

# **The HCG Diet: Made Simple**

A Guide to the HCG Diet Program



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# Introduction

Welcome to the Nu Image Medical family, and congratulations on taking this life-changing step. We are aware that dieting is very frustrating; even more so when, after all the sacrifice, you end up gaining back all the weight you lost, and in some cases, even more. You DO NOT need to struggle with this anymore.

**If you keep to the HCG program, and follow this handbook and our guidance, your diet will be successful and you will never see those pounds again.**

The advantage of the HCG diet, and what sets it apart from other low-calorie diets, is that the HCG program improves your metabolism, helping your body to shed abnormal fat while retaining muscle. The HCG diet is not a starvation diet; it is a well-balanced program that will help your body get rid of weight that is not needed while conserving essential muscles.

While following the HCG diet, your body will be supplied with up to 2000 calories of energy each day, while shrinking your fat cells. You will not experience hunger or weakness. In fact, patients state they feel more energetic while on our program.

Our objective is to provide a permanent solution for your body and reduce your risk for developing weight gain-related diseases such as Diabetes, Elevated Blood Pressure, Elevated Cholesterol, Cardiac Disease, and Arthritis.

**WELCOME to the NU IMAGE MEDICAL family  
and our life-changing program.**

This packet is for informational purposes only and is not intended to diagnose, treat, cure, or prevent any disease or illness.

# HCG Phases

As a new HCG patient, you will go through 4 phases of the plan. These phases are explained in detail in this guide, providing you with important information and tips that are beneficial for obtaining the best results with the program.

<b>Phase 1</b>	<b>The Pre-Diet (optional)</b>
<b>Phase 2</b>	<b>26/46-day HCG Medication Therapy</b>
<b>Phase 3</b>	<b>21-day Weight Maintenance</b>
<b>Phase 4</b>	<b>The Rest of Your Life</b>

# Weight Loss Safety

Being overweight or obese has challenged people for centuries. Several studies have demonstrated that excess weight increases the risk of the most serious health problems, such as heart disease, diabetes, some forms of cancer, gall bladder disease, osteoarthritis, and sleep apnea. Not to mention the psychological and depressive problems most overweight people experience.

All these risks and side effects can be reduced by losing even a small amount of weight, and will make a significant difference to quality of life. Although following a proper weight-loss program that includes a healthy diet and exercise can be difficult, it does not compare to the stress, disadvantages, and consequences of being overweight.



**Please be aware that the HCG program is not approved for children, adolescents, and pregnant or breast-feeding women. People with significant health problems such as bulimia, heart disease, kidney disease, liver disease, or uncontrolled diabetes should consult with their health care provider before starting the program.**

It is highly recommended for patients with any pre-existing conditions or taking any type of medication to talk to their health care provider before starting the program. In some cases, prescriptions may need to be modified.



Our medical staff, doctors, PA's, and nurses have extensive experience and knowledge of weight loss safety. The HCG is a prescribed medication, and in order to provide a proper program and guidance, the following is required:

- Medical history information from the patient, submitted when the order is placed and as detailed as possible.
- Approval from our Medical Staff, once the medical information has been reviewed with the patient.

We are certain you will be pleased with the decision to start the HCG program. Let us help you to reach your goal of looking and feeling great, inside and out!!!

# HCG Weight Loss

## HCG Diet Program Package Includes:

- 26- or 46-day supply of HCG Medication  
(all doses included):
  - Injection
  - Oral (Pellets/ Drops)
- Tele-Consultation with Physician (Telemedicine Only)
- Comprehensive Physical Exam (In Office Only)
- Body Composition Analysis (In Office Only)
- Complete HCG Diet Simplified 2013 eBook
- HCG Diet Quick Reference eBook
- HCG Diet Recipe's eBook
- Outstanding patient support with access to HCG diet specialists, diet coaches, and physicians 7 days per week!

# Benefits of HCG for You!

## Benefits of losing weight with HCG:

- Lose abnormal FAT, not muscle
- No extra exercise required or even recommended
- Lose weight proportionately: flabby, fatty areas on the stomach, buttocks, thighs, arms, and chest.
- Reshape your body, making your skin firmer and tighter.
- Redistribute normal fat
- Increase your energy and improve your metabolism
- Help you decrease cravings for carbohydrates (white starches) and sugar
- Teach you and your body to follow a healthy diet for the rest of your life
- Raise the libido in both men and women
- No more frustrating diet experiences
- Improve your appearance and your self-esteem

## **Benefits of Nu Image Medical the HCG Program**

- No work out required, ideal for busy schedules
- 7 Days per week assistance and guidance from physicians and HCG diet coaches
- Great for women in menopause
- Outstanding reputation with high-quality products and excellent customer service
- Very accessible and convenient for our patients to re-order or try other programs and products
- Women lose an average of 25-40 lbs. of fat in 6 weeks
- Men lose an average of 30-47 lbs. of fat in 6 weeks
- Hormone blood testing available at discounted pricing  
(Weight Loss, Depression, Anxiety, Loss of Libido, Muscle, Fat, Skin, Hair and Energy can often be related to Hormonal Imbalanced. Hormone Replacement Therapy is the next step for aging adults once the initial fat is lost. Contact us for more details!)

# The HCG

## What is the HCG?

HCG (Human Chorionic Gonadotropin) is a glycoprotein hormone produced during pregnancy that stimulates production of Progesterone, allowing the uterus to sustain a growing fetus by delivering adequate caloric nutrition to the placenta. The HCG has also been commonly used to treat a variety of medical conditions, such as hypogonadism (very low testosterone levels in men) and infertility in women.

## HCG History

Over 50 years ago, Dr. A.T.W. Simeons, a British Physician, discovered that HCG can utilize the body's own fat reserves as nutrition for the fetus in periods of deprivation. He decided to conduct studies in order to determine if HCG could be used as a weight-loss solution. After many years of study, he discovered that a small, daily amount of HCG in non-pregnant women and men would lead



to weight loss, and so decided to treat severe cases of obesity.

Dr. Simeons was very well known in Europe, especially in Italy, where he had an established practice. Due to positive results, he directed a clinic where he would treat each patient and continue his investigations while providing the treatment to people from all over the world. During his studies, Dr. Simeons made several discoveries:

- The HCG hormone tapped into stored fat as a source of energy.
- Patients started losing significant weight and their bodies obtained a more attractive contour.
- The HCG would mobilize stored fat, suppress appetite, and redistribute fat from the waist, hips, and thighs
- Additionally, patients combining the HCG with a low-calorie diet did not suffer headaches, hunger pains, or irritability; moreover, they even reported having more energy.

After concluding his research, he published the famous book *Pounds and Inches* in which he explained his studies and provided clear case studies of patients he had treated himself.

## How does HCG work?

According to studies, the HCG hormone plus a low-calorie diet will help to safely speed up weight loss by raising female and male hormones in the body on a very small scale. HCG targets stored fats and spares your lean muscle.

The mechanism of HCG assists in removing the stored fat by liquefying the fat cell contents and utilizing it as energy, then ridding the fat through the body's own elimination process. The calories are then reabsorbed and excreted through the lymphatic system. Patients do not experience hunger because they are living off the calories from their own fat cells. Based on this process, the patient can go on a very low-calorie food plan and lose weight, avoiding side effects such as muscle loss, sagging skin, and hunger.

Another interesting factor is the relationship between kilograms lost and body circumference. According to Dr. Simeons' analysis, the abdomen or hip circumference will be smaller in proportion to the number of kilograms lost. The average constant rate is 1cm less per 1 kilogram lost. Therefore, you are losing weight, maintaining your muscles, and re-shaping your figure at the same time.

