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Remedies for Life

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hCG 2.0

PROTOCOL

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WHAT IS THE HCG DIET?

The hCG diet was developed by Dr Simeons in the 1970's. It was originally designed as a "cure" for obese individuals. He spent many years fine-tuning his protocol. His manual, "Pounds and Inches: A guide to weight loss" can be found online and makes for an interesting and informative read.

Dr Simeons refined this very specific diet plan which optimises the effectiveness of hCG to target the "bad fat" stores in the body, with the average hCG'er losing 1 – 2 lbs (0.45kg – 0.9kg) per day as well as an average of an inch a day (total).

Simply, it is a taking a supplement, and following a very low calorie diet (VLCD) for 21 – 40 days, followed by a further 21 day stabilisation period. In this stabilisation phase your hypothalamus resets your weight, so this becomes the body's new "set weight".

hCG does not make you lose weight – the diet makes you lose weight. However, the hCG changes how you lose the weight.

In addition to loss of unwanted fat, the true benefit of the hCG protocol is its ability to help modify the dieter's relationship with food and eating, resulting in easily maintained, long-term weight loss.

You get to really enjoy your food, feel great, and keep your smaller waist. For some this might be the first time in their lives they can feel enjoyment around eating.

Recently the protocol has had a bit of an overhaul. Dr Zach LaBoube has developed and authored "hCG 2.0", a modern adaptation of the original protocol. Not only does this protocol take into account new and plentiful research into low carb, ketosis dieting, it also individualises the protocol for each dieter. A six foot rugby player is going to have different metabolic needs in comparison to a five foot accountant. HCG 2.0 uses a BMR (Basal Metabolic Rate) calculation to determine the amount of calories you're allowed to consume.

The way the calories are counted is also different in terms of proteins and carbohydrates. The food that we have on our plates these days is quite different to what it was in the 50's. Fruit specifically is bred to taste much sweeter, containing a lot more carbohydrates than it did sixty years ago. Also, back in Dr Simeon's time all beef was grass fed, their days spent grazing on the rolling green hills of Tuscany. These days almost all beef found in the shops is from grain fed cattle. Again, an increase in

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carbohydrates. Not something you want when the aim is to keep your body in ketosis-fat-burning-mode.

HCG 2.0 uses basic food chemistry to give the dieter a wider variety of protein options and increases portion sizes of items higher in nutritional value, but void of empty calories that only contribute to weight gain.

As you shall be consuming more protein on the 2.0 version of the hCG protocol, you can continue your exercise regime. On the original protocol this was a no no, only 30 minutes of brisk walking allowed.

What is hCG?

hCG stands for Human Chorionic Gonadotropin, and yes, that is the pregnancy hormone! To be completely specific it is actually a large glycoprotein made up of 244 different amino acids, produced by the placenta during pregnancy.

The human body is very clever. This hCG is produced by pregnant women so that in the event of a famine (not likely to happen in our age), the body is able to release enough nutrients to sustain the baby.

It works with the hypothalamus, which is the gland that moderates the thyroid, adrenals, fat storage, and more importantly, your metabolic rate.

The hCG used in this diet protocol is homeopathic. All hCG used for medical purposes is synthetic, created in laboratories from sterile cells. It hasn't been taken from the urine of women or animals like some are led to believe.

The different fats:

Dr Simeons categorised the fat in our body into three different types (vs modern literature which has just two – visceral fat and subcutaneous fat):

Structural fat: One of the “Good Fats”, this is the fat that holds all our organs in place, and protects our joints.

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Normal fat reserves: The other “good fat”, this type of fat is spread throughout the body, and is used as an energy source when your body needs immediate fuel.

Abnormal stored fat: Not a good fat. It is also known as adipose fat. This fat is the extra fat that builds up in obese people. It is similar to having your money in a high interest savings account. It’s there, it’s yours, but it’s pretty hard to get access to it. When dieting, it is the last type of fat that you will lose, which is both irritating and frustrating. Your body keeps hold of it as a final survival strategy should you become malnourished.

So what does the Hypothalamus have to do with it?

Well, this awesome, tiny, cherry sized zone in the brain holds the key in controlling weight.

Very simply the Hypothalamus facilitates communication between your endocrine system (think hormones) and nervous system.

It actually works in conjunction with our pituitary gland to control alllll of our hormones. So it’s a pretty big deal.

