



'A Place of Clarity'

HCG Protocol - 3 weeks Stabilisation

A whole new conscious relationship with food to achieve permanent weight loss.

Stabilisation, done correctly, re-sets the autonomic nervous centre in the brain, including the hypothalamus which the Protocol has initiated, so that it functions normally long term.

HCG is a complex protein based hormone with receptor sites in the hypothalamus in the brain. HCG has altered the functioning of the hypothalamus to bring about rapid weight loss, altered hunger perception and rebalanced hormones. It has made good connections with these receptors. The goal of Stabilisation is to make sure the re-set lasts.

Your aim is **not** to lose further weight in these 3 weeks, but to re-set your metabolic functioning permanently.

Upon completion of the Protocol your system is clean and aware. You will have a greater sense of self worth and be more able to honour your body with good nutrition. You are more likely to experience a normal appetite. For many, this will be a new experience, having had the appetite control centre out of balance for many years.

Follow the Stabilisation plan of no sugar or carbohydrates for 3 weeks and end cravings and ravenous hunger forever.

- Do not eat cereals, grains, flours, sugars, syrups, dried fruit, and starchy vegetables like potato and taro. That includes fruit juice by the glass full, soft drinks, honey, glucose, man made sweetener like maltodextrin and sucrose, artificial sweetener, bread, pastry, biscuits crackers and rice. You may continue your 2 bread sticks, or slices of double baked bread that you enjoyed throughout the Protocol.
- Continue to eat the same foods that you ate on the Protocol with a focus on more protein. (meat, fish, chicken, eggs) This is important as protein has been down to a minimum on the Protocol. **Do not continue with the low calorie regime.** You will retain water and your weight will go up (hunger oedema)
- Introduce one new food at a time and wait two days to see if there are any adverse reactions eg: tiredness, depression, irritability, lacking in concentration, mucous congestion, muscle or joint aches.
 - **A major reason for weight gain is food allergies.** Milk products and grains are so overused in processed foods that most of us have some sensitivity to them.
 - **You will crave what you are allergic to.** Be particularly aware of any reactions to Wheat, gluten, all grains including rice, milk products including yogurt and cheese, chocolate and alcohol.
- Be wary of combining too many foods at the same time eg: fruit, nuts and cheese and eliminate food and food combinations that undermine your energy.
- Stabilisation is not about strict rules but tuning in to follow the messages from your body. eg: if you are not hungry for breakfast eat brunch instead. Continue however to cease all food 2-3 hours before bed.

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- Continue to weigh **every day**. It is normal for your weight to fluctuate up to a kilo especially in the first week. Your weight will tend to settle about 500grms (1 lb) above your final weight on the Protocol. If your weight increases by a further 700 grams, total 1.2kg (2-3 lbs) **Do a Steak Day**. Fresh salmon, tuna or a large omelette with 4-6 eggs can be substituted.
 - Fluids only all day and lots of them. 2-3 litres.
 - By mid afternoon or early evening eat the largest steak you can manage.
 - Eat with either one raw tomato or an apple. This is all you consume for the day. It is not fully understood why this works, it just does. It re-boots your metabolism. **The longer your weight stays only 500grms – 1.2kg above your final weight the quicker you will stabilise your new weight. New fixed deposits of fat send messages to the brain to return to the way it was functioning before. Avoid this.**
- It is advisable to take a whole food vitamin, mineral and Krill oil (omega 3 fatty acids). This is all you should require. Do not overuse supplements and do not buy supermarket brand vitamins as they will build up a toxic residue in the body. You are much better off with your new clean, green eating regime.
- Introduce more fibre into the diet. Flaxseed is good.
- Use whatever creams, lotions and oils you like. Oil massages are now possible.
- Ease back into exercise and only what you enjoy.
- One glass of wine with food in these 3 weeks is o.k.
- Feel gratitude for the changes physically, emotionally and spiritually that completing the Protocol has given you.
- Become conscious of a new eating behaviour that supports your body and enables you to stay well, resist infections and early aging, and supports your sense of self worth permanently. **Let it become a way of life.**