss, Your Health Success & Safety

People who are overweight or obese increase their risk for developing heart disease, diabetes, some forms of cancer, gall bladder disease, osteoarthritis and sleep apnea. Losing even small amounts of weight (five to ten percent of body weight), may reduce these risks.

The side effects and complications that some people may experience while losing weight by following a healthy eating plan and exercise program are usually minor compared to the risks involved with being overweight or obese.

Children, adolescents, pregnant or breast feeding women, and people with significant health problems such as heart disease, breast cancer, prostate cancer or any type of cancer, kidney disease, liver disease, or uncontrolled diabetes should not begin this program without written authorization by their primary care provider.

Participant under treatment for other conditions or taking medications prescribed by their health care provider should inform their providers before beginning this diet because, in some cases, adjustments to medications or modifications to the weight loss program may be appropriate.

Congratulations on taking your first step towards ending rollercoaster dieting for good and we look forward to helping you achieve a healthier and thinner and stronger YOU!

All the Best,

Colin and Jayne Watson
How to Feel Good Naked In 26 Days

Questions & Answers

WHY 700 CALORIES?

Answer: We all know how difficult it can be to count calories so we made it easy by doing it for you. If you follow the sample guide and number of food choice servings, you should not go below 550 calories or above 700.

Your daily portions may vary slightly unless you use a food scale; however the calorie count will most definitely differ based on the company product and/or where you purchased it. Your body must be in deprivation or starvation mode (under 700 calories) in order for the HCG mechanism to be fully effective. If you eat below 550 calories, your body may store the fat and you will not lose weight, rather you may gain!

CAN I CHEW GUM?

Answer: Yes, you may chew sugar free or an organic chewing gum. You may find this at most organic and whole food stores.

CAN I DRINK ALCOHOL WHILE ON PHASE 2?

Answer: No. You should not drink any alcohol as it contains many calories and carbohydrates. You may have 3-4 oz of dry red organic wine in Phase 1.

CAN I ADD SALT TO MY FOOD IN PHASE 2?

Answer: You may use Sea Salt in Phase 2 however, please use it very sparingly. You may use lemon juice, apple cider raw unfiltered vinegar, ground pepper, parsley, oregano and thyme for flavor on your proteins, vegetables and salad. See the approved condiments section in this book.

DO I NEED TO GORGE FOR THE FIRST 2 DAYS IN PHASE 2?

Answer: Yes. You should eat at least 5-6 times per day on the first 2 days of Phase 2. This helps to build up your fat reserves before starting a very low

calorie diet of 800 calories daily which is required in Phase 2. It is not recommended to eat too much to where you feel sick and bloated. You may incorporate cooking oils, sugar and starches, (whole grain or whole wheat are preferred), all of which may be included in your 2 day gorging. It takes about 3 injections of HCG before the fat begins to melt off.

DO I NEED TO EAT ALL ORGANIC FOODS?

Answer: It is recommended to eat all organic products especially your proteins. Non-organic poultry, vegetables, fruit, and beef may contain preservatives, antibiotics, herbicides, pesticides and flavor enhancers. If you do not have access to all organic foods, wash all produce thoroughly and do not drink tap water.

WHAT CAN I DO IF MY WEIGHT PLATEAUS?

Answer: It is very common for both men and women to have a 2-4 day weight plateau on any weight loss program. On the 4th day, you may eat only 6 green apples for the entire day and decrease your fluid intake by half. This is because your body may be retaining water.

Another plateau breaker is fasting for the entire day by only drinking fluids and then eating a large steak 8-10 oz. for dinner. Both of these plateau breakers have had great results and the average weight loss is around 2 pounds overnight. You may also be constipated from being on a high protein diet. It is possible to hold up to 7 pounds of stool in your colon. We recommend taking **Miralax[®]** or **Exlax[®]** OTC to aid in digestion.

WHY DOES THE HCG NOT COME IN PRE FILLED SYRINGES?

Answer: The pharmaceutical HCG manufacturer is based outside of the United States. The medication contains 3 to 6 vials which must be reconstituted (mixed). One vial is the HCG in a powder form and the other is a sterile protein bacteriostatic water, which when mixed is stable and stored in your refrigerator. It is also important not to leave the HCG vial at room temperature for more than 6 hours, which can decrease the stability.

WOULD I LOSE THE SAME WEIGHT EATING A VERY LOW CALORIE DIET

WITHOUT THE HCG?

