

# THE HCG DIET

Use this diet to lose 20 to 34 pounds

**STOP this diet when you lose 34 pounds or reach 46 days**

Days 1 and 2

HCG Dose: 125 units (0.2cc)

Diet: Force Feeding (Pig Out – Don't hold back... it will come off easily)

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Day 3 through day 46 (44 Days)

HCG Dose: (0.2cc) of HCG 6 days weekly. B12 Injection (1cc) only is given on the 7<sup>th</sup> day.

Diet: Maintain 500 calories

As soon as your statistically normal weight is reached, stay on the same diet but increase your daily caloric intake to 800 to 1000 calories for the remainder of this phase.

**\*\*\* if during this phase, you have a plateau where you don't notice weight reduction in 2-3 days or you notice an increase of 1-2 lbs in one weigh in.**

This is the so-called "apple day". An apple-day begins at lunch and continues until just before lunch of the following day. The patients are given six large apples and are told to eat one whenever they feel the desire though six apples is the maximum allowed. During an apple-day no other food or liquids except plain water are allowed and of water they may only drink just enough to quench an uncomfortable thirst if eating an apple still leaves them thirsty. Most patients feel no need for water and are quite happy with their six apples. Needless to say, an apple-day may never be given on the day on which there is no injection. The apple-day produces a gratifying loss of weight on the following day, chiefly due to the elimination of water. This water is not regained when the patients resume their normal 500-calorie diet at lunch, and on the following days they continue to lose weight satisfactorily.

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Day 47 through day 49 (3 Days) Very Important as these days set the Hypothalamus.

HCG Dose: None

DIET: 500 calories daily

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Day 50-64 (2 weeks) (Add foods as noted on the Food Exchange List) Increase up to 1000 Calories

Diet: NO Carbohydrates (starches and sugar) (e.g. sugar, rice, bread, potatoes, pastries, etc.) **\*\*DO NOT combine fats and starches in this phase\*\*** When the three days of dieting after the last injection are over, **you can now eat anything you please, except sugar and starch** provided you faithfully observe one simple rule. This rule is that you must have your own portable bathroom-scale always at hand, particularly while traveling. You must without fail weigh themselves every morning as you get out of bed, having first emptied your bladder and before breakfast.

IMPORTANT: It takes about 3 weeks before the weight reached at the end of the treatment becomes stable, i.e. does not show violent fluctuations after an occasional excess. During this period patients must realize that the so-called carbohydrates; that are sugar, rice, bread, potatoes, pastries etc, are by far the most dangerous. If no carbohydrates whatsoever are eaten, fats can be indulged in somewhat more liberally and even small quantities of alcohol, such as a glass of wine with meals, does no harm, but as soon as fats and starch are combined things are very liable to get out of hand. This has to be observed very carefully during the first 3 weeks after the treatment is ended otherwise disappointments are almost sure to occur.

**BE SURE TO: Weigh yourself each morning. If at any time during these 2 weeks your weight increases more than 2 pounds (even if it's an ounce over 2 pounds) from the weight of your last injection... skip breakfast and lunch (but drink plenty of fluids) (this must be done on that day) and have a huge steak with an apple or a raw tomato for dinner. This applies only to the morning weight.**

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Day 65 - 93 (4 weeks) You can very gradually add starch in very small quantities. At day 94 you can start your next set of HCG if you need more weight taken off.

# FORCE FEEDING DIET

Eat frequently and to capacity the most fattening foods you can.

Stuff yourself with:

- Milk chocolate
- Pastries
- Whipped cream
- Fried meats (especially pork)
- Eggs
- Bacon
- Mayonnaise
- Bread smothered with plenty of butter and jam

## 500 CALORIE DIET

**Unlimited herb tea and water**

**Breakfast** apple, grapefruit or strawberries

**Snack** celery sticks

**Lunch** fat free protein and vegetable

**Snack** ½ fruit portion

**Dinner** fat free protein and vegetable

**Snack** apple, grapefruit, strawberries or breadstick

**Things that you will notice during this diet:**

- Weight loss (about ½ - 1 pound per day)
- Psoriasis greatly improves
- Fingernails become less brittle
- Loss of hair is arrested
- Excessive urination
- Fewer Bowel Movements which is not constipation.

