

# hCG Natural Fat Elimination Program

Tired of dieting without results? hCG could be your answer to weight loss!



A Presentation by:



# Advantages of the hCG Program

- Fast and effective way to lose fat; selectively burns fat as an energy source
- Resets metabolism, making it easier to keep the weight off
- Lose 15 to 30 pounds in a month without hunger!
- No prescription required



We will explore...



What is hCG?

What are the goals of the program?

How do I get started?

What can I expect?

# What is hCG?

- hCG is a hormone naturally produced during pregnancy
- If the mother doesn't eat enough, hCG will get calories from the mother's fat to feed the baby
- hCG is theorized to reset metabolism
- Homeopathic hCG is a liquid dropped under the tongue



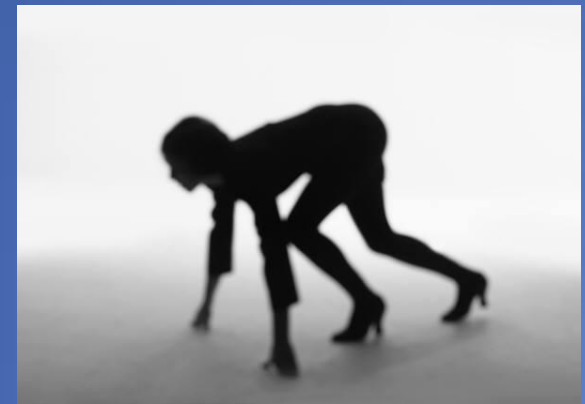
# Goals of the hCG Program

1. Lose weight
2. Reset metabolism
3. Maintain weight loss



# How do I get started?

- Speak with your doctor before starting any diet plan
- Purchase the hCG Natural Fat Elimination Program from Ward Drug Co. in Nashville for only \$298 dollars
- Have your questions answered by our friendly staff and the hCG information packet
- Start losing weight!



# What's the cost of losing 30 pounds?

<u>Program</u>	<u>Cost</u>	<u>Includes food?</u>
Jenny Craig	\$399	no
Nutri-System	\$1,175	non-fresh food
Weight Watchers	\$300	no
The Zone Diet	\$5,160	yes

hCG Program: only \$298! (not incl. food)



# What can I expect?

There are four phases to the hCG Program.

The Program lasts for nine weeks.

You will weigh less and have a metabolism that burns fat more effectively, and the tools to keep the weight off!



# Phase 1: Let's Party (AKA The Load phase)



- The first two days: binge!  
this is to help avoid hunger later

Example foods include:

bacon, donuts, ice cream, Oreos,  
Twinkies, cheese bread, and *don't*  
*forget* the cheesecake. **BASICALLY**  
**EAT WHATEVER YOU WANT!!**

Phase 2: STOP! DON'T PANIC!  
(AKA 500 calories per day phase)  
days 3-40

- Sample menus are included with the plan

Examples:

- Breakfast: black coffee (may use Stevia)  
*(no "breakfast food" in this phase)*
- Lunch: 100 g *weighed* meat, one veggie, one breadstick
- Dinner: same as lunch! *(Don't eat late!)*
- Weighing your food (precooked) is necessary.
- DRINK PLENTY OF WATER EVERY DAY!!!



## Phase 2

- Weigh yourself daily
- THE BEST PART? Keep exercise at a MINIMUM: no more than a daily walk is recommended
- Tea, coffee, plain water, or mineral water are only drinks allowed. No dairy products allowed.