## Duration of the treatment:

According to Dr. Simeons, there are two options for the length of the HCG diet:

- **46-day program:** This program is recommended if the patient wants to lose more than 15 pounds.
- **26-day program:** This program is recommended when the patient wants to lose less than 15 pounds.

To be effective, the program should be followed for at least 26 days, even if the patient only wants to lose 5 pounds. If the treatment is stopped before the 26th day, the risk of gaining back lost weight is very high.

The maximum a patient is allowed to be on the HCG is 46 days; after this, the body will develop immunity. If the patient wants to lose more weight, they will have to wait 6 weeks before the next program. Please read the **Refill Process** for more information.



After the initial 26-46 days of phase 2 on the HCG, the patient is in the maintenance phase, which is the most important phase in order to obtain lasting success. This 3rd phase lasts 21 days, and the Ultra Burn program is highly recommended. Please refer to **Phase 3 – Maintenance**.

### **Interruption of the treatment:**

We are aware many patients have busy schedules, unexpected life events, and other circumstances that could interfere with the HCG program. So, what to do if you need to travel or otherwise interrupt the program?

If the patient needs to interrupt the treatment from 4 days to 2 weeks, the daily calorie intake should increase to 800 calories, adding eggs, milk, meat, and cheese to the diet in order to avoid any loss of energy or weakness. After the 2<sup>nd</sup> week, the patient will be able to continue with the HCG intake and should go back to the 500-calorie diet.

If the interruption is more than 2 weeks, the program will need to be started over from the beginning.

Once the patient knows about the interruption, they should plan to stop the HCG intake at least 3 days before so the body can eliminate the HCG and have minimal impact while ingesting more calories.

Please be aware that if the interruption occurs before the 20<sup>th</sup> administration dosage, there is a strong risk of regaining the weight that has already been lost.

If the patient will be traveling but is sure they will be able to continue with the daily 500-calorie limit, they can purchase the pellets, which are portable and do not need to be refrigerated.

## Expert's Opinion

Dr. Gabe Mirkin stated, “HCG alone will not cause weight loss; it is just one small part of a total weight management program, and if the entire program is followed properly, the chances for losing weight and keeping it off are extremely high.”

HCG Clinical Study from the American Journal of Clinical Nutrition [www.ajcn.org](http://www.ajcn.org) and the American Society of Bariatric Physicians Research Council, 333 West Hampden Avenue, Englewood, Colorado 80110

### **Effect of human chorionic gonadotrophin on weight loss, hunger, and feeling of well-being**

Authored by: W. L. Asher, MD, and Harold W. Harper, MD

Twenty female patients on 500 to 550 kcal diets receiving daily injections of 125 IU of human chorionic gonadotrophin (HCG) were compared with 20 female patients on 500 to 550kcal diets receiving placebo injections. Patients in both groups were instructed to return for daily injections 6 days each week for a total of 36 injections (unless desired weight

was achieved prior to this). The HCG group lost significantly more mean weight, had a significantly greater mean weight loss per injection, and lost a significantly greater mean percentage of their starting weight. The percentage of affirmative daily patient responses indicating "little or no hunger" and "feeling good to excellent" was significantly greater in the HCG group than in the placebo group. Additional investigation of the influence of HCG on weight loss, hunger, and well-being seems indicated.



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# HCG Delivery Systems

Nu Image Medical currently has 3 options for the HCG program that will be administered for 26 or 46 days under the approval of a licensed physician.

Please read the [mixing and administration instructions](#).

- **Subcutaneous Injection:** The patient will inject a daily dose of the HCG medication into the fatty tissue (belly area preferred). A tiny insulin needle (1/4 inch) is used daily and a very small amount of HCG medication is injected. The recommended dosing from Dr. Simeons' protocol suggests 125-200 IU's (international units) per day.

Please read instructions: after mixing, the HCG must be refrigerated at all times. It is also recommended to mix only one vial at a time; do not mix both if you are following the 46-day program.

- **Sublingual (Oral):** For patients who dislike needles, sublingual Pellets or Drops can be taken in daily doses as directed. The recommended dosage is 400-500 IU's per day.

For patients using drops, please read the mixing instructions and make sure the HCG is refrigerated at all times. Pellets and drops are to be dissolved under the tongue, and it is recommended to allow them to dissolve as long as possible.

**Note:** Do not inject or consume larger dosages than indicated in the instructions. It will not make you lose more weight; it will have a negative effect on the program and will affect the weight loss.

## Women and HCG

Women on average will lose 25-40 pounds and men will lose 35-47 pounds in a 4-6 week period.

The HCG diet is especially successful for women who have started gaining weight when entering menopause, but who have not changed their diet. This phenomenon is often referred to as the “Menopausal 30-Pound Slump”. The reason for this is that the hormones are declining due to the natural aging process, which also causes your metabolism to decline. HCG therapy will raise your metabolic set point, spare your lean muscle, and prevent sagging skin folds while losing weight.

**It is recommended to start the HCG medication at least 10 days before your menstrual cycle begins; otherwise, it is recommended to wait until your cycle is finished.**

You must stop the HCG medication as soon as your period begins. You may resume the medication when you notice only a small amount of spotting (3-4 days later, depending on your cycle). The increase in your hormone levels may cause you to bleed more heavily than normal or to skip your period entirely.

Women should be aware that their weight loss will be more irregular than men's. After the 4<sup>th</sup> or 5<sup>th</sup> injection, an average of 0.2- 1 pound should be lost; however, it is normal for women not to experience any loss for 2-3 days, after which they will continue dropping weight. This is caused by the difference in water retention and elimination between men and women.



## Do's & Don'ts During the Diet



### Do's

- **Follow the diet** and instructions accordingly.
- **List all medications** prescribed to you by your personal physician in the medical health history packet.
- **Drink a minimum of 1/2 gallon of bottled/filtered water** and/or unsweetened tea daily.
- **Light exercise** (walking 20-30 minutes is allowed).
- **Get some sun.** Studies show that daily sunshine exposure on your skin can increase your Vitamin D blood levels. Vitamin D deficiency can put you at risk for certain cancers. Inquire about ordering the Vitamin D 25-hydroxy serum blood test.
- Use food seasonings to flavor food but read labels to **avoid sugar, starches, or sugar alcohols.**
- **Bragg's Apple Cider Raw Unfiltered Vinegar** will give a

great flavor to your salads. The apple cider vinegar stimulates the metabolism, cleans internal organs, and helps to release stored fat cells.

- **Use a Natural Sweetener. Stevia** is recommended during the HCG diet. Please **avoid artificial sweeteners** such as Splenda, Equal, and Sweet 'N Low.
- **Eat grapefruit.** Grapefruit has been scientifically proven to release fat.
- **Eat 3-5 times per day.** This improves your metabolism and helps release excess fat reserves.
- **Try to eat organically** (meat, fruits, and vegetables). Organic food does not contain preservatives, chemicals, flavor enhancers, herbicides, pesticides, growth hormones, or antibiotics, which are known to cause illness or potential weight gain. If organic food is not accessible, look for chicken products in your local supermarket that do not contain antibiotics; fish products that are not farm raised and only wild-caught; and wash all fruits and vegetables thoroughly.
- **Add Fiber.** Fiber helps to relieve constipation, reduce appetite, improve digestion, and cleanse the body of micro-toxins.



## Don'ts

- **Don't use products containing oil**, such as lotions, make-up, and cream on skin or scalp.
- **Eliminate carbonated beverages.** They can interfere with calcium absorption, causing nutritional deficiencies and slowing down the digestion.
- **Do not make changes or substitutions to the diet**, even if they contain fewer calories. This will negatively interfere with the program.
- **Don't use fats.** This includes oil and margarine in cooking, or ingesting fats in any form.
- **Don't eat sugar or chew gum.**
- **Avoid sugar-free foods and foods with known starches.**
- **Avoid all sweets and dairy products.**
- **No MSG (Monosodium Glutamate).**
- **No Fast Food.**
- **No Fried Food.**
- **No added Salt.**

# Phase I

Phase I is completely optional. During Phase I, it is recommended that you begin to understand how the HCG Diet program works.