Answer: You can lose weight by simply eating fewer calories and fat. However, because the body stores fat during times of deprivation, you might lose muscle before fat in addition to a slower metabolism. Many people find that they will lose the weight but then gain it all back plus more! HCG alone will not help you lose the weight, rather a combination of the HCG medication, low impact daily exercise, proper nutrition, and a low calorie diet will help you to achieve your weight loss goals. Finally you can say goodbye to rollercoaster dieting once and for all.

WHAT HAPPENS IF I FORGET TO GIVE MYSELF THE INJECTION?

Answer: The HCG remains in your body for about 3 days. It is best to give yourself the injection as soon as you wake up. However, if you forget and don't remember until several hours later, you may simply give yourself the injection at that time. If you skip an entire day, do not double your dose the next day.

IS THE HCG MADE FROM THE URINE OF PREGNANT WOMEN?

Answer: Yes, Human Chorionic Gonadotropin is a glycoprotein hormone that is extracted from the urine of pregnant women and is tested for potency and standardized by a biological assay procedure. It is the very same product given to women in high doses to induce fertilization.

WILL HCG INTERFERE WITH ANY MEDICATIONS I AM CURRENTLY TAKING?

Answer: No, HCG is not contraindicated with any medications. Please continue ALL medications prescribed to you by your medical doctor.

WHEN IS THE BEST TIME FOR A MENSTRUATING WOMAN TO START PHASE 2?

Answer: It is recommended to start the HCG medication at least 10 days

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before you are going to start taking the HCG injections or sublingual therapy. You must stop the HCG medication as soon as your period begins. When you notice only a small amount of spotting (about 3 or 4 days later depending on your cycle), you may resume the medication. The increase in your hormone levels may cause you to bleed heavier than normal or you may skip your period entirely.

WILL I SPOT EVEN THOUGH I AM POST MENOPAUSAL?

Answer: Some post menopausal women have reported a small amount of spotting while taking HCG. This is the body's reaction to an increase of hormone production and is not considered a health concern

WHY IS IT NECESSARY TO DO A TOTAL BODY COLON CLEANSE IN PHASE 1?

Answer: Cleansing and detoxifying the colon is important to maintain general digestive health. Toxins can build up in your colon over a period of months and years.

We are also exposed to a vast number of toxins in our food, the air, the water we drink, at the workplace and even in our homes. It is important to cleanse the colon in order to maintain digestive health.

WHY SHOULD I DO A CANDIDA COLON CLEANSE (YEAST) IN PHASE 1?

Answer: Candida albicans is yeast that is commonly found in small amounts within the intestine and vaginal area; uncommon areas include the mouth and bloodstream. An overgrowth of yeast in the colon is believed to potentially slow down digestion and inhibit weight loss.

WHY AM I INJECTING THE HCG INTO THE FATTY TISSUE INSTEAD OF THE MUSCLE?

Answer: The HCG is absorbed through the adipose (fatty) tissue just as effectively as the muscle. The HCG kit is designed for a 40 day self injection and is equipped with easy to read instructions. It is much easier to inject yourself in the abdomen so you can see what you are doing. Subcutaneous injection has the same absorption as intramuscular and is just as effective.

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IS IT TRUE THAT I CAN'T WEAR MAKEUP OR USE LOTION ON MY SKIN WHILE ON PHASE 2?

Answer: Dr. Simeons suggested that wearing makeup and oily skin products could possibly prevent weight loss. However, there is no scientific data that we could find to support that theory. Ten of thousands of HCG patients have used products that do contain oil and did not experience any weight loss issues. You may use Corn Huskers Oil Free Lotion if you desire. (available at most major drug stores)

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* **HCG Medication Reference** Please click: <http://medical.merriam-webster.com/medical/human%20chorionic%20gonadotropin>

Additional research and support information can be found at our site

www.hcgbodyforlife.com

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Dear Friend,

Thank you and congratulations for completing Phase 2 of the *HCG Body for Life* Weight Loss protocol, and Jayne and I hope you have achieved your desired goals! We encourage you to read our book *How to Feel Good Naked in 26 Days-Book, Cook Book*, and complete the HIIT work out routines as prescribed *in our program*:

- Phase 3-Maintenance
- Phase 4-The Rest of your Life
- 7 Secrets to losing 2 pounds a day
- HIIT Exercise and Workout Routines
- Healthy Phase 2-3 & 4 Recipes
- Calorie Food Charts
- Sample Menu's

We realize that you may have questions months or even years after you have completed the program. Please call me or Jayne if any future questions arise or email us at hcgdietcoach@gmail.com .

All the Best,

Colin and Jayne
How to Feel Good Naked in 26 Days