Day 1	Breakfast	Snack	Lunch	Snack	Dinner	Total
	1 cup Strawberries 2 Cups Coffee**	4 Grissini Breadsticks* 8 oz. WuLong Tea or Green Tea**	3.5 oz. Ground Beef Salad Greens Fat-free Dressing/MCT Oil* 1 Cup Coffee/Green Tea**	½ Apple	3.5 oz. Chicken Breast 1 cup cabbage	
Cal.	50	60	183	28	181	502
Day 2	Breakfast	Snack	Lunch	Snack	Dinner	Total
	½ Grapefruit 2 Cups Coffee**	½ Apple 8 oz. WuLong Tea or Green Tea**	3.5 oz. Shrimp (12) 5 Melba Rounds* Salsa 1 Cup Coffee/Green Tea**	½ cup Cucumber 5 Cherry Tomatoes Salad w/ Fat-free Dressing/MCT Oil* 8 oz. Green Tea**	3.5 oz. Top Sirloin Spinach Salad w/ Purple Onion Fat-free Dressing/ MCT Oil*	
Cal.	48	28	166	46	215	500
Day 3	Breakfast	Snack	Lunch	Snack	Dinner	Total
	1 Small Apple 2 Cups Coffee**	5 Melba Rounds* Salsa 8 oz. WuLong Tea or Green Tea**	3.5 oz. Chicken Breast 5 Cherry Tomatoes Salad Greens Fat-free Dressing/MCT Oil* 1 Cup Coffee/Green Tea**	4 Grissini Bread Sticks* 8 oz. WuLong Tea or Green Tea**	3.5 oz. Tilapia 4 Asparagus Spears	
Cal.	59	69	206	60	105	499
Day 4	Breakfast	Snack	Lunch	Snack	Dinner	Total
	Power Greens 2 Cups Coffee**	1 cup Cucumber Salad Fat-free Dressing/MCT 8 oz. Green Tea**	3.5 oz. Crab 5 Melba Rounds* Salsa 1 Cup Coffee/Green Tea**	1 Small Apple Or Power Greens	3.5 oz. Trout Spinach Salad w/ Purple Onion 3 Melba Rounds*	
Cal.	49	36	157	55	222	499
Day 5	Breakfast	Snack	Lunch	Snack	Dinner	Total
	1 cup Strawberries 2 cups coffee**	Power Greens	3.5 oz. Chicken Breast Salad Greens Fat-free Dressing/MCT Oil* 1 Cup Coffee/Green Tea**	4 Melba Rounds* Salsa	3.5 oz. Ground Beef 1 Cup Cabbage	
Cal.	50	45	182	47	180	504
Day 6	Breakfast	Snack	Lunch	Snack	Dinner	Total
	1/2 Grapefruit 2 Cups Coffee**	4 Stalks Celery 1/2 Apple 8 oz. WuLong Tea or Green Tea**	3.5 oz. Shrimp (12) 5 Melba Rounds* Salsa 1 cup Coffee/Green Tea**	1 Small Apple Or Power Greens	3.5 oz. Chicken Breast Spinach Salad 6 Cherry Tomatoes 4 Melba Rounds*	
Cal.	45	40	166	45	200	496

\*\* Coffee or tea is optional.

\* These items may be substituted with Gluten-Free snacks.

## Suggested Food List

### Vegetables & Fruits

Caloric Intake For Fresh Vegetables and Fruit

Name	Serving Size	Calories
Asparagus (cooked)	1 cup	40
Banana Peppers	1 pepper	0
Cabbage	1 cup	17
Celery	1 cup	14
Chicory	1 cup	7
Cucumber (peeled)	1 cup	14
Cucumber (with peel)	1 cup	16
Fennel	1 cup	27
Lettuce (iceburg, green leaf, etc)	1 cup	8
Onion (all kinds)	1 cup	48
Parsley	1 cup	22
Jalapeno	1 pepper	6
Radish (red)	1 cup	14
Salsa (Pace Chunky)	2 tablespoons	10
Spinach	1 cup	7
Tomato	1 cup	32
Tomato Paste	2 tablespoons	25
Apple	Small - 2 ½"	55
Apple	Medium - 2 ¾"	72
Apple	Large - 3 ¼"	110
Grapefruit	½ Small - 3 ½"	32
Grapefruit	½ Medium - 4"	41
Grapefruit	½ Large - 4 ½"	53
Strawberries	1 cup	46

## Meats

All Meats to be weighed Raw. Caloric intake for cooked meats

Name	Serving Size	Calories
Chicken Breast	3.5 oz.	164
Cod (fish)	3.5 oz.	104
Crab	3.5 oz.	86
Ground Beef	3.5 oz.	163
Lobster	3.5 oz.	143
Orange Roughy	3.5 oz.	104
Perch	3.5 oz.	116
Shrimp (12 medium)	3.5 oz.	95
Steak (lean top sirloin)	3.5 oz.	186
Tilapia	3.5 oz.	93
Trout	3.5 oz.	168
White Sea Bass	3.5 oz.	123

## Appetizers

Melba Toast*	1 piece	20
Melba Rounds*	5 pieces	59
Grissini Breadsticks (Torini)*	4 breadsticks	60

## Gluten Free

*\*Note: For a Gluten Free version substitute Grissini and Melba Rounds for Gluten Free Pretzels*

## Staples

Apple Cider Vinegar		0
Coconut Oil	1tsp	40
Allowed the juice of 1 lemon per day		
Lemon Juice†	1 full lemon	7
Black Coffee	1 cup	2

†TIP: Mix one tablespoon of (MCT) Oil with lemon juice as salad dressing.

# Supplements



- Power Reds - powder dissolved in liquids that provides antioxidants.
- Methyl B-12 R<sub>x</sub> - helps energy levels during the day.
- Dual-Tox DPO - helps convert toxins from the fat burning process into a more easily eliminated water soluble form.