You will be in touch with our Medical Staff to clarify questions and concerns about treatments you are currently undergoing or medications you are currently taking.

Use this phase to go to the grocery/supermarket to buy the food that you will be consuming during Phase 2. See our **Suggested Shopping List** section, print it, and carry it with you at all times for a quick reference of what to buy or what you are allowed to eat. Look for organic food and learn where it is available in your area. If you do not have easy access to organic food, look for products that do not contain antibiotics, or are wild-caught.

Here are some tips to prepare your body for Phase 2:

- **Eat breakfast.** This helps to increase your metabolism, burn fat, decrease appetite, and increase your morning blood sugar for sustained energy throughout the day.
- **Eat a salad** with lunch and dinner or in between meals as a snack. Eating a salad made with fresh vegetables helps to stimulate digestion and adds fiber that helps to regulate blood sugar.
- **Eat 2-3 times per day.** This helps to increase your metabolism and release excess fat reserves.
- **Avoid high fructose corn syrup.** This is a man-made, highly processed sugar that can increase insulin levels and store fat, which can lead to obesity.

## Phase 2

Phase 2 will take 26/46 days according to Dr. Simeons. During this phase, you will be injecting or consuming the HCG hormone and following a strict diet of 500 calories.

It is highly recommended to follow the guidelines and adhere to the diet as outlined below to be most successful during this phase. Please read mixing and administration instructions carefully. If you have any questions or concerns, contact us immediately. Women please read the **Women and HCG** section before you start.

### Days 1, 2 and 3

- Start the **Colon Cleanse**. (If Supplement Bundle was purchased)
- Take the HCG medication as directed, first thing in the morning.
- **Gorge Days!** Enjoy eating as much as you can on Days 1, 2, and 3 **only**. This is very important since it will increase your body's fat stores in preparation for the 500-calorie daily

limit on the following days.

- Drink more than 1/2 gallon of bottled or filtered water throughout the day.

### **Days 4-43** (4-23 for 26-Day Programs)

- Weigh yourself without clothing every morning when you wake up and have emptied your bladder.
- Take the HCG medication as directed, first thing in the morning.
- Drink more than 1/2 gallon of bottled or filtered water throughout the day.
- The Meals can be broken apart. For example, you can have the fruit and the Melba toast at any time, but not together. This will also need to be subtracted from the lunch or dinner.
- You must eat everything as described in Phase 2. **Do not skip meals.** Your total caloric intake will be 500 calories per day - no more, no less. The daily menu will consist of a portion of protein, vegetables, and fruit. See the **500-calorie sample menu** provided below.

## **Days 44-46 (24-26 for 26-Day Programs)**

- **No HCG is taken.**
- Continue to follow the Phase 2 diet (500 calories) because the HCG hormone is still in your blood stream, shrinking your fat cells. After these three days, water retention will not be a risk since your body has eliminated all the HCG.
- Make sure you weigh yourself every morning after emptying your bladder. Any weight change should be noticed immediately.
- Get ready to start Phase 3: prepare your [Ultra Burn](#). If you have not bought it, consider it as the best option and read the Ultra Burn Program section for more information.



## Tips for Phase 2



Download a **calorie counter app**. The most common mistake is to eat less than 500 calories, which will cause starvation to your body, and will not allow you to lose the weight that you should be losing. See the **Aliments Break Down** section, or, if you have a smartphone, download an app for this purpose. It is very important to ingest no less than 500 calories per day.

- If you are experiencing hunger, and you are eating the right amount of calories, **try to eat 3-5 times per day**.

- **No calorie replacement is allowed.** For example, even if 3 Melba toasts have fewer calories than an apple, you are not allowed to make a replacement. This will have a negative impact on the weight loss.

**50 Calories**



**36 calories**



- **Try to limit your exercise.** Even running after your kids is considered exercise and will use your calories, making you feel hungry and affecting your weight loss.
- **Drink plenty of water.** You need to be hydrated, and the more water you drink, the less water retention you will have. Therefore, the more you will lose.

## Your Daily Intake at a Glance

The actual food consumption consists of lunch and dinner (no breakfast) which includes the following items per meal:

- 3.5 ounces of selected lean meats
- 3.5 ounces of selected vegetables
- 1 Grissini Breadstick or Melba Toast
- Selected fruit (can be eaten as a snack)



## Drink

- Lots of bottled or filtered water (no tap water) - over 100 ounces each day.
- Black coffee (no creamer).
- Unsweetened soymilk or skim milk- 1 tablespoon allowable in a 24-hour period.
- Herbal teas (any assortment of tea bags, no diet teas).
- No dairy products.
- No alcoholic beverages.
- No sodas (ZEVIA is an exception, but remember carbonation is not good either), no Crystal Light, no diet drinks.
- No protein shakes except for the [Meal Replacements Packs](#) allowed by the HCG protocol.

## Breakfast

- Drink plenty of tea, black coffee, and bottled or filtered water. You may have 1 fruit\*.

**Note:** If you have fruit for breakfast, you must remove it from either lunch or dinner.

## Lunch and Dinner

For lunch and dinner, you should have the following,

- 1 protein, different from lunch to dinner
- 1 fruit (handful of strawberries, half grapefruit, 1 orange, or 1 medium green apple)
- 1 vegetable (do not mix different vegetables)
- Make sure you reach 500 calories by the end of the day (use the calorie counter).
- Do not use any cooking spray, oils, butter, or margarine. Try Veggie or Chicken Broth, Water, or Nama Shoyu to sauté. (See **Acceptable Condiments list**)
- Try not to eat the same protein, vegetable, or fruit twice in one day if possible. Following this concept, metabolic activity may increase, suggests Dr. Simeons.
- Remove all the fat from the proteins before cooking; only broiling or grilling is recommended.
- Weigh the portions when raw.
- As a meal / calorie replacement you may have our HCG Meal Replacement shake (Chocolate, Strawberry, or Vanilla). Please contact us for ordering.

# Aliments Break Down

## Proteins

Choose **one** of the following proteins for lunch and dinner. All visible fat must be removed before cooking, and it should be weighed raw.

### Red Meat

- Very Lean Beef (3.5oz.) – Average 128 Calories
- Cube Steak (3.5 oz.) – 197 calories
- Bison (3.5 oz.) – 146 calories
- 93/7 Very Lean Ground Beef (3.5 oz.) – 148 calories
- Sirloin Tip Side Steaks (3.5 oz.) – 131 calories
- Top Round Steak (3.5 oz.) – 210 calories
- Tri-Tip Steak (3.5 oz.) – 154 calories

### Chicken

- Chicken Breast (3.5 oz.) – 97 calories, Organic preferred or antibiotic free breast of chicken (skinless), white meat only

### Fish (white fish only)

- Cod (3.5 oz.) – 103.8 calories
- Crab Meat (3.5 oz.) – 98 calories
- Flounder (3.5 oz.) – 90.5 calories
- Haddock (3.5 oz.) – 70 calories
- Halibut (3.5 oz.) – 136.5 calories
- Lobster (3.5 oz.) – 94.5 calories
- Red Snapper (3.5 oz.) – 110.8 calories
- Shrimp (3.5 oz.) – 70 calories
- Sole Fish (3.5 oz.) – 70 calories
- Tilapia (3.5 oz.) – 126 calories

### Veal

- Veal, sirloin (3.5 oz.) – 110 calories
- Veal, loin chop (3.5 oz.) – 65.6 calories

## **Vegetables**

You must eat at least 1 cup of steamed, raw, or grilled vegetables with each meal. It is recommended to eat different vegetable each meal and do not mix them. Measure 1 1/2 cup raw that condenses to 1 cup cooked.

