

To keep the weight off and stay slim forever

For use in preparation for the HCG Weight loss Protocol and after completion of the drops and 3 week stabilisation period.

The following list will assist you to achieve permanent weight loss, raise your metabolic rate, cleanse the body for optimum health and prevent future stress to your hypothalamus gland. You may not be able to easily do everything listed but introduce as many of these changes as possible.

Do as many of these suggestions for 30 days before you begin the HCG Weight Loss Protocol and expect to lose as much as 12 kg (26lbs) before you even start. You will feel more energetic, sleep better, and experience a massive reduction in appetite and food cravings. There will be less symptoms of detoxification once the HCG begins to dissolve old stored fat supplies if these things are introduced before the Protocol. This is advisable if you are very overweight or have a history of being unwell.

After completing the HCG drops and the 3 weeks stabilisation phase your hypothalamus gland is reset and you will find that you are attracted to healthier food choices with considerably less craving for sugar and refined carbohydrate. Your metabolic rate will have increased to normal and you will find that you can eat regularly without gaining weight. This list prevents stress to your hypothalamus gland which will enable you to keep the weight off and stay slim forever.

1. **Start your day** with a Tbls of organic apple cider vinegar, and a little lemon juice mixed with a small amount of warm water. Add Stevia to sweeten. You can repeat this 3 times per day.
2. **Drink two litres** of spring or purified water daily. Include Green and Kawa Kawa tea (cleansing) and Chamomile tea (relaxing). Avoid too many carbonated or ice cold drinks which slow your metabolism.
3. **Walk outside daily.** A slow steady pace is better than over exerting yourself. Aqua- jogging in salt or fresh water is great but regular exposure to chlorinated water is not advised. Rebounding on a small trampoline to stimulate the lymphatic system and Yoga are both excellent.



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4. **Eliminate Candida yeast overgrowth.** This is vitally important to stop your cravings for sugar and refined carbohydrates and to aid digestion.
www.123candida.com or www.lifeforceplan.com or be advised by a Naturopathic health care professional.

5. **Use a Colon cleanse product** or get colonics from a licensed colon therapist. Do a liver cleanse and a parasite cleanse. (best done after the Protocol)

6. **Breath fully and deeply to avoid oxygen deficiency.** Increased oxygen increases metabolism, lowers appetite and alleviates depression.
www.bestbreathingexercises.com

7. **Meditation.** Be still and relax fully into your body. A guided meditation is useful. Lowering stress levels promotes long term weight loss.

8. **Sunlight.** 20 minutes per day on as much bare skin as possible without sun screen. This can eliminate depression, suppress appetite and is the best source of Vitamin D which is known to prevent cancer.

9. **Infra red saunas and massage** are highly beneficial for the release of accumulated toxins, increasing the metabolic rate and reducing appetite.

10. **Get enough sleep.** It is best to be asleep by 11pm as healing hormones are released between 11pm and 2a.m. Rapid eye movement or dream state is also most common at this time which relieves mental and emotional stress.

11. **Avoid for the rest of your life** all mass produced big brand name foods and food chain restaurants. They are loaded with pesticides, chemical additives, artificial sweeteners, genetic modifications, growth hormones, nitrates and antibiotics. These will 'mess with' your hypothalamus quicker than anything else and contributed to your weight problems in the first place. They are super refined with little fibre and are designed to over tax the hypothalamus, increase your hunger, chemically addict you and make you both fat and depressed which ultimately increases the food industry's profits. Do not participate in this conspiracy and eat organic, spray free food whenever possible.

