



## HCG Weight Loss - Homeopathic Guidelines

'A Place of Clarity'.

Homeopathic HCG is used in conjunction with a low calorie eating protocol (LCEP) in line with the recommendations made by British medical doctor, Dr ATW Simeons, who conducted weight loss studies in Rome more than 50 years ago, where HCG was used as a treatment for permanent weight loss.

His findings can be found in his book entitled: 'Pounds and Inches: A New Approach to Obesity'

**Use a PLASTIC spoon if measuring your drops onto a spoon to make counting the dose more accurate.**

1. Take nothing by mouth 15 minutes prior to or following dosage. This includes food, drink, cigarettes, chewing gum, toothpaste, mouthwash, etc.
2. Limit caffeine or nicotine in any form, such as coffee, chocolate, cigarettes. If necessary, use these 1 hour after taking a homeopathic.
3. Limit mint in any form, such as candies, toothpaste, and mouthwash.
4. No camphor, as in muscle and joint rubs. Avoid mothball fumes and any strong aromatic substances, such as perfumes or colognes.
5. Limit breathing of other strong smells, such as paint thinner, eucalyptus, cigarette smoke (especially menthol).
6. Limit raw garlic to (1) hour after taking a homeopathic.
7. Please activate (success) the bottles by holding it in one hand and gently slapping the bottom of the bottle onto the other hand 10 times **each** time you use them.
8. Place drops under tongue and hold for *AT LEAST* three minutes before swallowing – preferably up to 10 minutes. This is so that the homeopathic drops are absorbed into your system fully and not destroyed by your stomach acid.
9. Keep homeopathic drops out of direct sunlight, x-ray, microwaves, and TV rays. If you take it with you in your handbag/bag, keep it out of direct contact with your mobile phone or any other electronic devices.
10. Homeopathic drops should have indefinite shelf life if stored properly. The HCG does not require refrigeration because of the homeopathic way it is manufactured. Refrigeration does help to keep any "opened" HCG fresh during long periods of time.
11. Homeopathic drops may generally be taken with other homeopathic remedies. If you are unsure, check with a registered homeopath.