- Asparagus (3.5 oz.) – 21.8 calories
- Asparagus (2" tip) – 1 calories
- Asparagus (small spear) – 2 calories
- Asparagus (medium spear) – 3 calories
- Asparagus (large spear) – 4 calories
- Beet-Green (3 oz. boiled) – 37 calories
- Beet-Green (1 cup – 136g, raw) – 58 calories
- Celery (3.5 oz.) – 15 calories
- Celery (medium stalk) – 10 calories
- Cabbage (3.5 oz.) – 22 calories
- Cabbage (1 cup shredded) – 11 calories
- Cucumber (3.5 oz. slices) – 10.4 calories
- Cucumber (mini) – 10 calories
- Cucumber (medium) – 24 calories
- Cucumber (large) – 34 calories
- Cucumber (English long) – 60 calories
- Cucumber (English long) – 60 calories
- Chard (1 bunch, steamed) – 45 calories
- Chard Raw (1 cup) – 35 calories
- Chicory (1 cup) – 41 calories



- Fennel (1 cup – raw/bulb) – 27 calories
- Lettuce, all varieties (3.5 oz.) – 16.3 calories
- Lettuce, all varieties (1 cup) – 10 calories
- Lettuce, all varieties (6 leaves) – 20 calories
- Onion (1 cup) – 64 calories
- Onion Diced (1 oz.) – 10 calories
- Red Radishes (3.5 oz.) – 14 calories
- Red Radishes (one medium) – 1 calories
- Spinach, raw (3.5 oz.) – 23.3 calories
- Spinach, raw (1 cup) – 7 calories
- Spinach, (baby) (1 cup) – 6 calories
- Tomato (3.5 oz.) – 16 calories
- Tomato (2 cherry) – 3 calories
- Tomato (plumb) – 13 calories
- Tomato (small) – 16 calories
- Tomato (medium) – 22 calories
- Tomato (large) – 33 calories

## **Fruits**

Eat 2 fruits per day preferably organics with your meals or in between (Mid-Morning/Mid-Afternoon). There are no fruit substitutes.

- Grapefruit (½) – 41 calories
- Green Apple (medium) – 50 calories
- Orange (1) – 50 calories
- Strawberries (6 medium) – 33.70 calories

## **Bread**

- Grissini Breadstick (1 breadstick) – 10 calories
- Melba Toast (1 slide) – 13 calories

The above caloric amounts have been obtained from the [livestrong.com](http://livestrong.com) application and are to be used as an example only. Caloric values may vary upon brand, and do not include approved seasoning, spices or toppings. Please check the ingredient labeling of all products for exact amounts and calculations.

## Acceptable Condiments

See our Cookbook for a more detailed list and suggested shopping list section.

- Bragg's Organic Apple Cider Raw Unfiltered Vinegar may be found at most major supermarkets (scientifically proven to release fat in your body). \*Available in capsule form at most health food stores.
- Stevia – Natural Sweetener (**Truvia is prohibited**)
- Fresh Garlic (1 clove) – 4.5 calories
- Fresh Ground Pepper (1/2 tsp.) 0 calories
- Lemon Juice (1 lemon daily) – 12tbsp.
- Parsley (1 tbsp.) - 1 calorie
- Fresh Oregano (1 tsp.) 3 calories
- Fresh Thyme (1 tsp.) 1 calories
- Fresh Basil (1 tbsp.) 1 calories
- Mustard
- Marjoram dried (1 tbsp.) 5 calories



**Tip:** Mix 50% Stevia Sweetener with 50% Apple Cider Vinegar. Use this mixture to marinate your protein, add flavor to veggies, use as a salad dressing or you may even use it as cooking oil!

## 500-Calorie Sample Menu

	Calories	Proteins	Carbs	Fat	Sodium
<b>BREAKFAST</b>					
Black coffee (1 cup)	10	0g	1g	0g	2.4mg
<b>ANYTIME</b> (with meals, or morning/afternoon snack)					
1/2 Grapefruit	41	0.5g	9.5	0.1g	0mg
Strawberries (6 Medium)	33.70	1g	12g	0g	21.4mg
Melba Toast (1 slide)	13	0g	2g	0g	24.9mg
<b>LUNCH</b> (1 Protein, 1 vegetable choice)					
3.5oz Sirloin Tip Side Steak	131	17.2g	0g	6.7g	63.6mg
Asparagus (2 cup, boiled)	46.6	4.2g	6.4g	4.2g	50.4mg
<b>DINNER</b> (1 Protein, 1 vegetable choice)					
3.5 oz. Tilapia (Cooked)	126	26g	0g	2g	77.3mg
<b>TOTAL</b>	<b>513.3</b>	<b>54.9g</b>	<b>52.9g</b>	<b>13g</b>	<b>367.4mg</b>

The above caloric amounts have been obtained from the [livestrong.com](https://www.livestrong.com) application and are to be used as an example only. Caloric values may vary upon brand, and do not include approved seasoning, spices, or toppings. Please check the ingredient labeling of all products for exact amounts and calculations.

## HCG for Vegetarians

Vegetarians are able to follow the diet, but some variations are recommended. If fish is allowed in their diet, the best recommendation is to get all the protein required by consuming fish.

According to Dr. Simeons' studies, in order to obtain enough protein, strict vegetarians must drink 500cc of skim milk per day. Due to the sugar that this contains, **they will not have the same weight loss as a non-vegetarian patient.**

They will follow the same protocol in regards to vegetables, fruits, and starches. No vegetable protein such as beans, rice, or nuts is permitted.

Very occasionally, vegetarians can eat eggs (1 whole egg + 3 egg whites) or 100g of skim milk cottage cheese.

**Note:** Please be aware that these variations will have an impact on the diet results.

## Phase 3 - Maintenance

The Most Important Phase! Please follow carefully.

**Begin taking Ultra Burn injections immediately (if purchased).**

The Ultra Burn injections program is recommended during this phase. You will be ingesting more calories but would like to keep losing weight while you enjoy your regular food again. Please read The Ultra Burn Program section for more detailed information.

Phase 3 will last three weeks and starts after the last day of Phase 2. It takes proximately three weeks to stabilize weight after the program. It is very important to adhere to the following guidelines.

During these 3 weeks you may start eating normally with the exception of **low** sugar and **no “starchy white”** carbohydrates, slowly adding other aliments to your diet as explained below.

- Continue **drinking plenty of water daily.**

- **Increase your protein to about 6 oz. per serving** and calorie intake to your calculated Last Dose Weight (LDW) Maintenance - about 800 calories.
- You may have any low glycemic Fruit or Vegetable you wish but **corn, yams, and other starches are prohibited** since they are high in carbohydrates.
- You may eat any kind of meat, fish, shellfish, or poultry desired.
- You may use **Extra Virgin Cooking Oil and Coconut Oil** in moderation.
- You may eat cheese, but only **low-moisture mozzarella** and very sparingly during this 21-day period.
- **Avoid margarine.** Spare amounts of raw butter or ghee are acceptable.
- Seasonings that are **low in sodium** may be used.
- You may use **Celtic Sea Salt**, but very sparingly.
- **Limit dairy products** if possible.
- Continue to **avoid all sweets and carbohydrates.**
- **You may start drinking low amounts of alcohol**, such as a glass of wine, once in a while!