It organises and controls many complex emotions, feelings and moods, as well as all motivational states including hunger, appetite and food intake. It also controls everything to do with the concept of pleasure including satisfaction, comfort and creative activities.

Through regulation of alllll our various hormones, one of its tasks is to create our “set-point” for our metabolism. That weight that we always tend to sit at.

While taking hCG in conjunction with a specific calorie controlled diet, we can trick the hypothalamus into liberating the last-to-get-to-abnormal-stored-fat for energy. Thus achieving weight loss in a healthy way.

Certain things such as stress, trauma, toxin exposure, electromagnetic fields and yoyo dieting (among others) can cause our amazing hypothalamus to fall out of balance. When this happens our appetite can get out of control, our metabolism can slow down, and we can begin to accumulate fat in all the wrong places, such as your belly, your bum, your thighs, hips, waist and give us those horrible bingo wings. Ugh.

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hCG & Abnormal Fat

Dr Simeons theorised that by taking hCG, your body will be able to liberate your abnormal stored fat for energy, while at the same time maintaining both your healthy structural and normal fat stores. This mechanism is kicked into gear by simulating your own little “famine” with the VLCD. As your diet will only be making up around 500 – 700 calories of the required 1500 – 3000, your body is forced (by the use of hCG) to utilise your abnormal fat stores for energy and nutrition. This process explains why those on this protocol do not experience hunger or cravings, their body is actually receiving between 2000 – 4000 calories per day due to the liberated fat stores.

The hCG protocol has also been shown to resculpt the body into its optimal shape by using up the abnormal fat stores that tend to be deposited in all those unfavourable areas previously mentioned. After a successful hCG journey, a person can expect to have “cured” their body’s obesity tendencies, versus having simply achieved weight loss. This successful hCG’er will be able to resume/begin eating normal food without regaining the abnormal fat just removed from the body.

Imagine falling in love with your food again. Imagine consuming between 1500 – 2000 calories per day. Imagine staying the exact same weight. THAT is the goal of Dr Simeon’s hCG protocol. Obesity “cured”!

Now that I have thrown the term obesity around a little, I want you to know that I am not just talking about the wildly overweight individual permanently walking around with an ice cream in hand. When Dr Simeons uses this term he is describing any person with abnormal fat stores. See the story in Pounds & Inches regarding the “emaciated lady” (pg 15 Original Manuscript).

Below I have listed the early signs of obesity as outlined by Dr Simeons, how many do you recognise in your own body?

- Dimples on both sides above the buttocks
- Bingo wings
- Triangular fatty bulge in front of the armpit
- Stretch marks
- Pad of fat on the inside of the knees
- Loose roll of fat that can be picked up between two fingers
- In men – man breasts
- Disproportionately large size of the two upper front teeth
- Knock-knees: Inability to bring your feet together without knees overlapping
- Obviously excessive fat on the abdomen, the hips, thighs, upper arms, chin and shoulders are characteristic of obesity too...
- So you could have some, you could have all, but I bet you’d rather have none!

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THE DIFFERENT STAGES OF THE HCG DIET

Phase 1:

Often not done. This a detox stage, ideally done for a week before hand to prepare your body for the diet.

If you are in a fairly healthy state it's not really necessary, as Phase 2 is a cleanse in itself. However, if you have been living a bit of the high life of late it is highly advised to complete a cleanse before you begin. Your hCG success will be all the more better for it.

Phase 2:

Phase 2 starts on the day you take your first dose of hCG. It is kicked off with 2 -3 “loading” days, which are crucial for the effectiveness of the program. During this time you want to consume as many healthy fat foods as possible. As per Pounds & Inches : “eating to capacity”. This restocks your body’s “good fat” stores.

This may seem counter-productive, but the fat overload sparks your wonderful little hypothalamus to begin attacking your abnormal fat stores. It also provides an immediate calorie reserve to accommodate you until the HCG begins working for you, which can take 5-7 days. Simply put, it jump starts the diet. Enjoy yourself!

On the third or fourth day of hCG dosing you begin the Very Low Calorie Diet (VLCD). For the next three weeks (minimum), your body will be receiving 500-ish calories per day (individualised from your BMR calculation) from the food you eat, and due to the hCG, anywhere between 2000 and 4000 calories from the fat stores you liberate. Pretty amazing.