**Do you need to lose more weight?**

- Before you begin your 2<sup>nd</sup> course you need to wait 6 weeks
- Before you begin your 3<sup>rd</sup> course you need to wait 8 weeks
- Before you begin your 4<sup>th</sup> course you need to wait 12 weeks
- Before you begin your 5<sup>th</sup> course you need to wait 20 weeks

**100 g = 3.4 ounces**

Escali #

408

416

430

503

504

514

**PROTEINS:**

0.8 g Ground Beef 85% lean = **1 calorie**

0.7g Sirloin steak = **1 calorie**

1.2 g Chicken Breast Skinless Grilled = **1 calorie**

1.3 g White fish = **1 calorie**

(talapia, snapper, roughy, mahi, tuna, scallops)

1.0 g Shrimp = **1 calorie**

1.4 g Crab = **1 calorie**

1.4 g Lobster = **1 calorie**

**VEGETABLES:**

Select only 1 per meal – do not mix veggies if at all possible except for mixed greens.

298

6.5 g Spinach = **1 calorie**

235

8.4 g Mixed Green Salad = **1 calorie**

309

8.3 g Tomatoes = **1 calorie**

204

10.7 g Celery = **1 calorie**

228

4.8 g Fennel = **1 calorie**

219

12.4 g Cucumbers peeled = **1 calorie**

161

7.4 g Asparagus = **1 calorie**

190

6.2 g Cabbage = **1 calorie**

**FRUITS**

325

2.8 g Apple = **1 calorie**

354

4.6 g Grapefruit = **1 calorie**

396

4.6 g Strawberries = **1 calorie**

**STARCH**

1 cresseni (breadstick) = **22 calories**

**OTHER: 0 calorie... Vinegar, Stevia, Braggs Aminos, lemon juice, dry spices.**

## Food Exchange List

### Glycemic index less than 60 as well as calorie count.

<u>Protein</u>	<u>Calories</u>	<u>Escali</u>
Chicken Roasted skinless (4 oz)	220	
Turkey roasted skinless light/dark(3 oz)	120/140	
Lamb lean (3 oz)	160	
Halibut Baked (3oz)	105	
Beef (3oz lean cut)	170	
Cod Baked(6 oz)	135	
Tuna canned in water (3oz)	90	
Salmon baked (3 oz)	150	
Mackerel broiled (3oz)	190	
Wild game (3 oz)	135	
Soya beans cooked ½ cup (3oz)	105	
Peas, dried ½ cup (3oz)	60	
Lentils cooked, ½ cup (3½ oz)	115	
Beans Avg. all types cooked ½ cup (3oz)	105	
Butter beans ½ cup (3oz)	90	
Split peas, boiled 1 cup (7oz)	230	
Black-eyed peas ½ cup (2oz)	100	
Baked beans ½ cup (4½ oz)	120	
Soy milk 1 cup (8oz) varies by product	70-260	
Yogurt, low fat average (8oz)	150	
Cheese, Cheddar (1oz)	110	
Cottage Cheese Low fat 2 Tbs (1oz)	20	
*Egg White 1g	1	
Egg Yolk 0.2g	1	

### Vegetable - Fresh

*Sprouts, Mung bean, Alfalfa 1.7g	1	
Artichoke (1 med) (4½ oz)	65	
Asparagus (8 spears)	30	
*Bell peppers 2.5g	1	
Bok choy (3oz)	13	
*Broccoli 1.5g	1	
Brussels sprouts (1/2 cup)cooked (3oz)	35	
*Snow peas 1.2g	1	
Carrots, cooked ½ cup (2¼ oz)	35	
*Cauliflower 2	1	
Daikon radish (3oz)	18	
*Endive 3g	1	
*Eggplant 2.1g	1	
Escarole	Label	
Green or yellow beans (1/2 cup) (2oz)	20	
*Greens, turnip, beet, swiss chard 2.4g	1	
Jicama (1/2 cup) (3oz) raw	25	
Kale 1/2 cup) (2oz)	20	
Kohlrabi ( ½ cup) cooked (3oz)	25	
Leeks cooked 1 whole (4oz)	40	
*Mushrooms 2.3g	1	
Okra ( ½ cup) cooked (2¾ oz)	25	
Onions raw 1 small (2oz)	20	
Parsnips cooked (1/2 cup) (2¾ oz)	65	
*Radishes 3.2g	1	
Rutabaga ½ cup (3oz)	30	
*Squash, summer, zucchini 3.2g	1	
Taro (1/2 cup) (2oz)	95	
Turnips (1/2 cup) cooked (3oz)	15	
Water chestnuts (1/2 cup slices)	15	