**Carbohydrates are the most dangerous during this phase.**

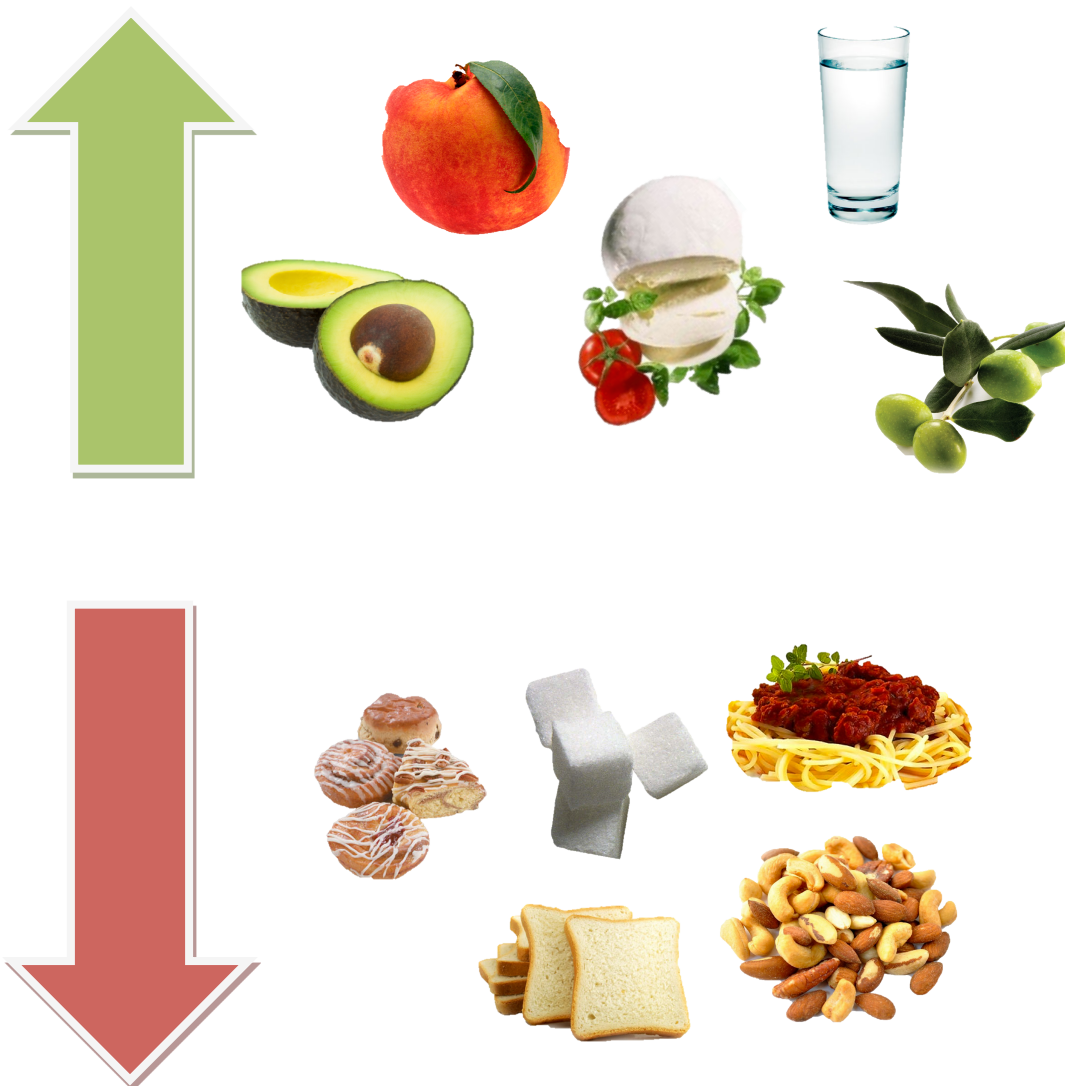


You are allowed to start incorporating very low amounts of fats, such as oils and some aliments such as avocados.

However, it can be difficult to incorporate the right combination of carbohydrates and fats into the regular diet.

During this period, the “starchy white” carbohydrates, such as sugar, rice, bread, potatoes, pasta, pastries, etc., are very tempting. However, if control is lost and consumption is high, this could lead to disappointing weight gain. Other carbohydrates to avoid are nuts, legumes, cereals, and oatmeal. We recommend good fats obtained from healthy fruits, vegetables, and proteins.

**Keep it simple!** If you shock your body quickly and load up on carbohydrates, the potential for weight gain is possible. This must be carefully observed during the first 3 weeks (21 days) after the treatment has ended; otherwise, you may gain a few pounds. After the 3-week period, you can start adding complex carbs back into your diet in moderation.



During this 3<sup>rd</sup> phase, and from now on, try to eat 2-3 times per day. You may exercise more aggressively now, as your body is taking in a higher amount of calories. Resistance training is acceptable in this phase, as tolerated, and you may increase the length of your cardio workouts (as tolerated).

The [MIC/Lipo/Ultra Burn](#) injections are recommended to be taken throughout Phase 3 to continue weight loss, improving energy, and obtain nutritional supplementation. For more information please read the **Ultra Burn Program** section.

If you have successfully completed the program but you are still working toward your ideal weight, you can get a refill for your order. Please read the **Refill** section for instructions on general information such as when and how to place your order, how to prepare yourself, and what to expect.

**Note:** Continue to weigh yourself upon waking up, just after your morning urination. The weight you noted on your last day of dosing (LDW) is to be maintained within 2lbs. or below. If exceeded by 2lbs., a **Steak Day** should be completed: No breakfast or lunch, plenty of liquids, and a large steak for dinner, plus one apple or one raw tomato.

### Steak Day



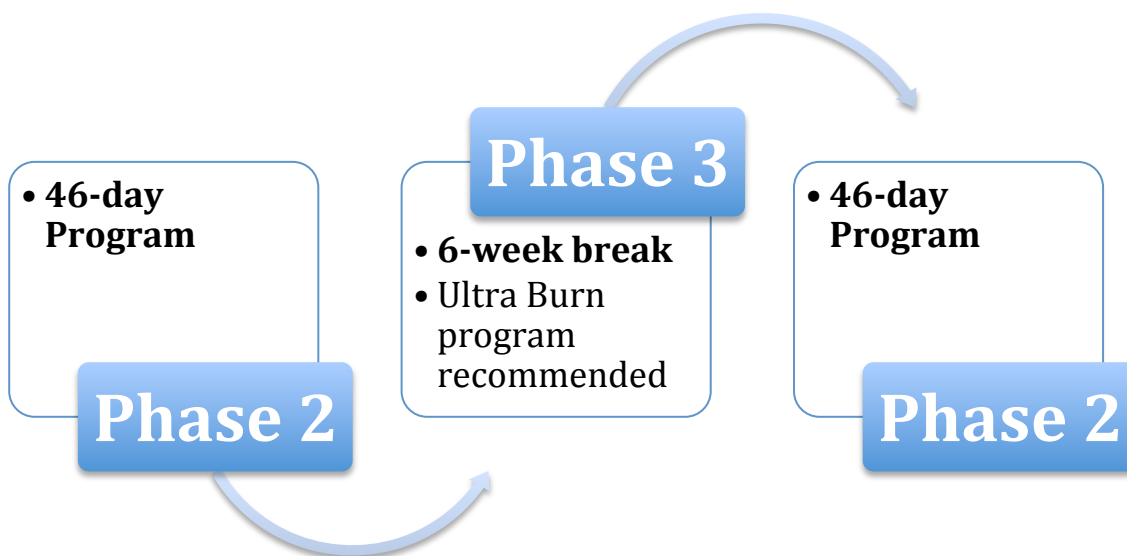
## Refill Process

If you are still working toward your ideal weight and need to lose more pounds, you can [order a refill](#) of the program.

If you would like to talk to our medical staff because of new medication or if your health condition has changed, you can call us at 1-888-520-3438. We will review any changes to your medical status and make sure you are comfortable and fit for the program before your refill is placed.