The VLCD is restricted to only certain foods (refer to the protein and vegetable charts provided). Both Dr Simeons and Dr LaBoube have spent many years figuring out exactly which foods produce the

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most effective weight loss. They have also spent these same years testing and identifying the ones that have a neutral, or even negative impact. Therefore you are to stick to the protocol exactly. E-x-a-c-t-l-y. It is an amazing protocol, and it produces amazing results, but it is also very unforgiving. A cheat can produce a stall for up to a week. 7 days without a loss. For ONE cheat. Not worth it.

All kinds of herbal teas are allowed in this phase, as is water. You need to be drinking at least 300ml per 10kg of body weight. So if you're around 80kg, you will need to be drinking 2.5 litres plus. Very important for flushing out the fat your body is breaking down.

Coffee was listed in the original protocol, but Dr Simeons prescribed his hCG in the form of injections. As coffee is an antidote to homeopathics it is not allowed in this protocol as it will counteract the effectiveness. For this same reason your dose must be taken 15 minutes away from any food or drink and at least 1 hour away from any strong flavours such as peppermint and camphor.

The minimum amount of time that Phase 2 can be done is 21 days (so 24 including loading). It takes this long for your hypothalamus to get the hang of what you're doing. And the maximum amount of time is 40 days, or until 34 lbs (15.4kg) has been lost. Whichever comes first. Any longer than this and your body begins to become immune to the hCG.

As you tend to lose the most amount of weight in the first week then taper off, it is often more effective to do a shorter round, stabilise for the required three weeks in Phase 3, then begin another round. At the end of 40 days your mental strength is pretty stretched too...

However, your first round (should you need more than one) is almost always the best, so when you get to the 21st day assess where you're at and if you have it in you to keep going, do!

After your 21 – 40 days are done you remain on the VLCD for a further 72 hours. 72 hours to get the hCG in, 72 hours to get the hCG out. The temptation to launch into Phase 3 will be high, it is rather exciting, however slow and steady is the key. If you begin increasing your calories during this three day window while the hCG is still in your system, you will gain weight. And gain it very quickly. Yikes! On the day of your last dosing of hCG you record your weight as your "Last dosage weight" (LDW), this is your brand new weight!

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This is the number you will stabilise your hypothalamus to. As it takes 21 days for your hypothalamus to reset, you will need to maintain this LDW for 21 days straight.

Phase 3:

So, Phase 3. Phase 3 is probably the most important phase, actually it IS the most important phase. The “stabilisation phase”.

For the first week it is highly recommended to stay on Phase 2 foods, just having them in larger quantities. Olive oil and butter can be added to help you reach your maintenance calories as quickly as possible. Your maintenance calories can be worked out on calorieking.com, with your goal set to “maintenance”.

It is important to understand is that your body is not accustomed to it's new weight as it is likely that it's been a considerable amount of time since you've been at your new weight. As a result, your body will be determined to restore its fat reserves and return to your heavier weight. This can be prevented by incorporating a high protein, adequate fat and *low carb diet* for the first 3 weeks following your *low calorie phase*.

Throughout the 21 days you need to make sure you keep within 2lbs (0.9kg) either side of your LDW in order to maintain your new fabulous number. If you do experience a gain you immediately do one of the specified corrective measures to make sure the weight comes back off.

Similarly you do not want to lose weight during Phase 3, that can be just as bad as gaining. So if you find you are going under you will need to up your calories.

After the first week you begin to slowly introduce new foods, monitoring any reactions that they may have on your body (still strictly avoiding sugars and starches). Any gain over 300g shows that your body has had an inflammatory response to something eaten the previous day and is retaining water.

Hence why it is very important to weigh daily in Phase 3 and only introduce one thing at a time.

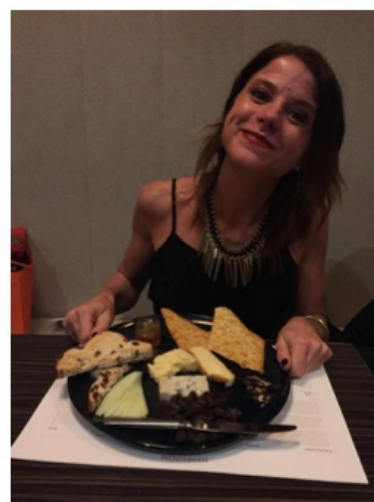
It is a wonderful time to really get in tune with your own body. Even I, with a brain full of Naturopathic knowledge, have been amazed at how much I've learnt.