12. **Use all or some of these additives daily**

- Whole food vitamin and mineral supplement
- Sublingual B12 drops.
- Krill oil and Vitamin E oil
- Digestive enzymes with main meals. Well digested food a healthy liver and the liver metabolises your dietary fat.
- Calcium supplement (coral calcium sachets mixed in water is best)

www.ericssoncoral.com

- Probiotics for healthy intestinal bacteria especially after antibiotics

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- Chelation Complex to clear heavy metals from the body
- Eleotin or a Metagenics product called 'Resist-X' to assist insulin and pancreatic support (only available through a licensed Naturopath) the majority of overweight people are either diabetic or pre-diabetic. As there are few symptoms get your blood sugar levels checked with your G.P as diabetes is one of the leading causes of heart disease, stroke, amputations and blindness.
- Acetyl L-Carnitine amino acid. This helps to turn fat into fuel. (included in Waimarama international's HCG drops)

13. Eat every day:

- A large breakfast to assist the reset of your body's weight set point, increasing metabolism. (E.g. beef, eggs, chicken, rye bread, tomato, asparagus, potato, fish, oatmeal, fruit)
- 6 meals or snacks including 2x organic apples and 2x grapefruit
- Hot peppers, salsa and spices to increase metabolism and reduce appetite
- Cinnamon to assist in the regulation of insulin and blood sugar
- Salad with lunch and dinner to stimulate digestion, add fibre and release stored fat
- Dinner 3 ½ hours before bed. (A little protein just before bed mobilises fat cells, decreases water retention and helps you burn fat whilst you sleep)
 - 2x tsp raw organic coconut oil (stable when heated so ideal for cooking)
- Extra fibre to improve digestion, cleanse body and reduce appetite. (flax seed, oat bran, high vegetables)

14. Remove permanently from your diet:

- Trans fats. No hydrogenated oil of any sort including the canola oil your fish and chips are cooked in and added to softened butter. No vegetable oils or soya bean oil Read your labels. These oils cause cancer, heart disease, arthritis and diabetes. (eat quality extra virgin olive oil, safflower, sunflower seed, grape seed, rice bran or coconut oil)
- Fructose corn syrup, sucrose, dextrose or malto dextrose and all artificial sweeteners. These man made sugars do not behave like natural sugar in the body and are lethal to weight loss. Check labels. They are added to nearly all off the shelf biscuits, cakes, pies, soft drinks etc. Use Stevia which is 100x sweeter than sugar, all natural and no calories.
- M.S.G (monosodium glutamate) or Nitrates. These create weight gain, allergies and food cravings.
- Farm raised fish (supermarket salmon). They are fed high drugs, chemicals and grains that make them high in omega 6 fatty acids. Wild fish contain omega 3.

15. **No microwaving** as it chemically alters food. It is linked to weight gain, hormonal imbalance, altered blood cell counts and depression.



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16. **No lotions or creams that contain Mineral oil**, Propylene glycol or Sodium Laureth sulphate. The skin is the largest organ of the body and will absorb these toxins. You may wish to consider a filter on your shower water to avoid fluoride and chlorine. Poisonous gas from these will also be absorbed through the lungs.

17. **Avoid** air conditioning and fluorescent lights

18. **Avoid where possible** all non-prescription, over the counter and prescription drugs. Look at all natural, non-drug alternatives.

www.naturalcures.com

19. **Electromagnetic Chaos Eliminator**. Electromagnetic energy from cell phones, wireless devices, H.D TV's, satellites, radio transmissions, all lead to glandular abnormalities including the hypothalamus. This leads to increased appetite and lowers metabolism. www.bioprotechnology.com

These are important things to be aware of that have affected your hypothalamus gland and will do so again. Many of these things did not exist in Doctor Simeon's day which is why only 6% of people were considered overweight in the 1950's, compared to the obesity 'explosion' we face today.

Eat REAL food and plenty of it. If you made your apple pie with unsprayed apples off the tree, whole butter, and organic flour and a little sugar or Stevia you will not gain weight once your hypothalamus is re-set. The packaged pie you buy from the supermarket freezer is full of additives mass produced and highly processed. It will make you fat. Food is not the enemy. It is the ingredients within the food. Establish a new celebratory relationship with natural whole foods.

Your DNA is still linked to the 'hunter, gatherer' in your ancestors. Eat plenty of chemical free meat, fish, shell fish, fruits and vegetables off the land that is not high in processed grains and sugars and like many of your ancestors, you will stay slim for life.

When you read this list you can see that our modern lifestyle creates a real challenge for your hypothalamus gland. The HCG Protocol is a magnificent cleanse for the body and can be repeated every year to assist your health and lose any extra pounds you may have gained.



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