For patients who have just finished the 46-day program, make sure you complete Phase 3 and an additional 21 days for a total of **6 weeks** before starting your second round of the HCG medication. A six-week break is highly recommended to avoid developing immunity to HCG.

During this break you can do the Ultra Burn program, which is going to help you keep losing fat and prevent weight gain while you are eating more calories. It will also provide you with the vitamins and amino acids that your body needs for a second round of HCG treatment.



If you order the 26-day program, and would like to get a second round, you may do so by ordering another round of 26 days. No break is needed since you will essentially be completing the 46-day program.

# MIC/Lipo/Ultra Burn Injections

## What are Ultra Burn injections?



The Ultra Burn program is a mixture of amino acids and vitamins that are commonly used to assist in weight loss and fat burning. Taken every other day via Sub Q injection, this proprietary blend of ingredients continues the fat-burning process and improves energy and overall health, which are vital to maintaining your new body.

- **Methionine** is an amino acid that acts as a lipotropic (fat-loving) agent to speed up the removal of fat within the liver and to prevent excess fat buildup in problem areas. It helps to detoxify the body of heavy metals and is considered to be an incredible anti-oxidant. Methionine compliments weight loss because it helps prevent and relieve fatigue.

- **Inositol** is a B vitamin. It is a mild lipotropic agent, helping with weight loss and the redistribution of body fat by breaking down fats in the body. Inositol is vital for good health, both mental and physical. It is reported to offer a calming effect, improve quality of sleep, and treat depression. This important B vitamin may also reduce LDL (bad) cholesterol.
- **Choline** is also a part of the vitamin B family. It assists our bodies to efficiently burn fat while supporting and promoting weight loss. Choline supports the health of the liver, improving its ability to process and excrete chemical byproducts within the body, which is important for the healthy support of the endocrine, cardiovascular, and hepatic systems.
- **Pyridoxine (B6).** Vitamin B6 (pyridoxine) injections are critical for protein metabolism, energy production, and normal nervous system function. Vitamin B6 is involved in nearly 60 enzyme systems in the body, necessary for normal growth, red blood cell synthesis, and vitamin B12 absorption.

- **Vitamin B12.** Vitamin B12 is a vital nutrient that is critical for maintaining normal functioning in nerve cells and aids in the production of DNA and RNA, the building blocks for the genetic makeup of the body. Vitamin B12 is also referred to as the energy vitamin, since it will provide an energy boost after an injection, and will help to increase metabolism. Vitamin B12 is used in the metabolism of fats, carbohydrates, and proteins, and is also required for fatty acid synthesis.
- **Chromic Chloride (Chromium)** is an essential mineral that is not made by the body. It is vital in regulating carbohydrate metabolism and blood sugar regulation. Chromium has been shown to lower blood cholesterol while mildly raising HDL (the good cholesterol).
- **Niacinamide (B3)** is also a B vitamin used to lower LDL (bad) cholesterol and raise HDL (good) cholesterol. It helps with energy production and is needed for the proper function of the adrenal glands.
- **Riboflavin (B2).** Vitamin B2 is vital for healthy eyes, production of antibodies, and proper tissue repair. It helps to metabolize medications and environmental toxins, is needed for energy, and helps with the regeneration of



glutathione (the strongest antioxidant produced by your body)

- **Thiamine (B1)** was the first B vitamin discovered. Thiamine is involved with many of the body's reactions, including the burning of carbohydrates for energy. It helps the body adapt to stress and avoid adrenal burn out, helps with metabolism of thyroid hormones, and is required for proper nerve function.
- **Pantothenic Acid (B5)**, also known as Dexpanthenol, is involved in the body's metabolism of carbohydrates, fats, and proteins. It helps convert food into energy and is needed to make fatty acids. This B vitamin stimulates the adrenal gland and is used in red cell production.

**Ultra Burn injections are highly recommended once the HCG diet is finished. For more information, or to place an order, please call us at 1-888-520-3438.**

## Phase 4 - The Rest of your Life!

Once you have reached your ideal weight, your program has been successful. Congratulations!

Many patients are surprised at how their appetite, diet, and cooking habits change. Patients realize that it is now impossible for them to finish a complete “normal meal” such as the ones they ate before the diet. It is typical not to feel hungry and eat smaller portions than before.

Some patients plan to end their diet and eat a great meal that they feel they have been "deprived" of during the treatment, only to find out that when they have it on their plates they do not feel the urge to eat it all and are satisfied pretty quickly.

Listen your body's requests and maintain a healthy, balanced diet with regular exercise in order to avoid gaining weight and risking your health again in the future.

**A proper, balanced diet and exercise regimen is vital to maintaining your amazing results.** Be sure to follow the following guidelines:

- Continue to take your Supplements as recommended by the doctor.
- **Limit yourself to one starchy carbohydrate per day** if possible.
- Try to **eat healthy whole grains, multi-grains, or whole-wheat** pastas and breads.
- Use **brown rice**, not white.
- Try **sweet potatoes** in place of white potatoes.
- **Avoid using white flour starch** when cooking as much as possible.
- **Avoid fried foods** and foods that contain high fructose corn syrup.
- Always **eat breakfast** in the morning.
- Resume alcoholic beverages as desired.
- Continue to use **Steak Days** whenever your weight increases 2lbs over your LDW.
- **Limit your sweets intake** to special occasions or increase your exercise regimen the following day.

To successfully maintain your weight loss it is very important to understand that everyone's body size, shape, and weight differ.

The following equation to calculate your estimated total caloric intake for the day will be your baseline for achieving optimal weight management.

Multiply your goal weight by 13. For example: 140 (pounds) X 13 = 1820 calories per day to maintain weight loss. 180 (pounds) X 13 = 2340 calories per day to maintain weight loss.

The most accurate method to determine your appropriate weight and calorie intake is to calculate your BMI (Body Mass Index). Ask your doctor or nurse to calculate yours.

### **Tips:**

- **You may incorporate starches into your diet at a very slow pace**, allowing one starch daily for a week and then increasing in a cautious manner. Get used to whole-wheat pasta, whole grain breads, sweet potatoes, and multi-grain cereals, and limit your refined sugars.
- Try to exercise at least 3 times per week; continue taking your daily vitamins, and supplements

- Keep drinking plenty of water; this is always good for your body.
- Make the scale your best friend. Weigh yourself every morning in order to avoid unpleasant surprises. You do not need to be on a constant diet, and you are allowed to enjoy a great and not-so-healthy meal once in a while, but keep it under control. Weighing yourself will allow you to react quickly and maintain control over your weight before it is out of hand.

**Note:** During Phase 3 and for the rest of your life, **do not attempt to continue with a low-calorie diet of 500 calories.**

It is very dangerous for your health and instead of losing weight; you will end up gaining and affecting your metabolism.

You should keep a healthy balance and consume the amount of calories that is recommended for your body and needs.

# Weight Loss Interruption while following the HCG Program

There are four types of daily weight-loss interruption during the HCG program:

## 1. Water Retention:

As explained previously in the **Women and HCG** section, water retention is one of the reasons why the patient may stop losing weight, even when they follow the diet accordingly. It is mostly experienced by women toward the end of the treatment. After a couple of days, they will continue losing weight as expected. No diuretics are recommended.

It is very important to know why such a large amount of water is required during the program. The more water you drink, the less water retention you should have. The fluid intake needs to be more than what the body requires in order to prevent water retention in the kidneys. Not drinking enough water could be very harmful for your body.

## 2. The Plateau

This usually last 4-6 days, and is very common for patients who have been losing almost one pound per day. It is usually experienced during the second half of the program. It does not mean that the patient is not responding to the treatment, and it will correct itself.