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Phase 4:

Phase 4 is the “forever” phase. In this stage you begin to add back in limited sugars and starches. In this phase, if you do happen to have an off day and experience a gain, it comes right back off fairly easily (with corrective measures). If you have stabilised correctly you will find the “forever” phase a breeze. And you get to enjoy your food again without fear of weight gain!

A time to fall in love with the food you feed your amazing body.



Included in the hCG package:

1 x 50ml hCG Homeopathic Drops

1 x 1.5 hour Initial Consultation

6 x Weekly Follow up Coaching Consultations

(Non transferrable)

The total cost of the package is \$595 and as I am registered with all major Australian Health funds you usually receive around \$200 back depending on your level of cover.



FAQ'S

How much weight will I lose with the hCG diet?

Most dieters report a loss of 1 to 2 lbs per day (0.45 – 0.9kg). The least is just over 200g, and the max is about 1.5kg.

How important is it to cleanse prior to beginning?

Very. Especially if you are one to suffer from a lot of cravings. It will make the transition to the diet much smoother. It also prepares the body for processing the loss of fat, which will happen much more efficiently with the body in good working order.

Is it better to work out in Phase 2, or take it slow?

A brisk 30 minute walk to start the day is ideal. You may also continue any current exercise regime your body is currently accustomed to. It is not a time to introduce a new exercise protocol, doing this could very likely result in your body aiming to become more efficient with its calories. Similarly to “starvation mode” it will strive to hold on tightly to what it has.

What is the maximum amount of time I can stay on Phase 2?

40 days. Dr Simeons states that any more than this and your body becomes immune to the hCG.

I've heard coconut oil is allowed, how come?

Coconut oil is a MCT oil (medium chain triglyceride) that is metabolised differently to other oils. It is used for energy and not stored as fat, for this reason it is considered a supplement. You can have up to 2 tbsp per day.

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How come we are only allowed Stevia?

Because it is sugar free. The sweetness comes from the diterpene glycosides found in the leaves of the stevia plant. The next best option would be Xylitol. Sweeteners such as Agave contain huge amounts of fructose (a sugar).

Can I continue to take my Multivitamin while on the hCG diet?

You don't need to, but can if you want to. Anything that you consume you need to check the labels, and then avoid anything that contains sugar or starch (refer to handout "Alternate Names for Sugar").

Do I have to consume the Grissini/Melba toast and milk?

No Grissini/Melba or milk in hCG 2.0

How many vegetables can I have in Phase 2, it's not specified in the original protocol?

Unlimited?

You do not count the calories from your vegetables, but you do need to make sure that your total carbs for the day are kept under 30g (nutritional value, not net weight of the food).

Can I mix my veggies?

Yes! One of my favourite adaptations from the original protocol.

What about cosmetics?

If it contained oil then it was not allowed on the original version of Phase 2.

Almost all are allowed on the 2.0 version, just be wary of high oil moisturises such as those containing almond oil. Coconut oil is amazing. I moisturise with coconut oil daily anyway and it's wonderful.

Just remember to count it in your allowed daily 2 tbsp.

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Do you have to eat the full 500-ish calories?

Yes! This is not a starvation diet. If you try to cut down your calories in the hope of bigger loses you will be disappointed. Those that do often get a gain the next day. And end up hungry. And tired.

Do I have to take the hCG at certain time? I.e. before or after meals? Evenly spaced throughout the day?

The most important thing to remember is to take it away from food or drink. Ideally leave a gap of 30 minutes either side, before or after it doesn't matter.

It is also a good idea to space it out over the day so that your body has a constant supply. If you forget a dose, just take it when you remember.

Do I take my drops on the load days?

Yes.

Can I do the protocol if I am still breastfeeding?

No. While you are still lactating you are producing prolactin, this interferes with hCG.

If I am not yet at my goal is it better to move into Phase 3 and finish the round, then start another? Or should I just continue until I reach my goal?

As long as you are still losing more than 1.5kg per week you can continue on Phase 2 – up until 40 days.

40 days is the maximum amount of time you can spend on Phase 2. Any longer than that and your body will become immune to the hCG.