# KETOGENIC SCALE

## MEASURE URINARY KETONE LEVELS DAILY

Very Low 1

Low 2

Medium 3

High 4

Very High 5

<p><b>Low Ketone Levels</b>  <b>Low Fat Burning State</b>                      Low or no weight loss  <i>(pH levels alkaline)</i></p>	<p><b>Medium Ketone Levels</b>  <b>Body Burning Fat</b>                      1+ lbs. of fat loss/day  <i>(pH levels neutral)</i></p>	<p><b>High Ketone Levels</b>  <b>Highest Fat Burning State</b>                      May increase toxin levels which                      causes water retention  <i>(pH levels possibly acidic - Ketoacidosis)</i></p>
<p>Take 1 "Dual-Tox DPO"                      TWICE per day                      Supports Toxin Removal</p>	<p>Take 1 "Dual-Tox DPO"                      TWICE per day                      Supports Toxin Removal</p>	<p><b>If NO Weight Loss For 2 Days</b></p> <hr/> <p>Increase: Dual-Tox DPO                      2 Caps TWICE per day                      (Maximizes Toxin Removal)</p> <p>Increase: Power Greens/Reds                      1 Scoop TWICE per day                      (Normalizes pH)</p> <p>Stop intake of Medium-Chain Triglycerides (MCT Oil)                      Slows Fat Burning - Reduces Ketosis</p>
<p>Take 1 Scoop of Power Greens/Reds                      ONCE Per Day                      Supports Free-Radical Quenching                      and pH Balance</p>	<p>Take 1 Scoop of Power Greens/Reds                      ONCE Per Day                      Supports Free-Radical Quenching                      and pH Balance</p>	
<p>Medium-Chain Triglycerides (MCT Oil)                      1 Teaspoon, TWICE per day                      Fuels Fat Burning &amp; Ketosis</p>	<p>Medium-Chain Triglycerides (MCT Oil)                      1 Teaspoon, Twice per day                      Fuels Fat Burning &amp; Ketosis</p>	<p><b>If NO Weight Loss For 3 Days:</b>                      Skip hCG on that day.                      Increase Protein Intake                      Call Your Healthcare Provider.</p>

**DAILY WATER INTAKE:** 40% of Your Body Weight in Ounces (example: 200 lbs. = 80 oz.) - Supports Toxin Removal.

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# Phase 3: Metabolism Maintenance

Day 41 and 42: stop hCG, keep eating only 500 calories

Next 21 days:

Good news: increase daily calories to 1200! Also have more food choices



# Phase 4: Weight-loss maintenance

After the program is over, follow provided recommendations, including:

- Avoiding more than 1 starch daily
- Limit refined sugar
- Exercise at least 3 times weekly
- Avoid preservatives
- Drink plenty of water

# NEED MORE IDEAS?

[www.liquidhcgdiet.com/liquid-hcg-diet-recipes](http://www.liquidhcgdiet.com/liquid-hcg-diet-recipes)

A great resource for more ways to cut calories while maintaining compliance with the hCG fat elimination program





- Pasta made mainly of soluble fiber
- Calorie and gluten free
- Slows digestion and prolongs the sensation of fullness
- Use as pasta in your favorite dishes





Can't I just lose weight by only eating 500 calories daily?

- Without hCG, your body may go into starvation mode (because it isn't using your fat stores as efficiently to control your hunger)
- This increases your hunger, irritability, fatigue, decreases your metabolism, and you may lose lean muscle mass!

# FAST FACTS...

- No oil-based cosmetic products allowed; even they are theorized to slow weight loss.
- You can restart the diet after the metabolic reset if you wish.
- Men and vegetarians can take hCG also!

# Possible Side Effects

- Mild headache
- Worsening of migraine headache
- Mild dizziness
- Irregular periods



# Precautions

- Diabetic patients should monitor their blood sugar closely while on the hCG program due to an increased risk of low blood sugar with any reduced calorie diet.
- hCG is an FDA approved fertility medication. Precautions should be taken to prevent pregnancy.
- Product contains alcohol



# Do not start this program if...

- You are pregnant
- You have heart or kidney disease
- Cancer
- Polycystic ovarian syndrome
- Seizures
- Asthma or COPD



# Monitoring

- Ward Drug will measure your blood pressure, weight, and blood sugar (if diabetic) before you start the program and weekly thereafter.
- We are here to support you all the way and ensure that you succeed in attaining your goals!



# A New You...

## Fit and fabulous in the second half!



Submit your health questions to  
[warddrug.com](http://warddrug.com)