However, there are two ways to break the plateau

- A green apple day, during which the patient will eat only six green apples and water during the day; no other food is allowed.
- A steak day (as described in **Phase 3 - Maintenance**), which is only a large portion of steak at the end of the day, one green apple, and plenty of water. This will help to eliminate all water retention and reinvigorate weight loss.

### 3. Former Level Reached

This is not very common, but could last up to two weeks. It happens when the patient has maintained a certain weight over many years, and then gains weight. When the patient follows the HCG treatment and reaches the weight they had for many years, they will cease losing weight. **It will take a few weeks before they start losing weight again.**

### 4. Menstrual Disruption

This occurs days before and during the period. As recommended earlier, women should avoid the intake of the HCG, but they must continue with the low-calorie diet. Even when they are following all instructions, they may not lose weight during these days. Women should be aware that they could get pregnant if they are not using a birth control method. Oral contraceptives are allowed by the protocol. We advise that additional protection by use of condoms during the HCG administration phase just to be safe! If a patient suspects she may be pregnant, she should take a pregnancy test at least five days after the last administration of HCG. Since HCG is a hormone found in pregnant women, the result could be a false positive.



Dr. Simeons considered these four reasons to be valid explanations for weight-loss interruption. The 5<sup>th</sup> and most common reason is that **the patient breaks the diet**. It is easier to find a solution to the interruption once the patient acknowledges the error. We recognize this is a very strict diet, and to say no to all temptations sometimes proves very hard. But even an almond or a couple of chips could make you gain weight the next day.

This is mainly due to the fact that with the HCG in the body, the blood is saturated and can only handle 500 calories. If more calories are ingested, the blood needs to increase its volume by retaining water to process the calories. Please keep in mind that after the treatment and when the blood does not contain more HCG, this effect will not happen.

## Concerns after the HCG program

According to Dr. Simeons, some difficulties can be expected after the program is finished.

1. One of the problems comes when the patient has consumed all the abnormal fat in their body. It is not a common reaction and only a few patients report it. Patients with this result will become hungry and weak, and may become visibly too thin.

While taking the HCG, it is considered to be impossible for a patient to reduce beyond their normal weight. However, during the diet, when abnormal fat is totally consumed, normal fat will be reduced as well. This normal weight will be regained once the patient returns to a normal diet. It is typical for these kinds of patients to gain 2-3 pounds after the last day of the treatment. Once the weight level is established, no more weight increase should be seen.

2. Another common problem is caused by the patient's urge to maintain their weight or keep losing more while not on HCG. It is very dangerous to be on a 500-calorie diet if HCG is not being consumed. Eating a small lunch and just salad or a drink for dinner will affect the patient's weight loss. The patient will feel weak, hungry, and their weight will increase. Please make sure to ingest the calories needed by your body in order to properly function.
  
3. Protein deficiency is also a common problem. While on the HCG, you will be consuming a high amount of protein. In some cases, after finishing the program, the patient's protein intake will not be as high as during the program, which will lead to protein deficiency. The patient could be hungry, could be retaining water, and may experience some weight increase. According to Dr. Simeons, the proper treatment is to eat two eggs for breakfast, a very large steak for lunch, and a large piece of cheese for dinner. The protein levels will be re-established and a pound or two can disappear the next morning. Patients need to be in constant analysis of their weight, and act immediately to any irregularities. This guide is based on Dr. Simeons' studies.

## HCG Cosmetics, Lotions, and Massages

Even though it may be hard to believe, make up, lotions, and oils have a negative impact on weight loss.

When Dr. Simeons was treating his patients, he discovered that in many cases patients gained some weight even when following the diet strictly. After studying each case, he discovered that some weight increases were due to face or body lotions containing oils.

Dr. Simeons had a very interesting case in which the patient was not losing weight consistently. They discovered that he was using a special ointment for his glass eye. When he stopped the use of that ointment, he was able to have a consistent weight loss.

It is very interesting to note how small and seemingly insignificant factors could affect results. Therefore, while following the program we must make sure everything is evaluated.

Patients are allowed to use cosmetics and lotions, but they need to be oil-free. They are allowed to use hair products, but not on the roots of the hair.

Sun-tan oils are not recommended; but keep in mind sunburn will produce water retention and should therefore also be avoided.

**Massages** are not recommended during the HCG program, not only because of the oils commonly used to perform them, but because during the HCG diet the body is re-shaping and any manipulation can be harmful. According to Dr. Simeons' studies, the skin and tissues will adjust themselves once the fat is lost.

## HCG Diet Q&A's

### **Q: What is HCG and how does it work for weight loss?**

Human chorionic gonadotropin, also known as HCG, is a hormone naturally produced by the body. It has many functions and is used medically in very high doses to treat a variety of conditions such as increased testosterone in males and infertility in women. It is the hormone found most often in women during pregnancy. This hormone has a unique property that allows the body to mobilize fat and make it available for energy use for both mother and fetus if there is a need. For weight loss, a small amount of the hormone is given, which makes fat stores readily available for use, and it is combined with a calorie restricted diet so that the body reverts to the available fat stores and utilizes them for energy and nourishment.

### **Q: Is HCG Safe?**

HCG is considered safe. Women experience very high levels of HCG during pregnancy without any negative side effects. At Nu Image Medical, we provide 100% pure HCG by prescription only. We do not use homeopathic or hormone-

free product that can be harmful to the body. It is also important while on HCG, to follow a physician-guided diet protocol and have access to medical assistance throughout the program in case you should have a question or need some additional help. If for some reason, we felt the diet may not be in your best interest due to a particular medical concern, you may not be approved to start the HCG program. If this happens, there is no charge. We do have other weight loss supplements, such as the [Ultra Burn](#) injections and/or capsules that may help you better reach your weight loss goals.

**Q: Why are some people calling the HCG Diet the “HCG-Cure?”**

The HCG diet is also being referred to as the “HCG-Cure”, because it works to re-program your body to use stored fat for energy when calories are reduced for periods of time. The HCG diet has been proven to be effective in men and women of all different body types. It has even proven to provide numerous weight loss success stories for conditions such as hypothyroidism and menopause, for which other diets have failed.

**Q: Wouldn't I lose weight eating a very low calorie diet without the HCG?**

It is certainly possible to lose weight by simply eating fewer calories and fat. However, because the body stores fat during times of deprivation, muscle and structural fat are often the first to be depleted. This method of starvation, which is very harmful to the body, will slow the metabolism. Many people find that they lose weight but then gain it all back plus more. HCG alone will not help you lose weight. The HCG medication must be combined with proper nutrition and a low calorie diet to help achieve weight loss.

**Q: Will I be hungry on this diet?**

Because HCG mobilizes fat and makes it available to the body as an energy source, appetite is naturally reduced. This fat utilization is referred to as ketosis. It is very important to keep calories low on HCG for the body to be reliant on fat stores for energy and thus suppress hunger. Most people have plenty of energy and feel good while on the program. All of our HCG products at Nu Image Medical also come compounded with B12 to additionally help increase energy levels.



**Q: Is it necessary to gorge during the first two days?**

Gorging, also referred to as loading, is a very important part of the HCG diet and should not be overlooked. It takes 2-3 days for HCG to fully get into the body and begin to pull fat into the bloodstream for energy use. Utilizing fat for energy, also known as ketosis, is a natural appetite suppressant and is what prevents hunger throughout the HCG program. The diet can be very uncomfortable if 500 calories is started too early without the HCG present in the body. Loading will help build up fat reserves in the blood; so that once the HCG is fully working in the body and calories are restricted, hunger is better controlled. These 2 days of loading must be done while taking HCG. Foods to focus on while loading include, but are not limited to: avocados, almonds, cheese, butter, sour cream, etc. Limiting foods that are high in carbohydrates and sugar and focusing on high fat foods instead can help achieve all of the loading benefit while preventing heavy carb withdrawals when starting the 500 calories.

