



'A Place of Clarity'

H.C.G Protocol: Frequently asked questions

Will I feel unwell on the Protocol?

You will not feel weak and unwell like other low calorie diet you may have attempted which deplete nutrients available to the body. H.C.G allows old warehoused fat supplies to break down and circulate stored nutrition to the body. This is why you are not hungry. This is an on going process depending on how many stores you have. 'Crash' diets without H.C.G deplete recent 'good' fat stores which on average will only last 3-4 days before you feel malnourished. These stores will quickly replace themselves as soon as you eat normally i.e. weight is much more likely to be regained.

The only time you may feel unwell will be connected to detoxification of the body as toxins are released from rapidly dissolving fat. If you know that you are already unwell from prolonged drug, cigarettes and alcohol abuse or digestive malfunction you may wish to consider giving your body a rest from these along with hard to digest foods for a week or two before commencing the Protocol.

Some signs and symptoms you may experience are:

- Headaches. Migraines if you completely stop a heavy caffeine habit. You may wish to reduce slowly. Do not consume caffeine until 1 hr after drops.
- Allergies. Head cold. Toxins will release through your nose, sinuses and possible welting of the skin with associated itching.
- Muscle aches and pains
- Irritability
- Liver or kidney pain. Aching or brief stabbing pain as these organs work hard to release poisons from the body. Increase fluids to help flush them out. If your urine is not pale yellow, you need more fluids.

Listen to your body. Rest if you need to. You may find you are fine during the day but tired by nightfall during the first week. Once the initial 'detox' is over, you will experience an increase in energy.

When do I take the H.C.G?

Try to weigh and take your drops about the same time each morning. Hold the drops under your tongue for 3 minutes to allow maximum absorption. Try to eat lunch and dinner about the same time each day and take the drops 15 minutes before you eat for best results.

Do I really need to eat high fat foods on the first two days of the Protocol?

If you regularly eat high fat foods like butter, cream, oils, chocolate, cake, bread etc then continue as normal with an emphasis on some healthy fats like avocado, dip wholegrain bread into olive oil, take high doses of krill oil and Vitamin E. This saturates your good fat cell which helps to eliminate hunger in



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your first week. Those that are run down due to having been on a low fat diet over an extended time may need to do this for up to a week.

What is happening if I experience muscle twitches or aching?

Take a mineral supplement that includes iron, magnesium and potassium. The potassium will also assist any 'head fog' during the 'detox'.

Should I take vitamin and mineral supplements?

Take a mineral supplement, Vitamin C and B complex with Vitamin B12 taken in drops sublingually (under tongue). B12 cannot be absorbed through the stomach. Do not use a multivitamin as it will contain vitamin E oil. Take no fish oil.

Will I be hungry?

The majority of people have no hunger. Some even have to make themselves consume the minimum 300 calories required daily and need to be reminded **not to skip meals**. If you feel hungry drink fluids, snack on your Melba toast or a piece of fruit. If hunger persists take 2 extra drops of H.C.G.

Should I exercise?

A vigorous work out is not recommended. Exhausted muscles accumulate fluid and interfere with the fat dissolving process. A ½ hour brisk walk, gentle weights, bike riding, rowing machine or rebounding can only help your success. Dr Simeon specifically stated " Do not over exert yourself whilst on the Protocol"

Can I do the Protocol when menstruating?

It is best to start the H.C.G Protocol at the completion of your period. It is safe for women to continue the Protocol whilst menstruating.

Why has my old rash returned?

Most skin disorders have their root in the colon. As this cleanses the body can detoxify. This is a good thing. What the liver, bowel, kidneys and perspiration cannot eliminate will erupt through the skin. The cause of the rash can also be locked in the fat cells. These hormones and toxins release as these cells break down. This can see a return of Acne for a short time. If you know that your body is highly toxic, consider a dietary cleanse before commencing the Protocol weight loss programme.

If my energy increases will I experience insomnia?

Yes it is possible. When not consuming refined carbohydrates, sugar, alcohol and large meals your energy levels will soar and less sleep is required. Also, your liver will be working overtime processing toxins and this can keep you awake. Rather than lying in bed wide awake catch up on all those things you have wanted to do or books you have wanted to read and don't worry if you only get 5-6 hrs sleep. The body will adjust to a higher energy frequency and sleep when tired.



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You can try, natural sleep herb teas like chamomile, winding down with less on your mind from about 6pm and no coffee after 1pm. Do not eat after 8pm. Sleeping tablets are not advisable. Some may find their sleep improves.

Will my bowel motions be the same?

You are eating a great deal less and not bulking your intake with bread and other carbohydrates. Do not be concerned if your bowels only move every 3-4 days. You may find there is an initial pause and then normal function returns. The body is also releasing toxic material from the stored fat cells so this can sometimes cause loose bowel motions.

How do I keep the weight off?

You are less likely to gain weight after using H.C.G as your 'good' fat is left untouched, so there is no rapid replacement of these stores. You are also less likely to gain once the 'fat switch' has been reset in the hypothalamus gland. To do this you must complete a minimum of 23 days on H.C.G drops and you must allow the weight loss to stabilise with a further 3 weeks of no carbohydrate, starches or sugar.

Remember to continue 500 calories per day for 3 days *after you stop the drops*. If you eat more whilst H.C.G is in your system it will be stored as new fat with subsequent weight gain.

Continue to weigh to see if any of the foods you are eating are creating an increase.