### Fruit - Fresh

Cherries 1 cup 20 pcs. (3½ oz)	30
Apricots 1 small 12 / lb.	17
Pear Bartlett 1 small (4oz)	60
Apple 1 small	80
Plum small (2oz)	30
Peach 1 med (4oz)	35
Kiwi fruit 1 med (3oz)	45
Mango 1 whole med (11oz)	140
Berries in all varieties	

### Fat

Almonds raw (1/2 oz) 12-14 nuts	85
Almond butter (1 Tbsp) ( ½ oz)	105
Avocado ½ medium (3½ oz) / ( ½ oz)	160 / 25
Cashews (1/2 oz)	83
Flax oil (2 capsules)	10
Ghee (1 Tbsp)	110
Nut or seed butter (1 Tbsp)	Label
Olive oil (1 tsp)	45
Pecans 10 Jumbo (1/2 oz)	95
Pumpkin seeds (1/2 cup)	140
Safflower oil (1 tsp)	45
Sesame seed oil (1 tsp)	45
Sunflower oil (1 tsp)	45
Sunflower seeds (1/2 oz)	80
Walnuts (1/2 oz) 8-10 halves	87

### **Foods listed with a ( \* )**

1. can be added slowly into diet starting the 4<sup>th</sup> week of the diet if weight continues to drop. If after adding a food weigh loss stops or slows down don't eat that food any more and go back to the original diet.
2. Can be added to the food exchange diet and if maintained at 800 calories should continue to loose weight.





## **ARTIFICIAL (not found in nature; man made chemical compound) SWEETENERS**

From the Book Sweet Deception by Dr. Joseph Mercola

Current List of Artificial Sweeteners:

1. Saccharin
2. Cyclamate
3. Aspartame
4. Alitame
5. Sucralose
6. Acesulfame-K
7. Neotame

**Saccharin:** Discovered: 1879: Scientists at Johns Hopkins University researching toluene Derivatives. Toluene is a clear, colorless liquid produced in the process of making gasoline and crude oil and in making Coke (as a carbon residue) from coal. It is used in creating paints, paint thinners, fingernail polish, lacquers, adhesives, and rubber. High level exposure can cause unconsciousness or even death. One researcher accidentally spilled and then ingested some of a particular chemical made from Toluene. He noted that it was oddly sweet. He traced the taste back to the chemical and named the substance saccharin, after the word saccharide, which means complex sugar. In 1884 it was patented Saccharin and was mass produced.

300 Times sweeter than sugar.

1/8<sup>th</sup> of a calorie per teaspoon compared to sugar.

1912 Banned due to health concerns.

**Cyclamate:** Discovered: 1937 : University of Illinois Graduate Student Michael Sveda. Sveda was trying to synthesize fever reducing drugs in the lab and laid a cigarette on the bench. When he placed it in his mough again, he discovered the sweet taste of cyclamate from the chemicals he had on his fingers. Less after taste. Inexpensive to produce and zero calories.

Became Sweet'n Low in the little pink packets initially.

Banned in 1968 by FDA due to bladder cancer in mice.

Sweet'n Low is now a mixture of Saccharin and Dextrose.

**ASPERTAME:** Discovered: 1965: GD Searle & Company researching Amino Acids to find a drug to treat peptic ulcer disease. When he licked his fingers to pick up a piece of paper, James Schlatter got the worlds first taste of Aspartame. It never reached the pharmaceutical industry as a drug. Instead it revolutionized the artificial sweetener industry. 1967 found to cause neurotoxicity and damage to brains of mice. Other symptoms reported include aggressive behavior, disorientation, hyperactivity, extreme numbness, excitability, memory loss, loss of depth perception, liver impairment, cardiac arrest, seizures, suicidal tendencies, severe mood swings and death.