**Q: Why is a colon cleanse suggested during phase 1?**

Detoxifying the colon is essential in maintaining digestive health. Toxins from air, water, and food can build up over time

within the body. Similar to many diet detox programs, the colon cleanse is used to detoxify the system and prep the body for the 500-calorie diet. The colon cleanse is also suggested to rid the colon of candida albicans yeast. This yeast can commonly be found in small amounts within the intestine and vaginal area. Excess yeast in the colon is believed to inhibit digestion.

**Q: Do I need to eat all organic foods?**

According to Dr. Simeons protocol, it is recommended to eat all organic products especially proteins. Non-organic poultry, vegetables, fruit, and beef may contain preservatives, antibiotics, herbicides, pesticides and flavor enhancers. If you do not have access to all organic foods, wash all produce thoroughly, and drink only filtered or bottled water.

**Q: What if my weight plateaus?**

It is very common for both men and women to experience a weight plateau on any weight loss program. This can happen for many reasons. Weight loss can vary from person to person depending on the amount of weight to lose and adherence to the diet. If all possible explanations for weight stalling have

been surveyed, such as cheating, an upcoming menstrual cycle, too much exercise, under eating, etc., the answer may point to fluid retention. On the 4th day of a weight plateau, an “Apple Day” may be implemented. This plateau breaker instructs to eat only 6 green apples for the entire day and decrease your fluid intake by half.

Another plateau breaker is the “Steak Day” which involves fasting for the entire day and only drinking fluids and then eating a large steak (8-10 oz.) for dinner. Both of these plateau breakers have proven great results. They should be used sparingly and only when needed. They are not meant to be used to correct cheating on the diet.

**Q: What if I feel constipated on the diet or can't go to the bathroom?**

It is completely normal to experience some changes in bowel habits when on a low calorie diet like HCG. If you are consuming smaller amounts of food, less will need to be secreted as waste. For some, this may mean not having a bowel movement every day or even every other day. Again, this is normal when on a 500-calorie diet. However, if you have not experienced a bowel movement in more than 5-7

days and you are experiencing some unpleasant side effects of constipation including a distended or swollen abdomen, cramping, etc., a mild laxative may be used. As a rule, always remember to first drink plenty of water throughout the day to stimulate your bowels. The 30-minute daily walk may also help. If you are still in need of a laxative, we recommend taking Miralax® OTC to aid in digestion or Smooth Move Tea. Both of these products are gentle to the digestive system and are only recommended to use as a last resort when needed. They should not be used to correct cheating on the diet or to increase weight loss. Overuse of laxatives and bowel stimulants can prevent your bowels from functioning normally on their own.

**Q: Does the HCG have to be refrigerated?**

The HCG injections and HCG drops are shipped **unmixed**, therefore they do not have to be refrigerated at this point. Once **mixed**, both the HCG injections and drops **MUST** stay refrigerated for the remainder of use time. Mixing instructions can be found on the website. If vials are left out for longer than 6 hours, the medication potency may be affected. If you are a frequent traveler, or have minimal access to

refrigeration, the HCG pellets may be a much easier option to consider when ordering because they do not require mixing or refrigeration.

**Q: What happens if I miss a dose or an injection?**

The HCG remains in the body for roughly 3 days. It is best to take the HCG each morning upon waking. Associating taking the hormone with a daily task such as weighing or brushing your teeth may help you remember. However, if you forget the dose several hours later, you may simply give yourself the injection at that time. If you skip an entire day, do not double your dose the next day. Documenting that you took your HCG each day will prevent double dosing and help avoid being short medication.

**Q: Will HCG interfere with any medications?**

HCG is **not** contraindicated with any medications. Please continue taking ALL medications prescribed to you by your physician or primary care provider. Most over the counter medications are compatible with HCG as well. However, make sure to check the label for any sugar alcohols or additives as these may prevent weight loss and halt success on the

program. For example: gummy vitamins, cough syrup, etc. If you have any questions about a particular medication, please contact our medical department at 888-520-3438.

**Q: Is it normal to experience menstrual spotting while on the program even in menopause?**

Some women and postmenopausal women have reported a small amount of spotting while taking HCG. This is the body's reaction to an increase in hormone production and is not considered a health concern. If you still have a monthly menstrual cycle, the HCG should be stopped during the heaviest days and resumed when bleeding lessens. The 500-calorie diet should be continued, as HCG is still present within the body.

**Q: Where should HCG be injected?**

The HCG hormone is given via subcutaneous injection and absorbed through fatty tissue. The injection is given in a very small insulin syringe and can be injected in any area on the body that fat is pocketed. The most common injection sites include the abdomen, thighs, upper backs of the arms, and the lower back. Injection sites can be rotated to prevent

discomfort. Visit <http://nuimagemedical.com/how-to-give-a-sub-q-injection> for more information on the HCG injections and a step-by-step injection guide.

### **Q: Can I exercise on the HCG Diet?**

Exercising on the HCG diet can actually hinder weight loss, slow the metabolism and is not recommended on a 500 calorie diet. If exercise is done while on the HCG diet, the body will begin believe that it needs more energy and can begin take away lean muscle mass. A daily 30-minute walk is recommended, provided you do not already have a strenuous daily routine, but adding extra exercise will not aid in weight loss on the HCG diet.

## Last But Not Least Information

The HCG program is a life-changing treatment; it is very simple but requires discipline and efforts that will pay off in the long run.

We encourage our new patients to follow our guidance and Dr. Simeons' studies, and please do not try to make any modifications to the diet or the protocol if you want to be successful.

According to Dr. Simeons' manuscript Pounds and Inches (and we agree): “The problems of obesity are perhaps not so dramatic as the problems of cancer or polio, but they often cause life-long suffering. How many promising careers have been ruined by excessive fat; how many lives have been shortened?”

He has discovered a solution to this mental and physical suffering. The least we can do is to follow the guidelines and protocols indicated by Dr. Simeons' studies.



**Dear Nu Image Medical Patient,**

Congratulations on completing our HCG Diet Program and thank you for giving us the chance to be part of your life-changing experience!

Your metabolism is better than ever and you are feeling great and renewed. You are now enjoying the experience of being thinner and feeling healthier and more energized.

Should you have questions, or if you would like to give us your feedback, we welcome you to do so. As a member of the Nu Image Family, you can always call our office to speak with a member of our team. We are always here to support and guide you.

Healthy Wishes!

## Suggested Shopping List

Proteins	
<input type="checkbox"/>	Red Meat (Very Lean Beef, Cube Steak, 93/7 Lean Ground Beef, Sirloin Tip Side Steak, Top Round Steak, Tri-Tip Steak)
<input type="checkbox"/>	Chicken (Chicken breast - organic preferred)
<input type="checkbox"/>	Fish (Cod, Crab Meat, Flounder, Haddock, Halibut, Lobster, Red Snapper, Shrimp, Tilapia)
<input type="checkbox"/>	Veal (Sirloin, Loin Chop)
Vegetables	
<input type="checkbox"/>	Asparagus, Celery, Cabbage, Cucumber, Lettuce, Red Radishes, Spinach
<input type="checkbox"/>	Garlic, Onions, Tomatoes
Fruits	
<input type="checkbox"/>	Grapefruit, Green Apples, Oranges, Strawberries, Lemons
Bread	
<input type="checkbox"/>	Grissini Breadsticks, Melba Toast
Beverages	
<input type="checkbox"/>	Bottled Water
<input type="checkbox"/>	Tea and Coffee
Sweetener	
<input type="checkbox"/>	Stevia (NO Truvia)
Condiments	
<input type="checkbox"/>	Pepper, Parsley, Oregano, Thyme, Basil, Mustard Seeds, Marjoram
<input type="checkbox"/>	Apple Cider Vinegar