Pause for the recommended time frames between repeats of the Protocol so that you do not become immune to H.C.G.

What should I do if I need to go off the Protocol before completion?

You have a special function/dinner you wish to partake in. Stop the H.C.G drops 3 days before you intend to eat normally. Avoid carbohydrates, sugar and alcohol if possible at the function. The next morning you may have gained 500gms-1kg. Start the drops again immediately and return to 500 calories per day. One day should see the gain reverse with a maximum of three days. This will not effect your success if it does not happen often.

If interruption to continuing drops is more than 4 days you must increase calories with meat, eggs, cheese and milk or you will feel unwell and weak.

You win a 2 week cruise which leaves in 3 weeks! Stop the H.C.G drops immediately and continue 500 calories for 3 days. Eat what you want with no carbohydrate, starch or sugar until you leave. Enjoy all the delights of your holiday with a focus on whole grains and moderate sugar intake. On your return be prepared to start from the beginning including your two 'load' days.

If interruption is less than two weeks you can resume H.C.G and 500 calories immediately.



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'A Place of Clarity'

What if my weight loss stops?

The most common reason for a 'stall' or a weight gain is fluid retention.

Intake of food over 500 calories will increase the blood volume to accommodate the extra nutrients that your body does not need. Because your blood is already saturated with nutrients being released from old stored fat it is VERY IMPORTANT NOT TO INCREASE CALORIES UNTIL THE H.C.G IS OUT OF YOUR SYSTEM. If you do, it will result in rapid weight gain. Within saying this, don't panic if this occurs as a one off. As long as it is not a frequent occurrence, one day back on 500 calories per day will usually see a reverse in all that was gained as fluid releases through the urine.

Too much salt; the body has to hold on to an extra litre of water to dilute 1 tsp of salt. This equates to about 500gm (1 lb) in body weight. Use Braggs natural seasoning and lemon juice where possible.

Dehydration; Your body will hold on to fluid to dilute toxins if you are not drinking enough water. Sometimes the body cannot utilise water correctly. Add a dash ($\frac{1}{2}$ tsp) of apple or lemon juice to purified water which assists the water into the intra-cellular space where it is needed.

Food Additives; Check that there is no corn starch or glucose in store bought stocks. Be careful of powdered spices that say no starch or calories in $\frac{1}{4}$ tsp. There may be quite a bit in two tsps.

Constipation; this diet is a big change for the body with a lot less food. Increase fluids and drink 'Red Seal Alpine Tea' to assist regularity. It is available at some pharmacies and health stores.

Makeup and Moisturisers; Your skin is your largest organ. Oily moisturisers can prevent weight loss. Lip stick, eyebrow pencil and mineral foundations are o.k. facial and body moisturisers free of oil are essential. Also shower and hand wash. See the Q.V product range at pharmacies. Your normal shampoo and conditioner should be o.k. and even a little hair wax/gel. Avoid perfumes.

Ovulation/Pregnancy; Weight loss can sometimes stall when a woman is ovulating or when she becomes pregnant. A pregnancy test should not be relied upon until 5 days after drops have been stopped to avoid a false positive.

If weight 'stalls' for 2- 3 days and you feel you are keeping religiously to the Protocol, revert to 100gms of only one vegetable with your protein portion as per Dr Simeon's original Protocol.

If weight 'stalls' for 4 days do Dr Simeon's APPLE ONLY DAY. Take H.C.G drops as normal in the morning and drink one litre of lemon water. Take drops



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at lunch and dinner times but only eat 6 medium apples throughout the day and no other food.

Can I introduce other low calorie foods?

Not until the end of the Protocol. Dr Simeon was quite specific in the foods that could be consumed due to their chemical compositions. Introduce anything you want in the next 3 weeks except carbohydrate, sugar and starch.

Is it really that important to do no carbohydrate, sugar and starch in the 3 weeks following the Protocol?

Yes, to avoid wild fluctuations in your weight this is essential until your weight loss has stabilised.

How will I feel when I stop the H.C.G drops?

If you do not introduce more calories you will quickly feel weak, tired and irritable. High protein is needed. Increase meat portions, eggs, and milk. Introduce cheese and nuts and continue a good salad and vegetable intake.

Remember, your blood has been flooded with nutrients and now you are relying on your digestion to achieve the same thing. Eat good healthy food, do not skip meals and take a digestive enzyme, probiotic and vitamin/mineral supplement as required.

Weigh daily to **maintain** your weight. You are not looking for further weight loss until you commence the next round of the Protocol. Any weight loss at this time is depleting your 'good' fat supplies. **At no time are you to continue the 500 calorie diet when not taking H.C.G.**

Do I require a mentor or support group?

Some people will need support to stay on the Protocol. The benefits to health and self esteem are so huge when completing this Protocol that here at **Waimarama International Healing and Education Centre**, we offer daily email support, phone support, group meetings or an onsite H.C.G Healing Programme which includes accommodation and all meals. (See H.C.G Weight loss front page)

This Protocol is not just about weight loss. It has the potential to transform every aspect of your life. As the weight reduces and the body clears there may be associated emotional shifts. There will be spiritual shifts as the whole body vibrates at a higher frequency when you consume foods that do not 'clogg' the system or create allergy reactions, especially to grains, dairy products and alcohol. You will get a mental clarity and a need for less sleep and a physical vitality that you thought was long gone. These changes are seductive and you won't want to give them up! You may want to make some permanent changes to your lifestyle and your eating habits. A mentor or Healing Guide can be of assistance with this.