Breaks down in the body to DKP, Formaldehyde and Methanol which are all poisons and carcinogenic.

Nutrisweet:

**Acesulfame Potassium (K)** was approved for use by the FDA as a safe artificial sweetener in July, 1988. It is a derivative of acetoacetic acid. Unfortunately, several potential problems associated with the use of acesulfame have been raised. They are based largely on animal studies since testing on humans remains limited. The findings showed the following:

Acesulfame K stimulates insulin secretion in a dose dependent fashion thereby possibly aggravating reactive hypoglycemia ("low blood sugar attacks").

Acesulfame K apparently produced lung tumors, breast tumors, rare types of tumors of other organs (such as the thymus gland), several forms of leukemia and chronic respiratory disease in several rodent studies, even when less than maximum doses were given. According to the Center for Science in the Public Interest, it was petitioned on August 29, 1988 for a stay of approval by the FDA because of "significant doubt" about its safety.

Dr. H.J. Roberts, Aspartame (NutraSweet) Is It Safe?, Charles Press, page 283/84.

**SUCRALOSE: SPLENDA: 1975:** Queen Elizabeth College in London Shashikant Phadnis a graduate student was trying to create a new insecticide. The experiment involved taking sulfuryl Chloride – a highly poisonous chemical – and adding it drop by drip to a sugar solution. This volatile reaction gave birth to 1',4,6,6'-tetrachloro-1',4,6,6'-tetradeoxygalactosucrose. These powders had molecules full of chlorine atoms. DDT, a proven toxin also has many chlorine atoms. He was told to test the powder but he thought they told him to taste the powder. He told his colleagues it was sweet. He then added it to his coffee and the rest is history. Experiments with other chlorinated sugars finally revealed the final product of 1'6-dichloro-1,6-dideoxy-beta-D-Frucosyl-4-chloro-4-deoxy-alpha-D-Galactopyranoside or more commonly called SPLENDA.

Some say it is made from sugar. Well...it is...sort of? They treat the sugar with trityl Chloride, Acetic anhydride, hydrogen chloride, thionyl chloride and methanol in the presence of dimethylformamide, 4-methylmorpholine, toluene, methyl isobutyl ketone, acetic acid, benzyltriethylammonium chloride and sodium methoxide. Then and only then is it Splenda. This "1'6-dichloro-1,6-dideoxy-beta-D-Frucosyl-4-chloro-4-deoxy-alpha-D-Galactopyranoside" is anything but a sugar molecule. It is in the same classification of chemical as organochlorines. Here are a list of just a few:

NAME	Purpose	Safety
DDT	Insecticide	Banned North America
Dicofol	Insecticide	Banned in most countries
Methoxychlor	Insecticide	Neurotoxin
Chlorobenzilate	Insecticide	Banned in US
Aldrin	Pesticide	Banned in US
Chlordane	Insecticide	Banned in US
Grans-nonachlor	Insecticide	Banned in US
Heptachlor Epoxide	Insecticide	Liver damage, carcinogen
PCBs	Electric Insulator	Banned in most countries
PCP and TCP	Insecticide Wood Preservative	60% death rate on skin penetration
HCB	Fungicide, Pesticide, tire manufact.	Banned in US, Harms Endocrine system
Dioxins (210 kinds)	pesticides, wood preservative	cancer, diabetes, liver heart and skin dz.
PVC	plastics, building materials, toys	cancer, birth defects,
Phosgene	Chemical Warfare	Lethal Respiratory poison
Mustard Gas	Chemical Warfare	Lethal Respiratory Poison
Chloroform	Anesthetic, Solvent	Banned as an anesthetic.
Dichloromethane	Solvents	Carcinogenic
Dichloroethene	Solvents	Liver, Kidney and Lung disease
Trichloroethane	Solvents	Banned in US
Sucralose / Splenda	Food Sweetener	The only Organochlorine ever used for human consumption.