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Do I have to do the full 21 days on Phase 2? What happens if I reach my goal before this time, is it okay to transition into Phase 3?

21 days is the minimum amount of time you can do Phase 2 for. In this phase you are losing the bad, abnormal fat stored in the body. You are also resetting your hypothalamus. If you deviate from the protocol you will not be able to stabilise correctly and all your hard work will be for nothing. Dr Simeons states that if you reach your goal weight before three weeks is up you should double your vegetable and protein intake until you have done a minimum of three weeks. Consuming between 800 – 1000 calories per day.

How long does it take for the hCG to get into your system? And how long after taking the drops does the hCG stay in your system?

Both answers are 72 hours. For this reason it is recommended to do a two to three day load, and to continue the VLCD for three days after your last dose day.

What do I do if I slip up and “cheat”?

1. You will pay for it on the scale. It can take up to one whole week for you to begin losing weight again after just one cheat.
2. Pick yourself up and get back on track. Get back on protocol. Drink lots and lots of water the next day. Consider doing a “Detox Bath” (refer to handout).

What happens if I forgot to take my drops on the load days?

You’re going to have to load again. The loading has the purpose of restocking your body’s good fat stores (the structural and normal fat reserves), but loading without the drops will do nothing for you...except add to the bad, abnormal fat stores.

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Is it healthy for the body to lose 1 – 2 pounds per day?

Research into Dr Simeons protocol shows that the weight lost comes from adipose fat tissue rather than from muscle. So while preserving your body's muscle tissue, it is liberating fat-stored energy and nutrients into the blood stream to be absorbed by the body. This is why the body is not going into starvation mode from just consuming 500-ish calories per day, as would happen if it were not accompanied by the hCG.

What could cause the body to stall if the protocol was followed perfectly?

Stalls on the hCG diet are normal and to be expected. The weight loss from the first week includes lots of water. As the body begins to add the fluid back, even though you are still losing fat, the scales don't move. Frustrating, but it's normal. You may notice that you are still losing centimetres in this time though. Body readjusting.

Time of the Month (TOM) is another cause. Most women do not lose weight while menstruating.

Will I be hungry on 500ish calories per day?

The better you load the less hunger you will experience. Some do experience mild hunger in the first few days, but this settles down fairly quickly. By the second week you will find 500 - 700 calories per day more than enough. Some hCG'ers even struggle to get them all in they feel so satisfied!

Is hCG safe for men?

Completely. hCG is actually already found in men. In fact it is actually present in every human tissue, including males and non-pregnant women.

What vitamins are suggested while on the hCG diet?

None are required. Magnesium though is found to be useful to keep you regular, due to the small amount of food eaten so do experience bouts of constipation. Not what you want while trying to flush out all that fat. Magnesium has also been found to help reduce any cravings you may experience.

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I am not losing a pound a day, what's wrong?

Everyone's weight loss will be different. This is just the average amount lost. Men tend to lose more than women, and those that are closer to their goal weight will usually have slower losses.

How much water should I drink while on the hCG protocol?

This is usually around 3 litres daily. At least. It depends on how much you weigh. For every ten kilograms you should be drinking 300mls. (so a 60kg person would normally be consuming at least 1800mls daily). While on protocol though it is advisable to be drinking approximately 4 litres per day. Drinking most of your water in the first half of your day will not only help with hunger, people have reported better losses this way. Some people believe that by drinking more water their body will hold more water and they won't lose as much weight. The opposite is actually true. If you deny your body of water it tends to hold onto the little that it does have, causing water retention.

Should I stop my medications while on the hCG protocol?

You should never stop your medications without consulting your doctor.

Can I do the hCG protocol if I am a vegetarian?

Yes, there are some alternative options for vegetarians. The weight loss from this adapted version tends to be about half the amount lost compared to the original.

What are the best foods to "Load" on?

High quality "good fats" such as avocados, nuts, oils etc. Refer to handout for full list of good and bad loading foods.

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How does hCG affect cholesterol levels?

hCG can cause cholesterol levels to fluctuate, but in almost all cases the end result is that cholesterol levels drop and improve.

Should women start taking hCG when on their period?

The best time for women to start the hCG weight loss program is immediately after their period or menstruation cycle. Dr. Simeons recommends beginning no later than the 10th day into your monthly cycle.