

Four Phases of the hCG Diet

Welcome to the four different phases of the hCG 1234 diet. You're about to embark on an amazing weight loss journey and begin achieving some remarkable results, along with literally thousands of other people who have done the same. We have designed the hCG 1234 protocol based on the original Dr. Simeons protocol with adjusted caloric intake recommendations from nutritionists and dieticians who recommend at least 1200 calories for healthier dieting.

We have also extended the original approved foods list to reflect the availability of products higher in demand for vegetarian options as well as our own experience. Working with customers that have used these additional food options we have seen them be effective and provide more variety to the protocol.

The product and protocol are still effective with the updated hCG 1234 diet of more calories and it now allows for more frequent mild exercise which is always beneficial for overall health. You still can choose to do the lower calorie protocol if you wish but keep in mind that more movement means more calories needed for weight loss; the right balance takes time to find.

It may seem overwhelming at first, but if you do the diet one step at a time, you'll start seeing the results you want instantaneously. The following information describes (in detail) the four different phases of the hCG 1234 diet. They are listed below.

It is recommended before doing this diet that you do a cleanse to help your body remove toxins and improve your overall results. We have cleansing products that were designed specifically for the hCG 1234 product and protocol. This is an optional step but one that provides improved results. Basic cleanses can be effective as well.

3 Week Program

Phase 1: Taking the hCG 1234™ Drops (Days 1 – 2)

Phase 2: The Low Calorie Diet (Days 3 – 23)

Phase 3: Stabilization (Days 24 – 44)

Phase 4: Keeping Your Weight Off/Maintenance (Days 45 – Forever)

6 Week Program

Phase 1: Taking the hCG 1234™ Drops (Days 1 – 2)

Phase 2: The Low Calorie Diet (Days 3 – 44)

Phase 3: Stabilization (Days 45 – 65)

Phase 4: Keeping Your Weight Off/Maintenance (Days 66 – Forever)

Phase 1: Taking the hCG Drops (Days 1 – 2)

For the first two days, start taking the hCG drops.

1. Place the drops under your tongue and hold them there for 60 seconds. Swallow the remaining liquid.

Note: Be sure to take ten drops, three times per day, for a total of 30 drops. Once in

the morning, 30 minutes before lunch, and then again 30 minutes before dinner. Do not drink anything 10 minutes on either side of taking the drops and don't eat anything for the full 30 minutes before or after taking the dose.

2. During the first two days of taking the hCG drops, you'll also need to eat as much high fat food as you possibly can. You'll be storing fat to be used as energy during the low calorie portion of the diet (described later). Don't skip this step; your energy level will suffer if you do.

Load exclusively on high fat foods (pork products, full fat dairy, nuts, peanut butter, avocados, fried foods, etc.). Loading with mostly carbohydrates and sugars isn't beneficial and will cause problems early in the program with hunger and slower weight loss

Phase 2: The Low Calorie Diet (Days 3 - 23 or 3 - 44)

1. On the third day, you'll begin the low calorie diet. Continue the low calorie diet for 3 weeks (if you're trying to lose 15 to 20 pounds), or 6 weeks (if you're trying to lose 34 to 40 pounds). Weigh yourself every morning when you wake up. You should see a weight loss of about 1 – 2 pounds per day. Do not do this phase beyond 6 weeks.
2. Be sure to take accurate body measurements when you start and continue taking them throughout the program. You could be losing inches instead of pounds.
3. Eat only the foods from the following list. No variations are allowed unless outlined. If an item is not on the list, then don't eat it!

Note: Some doctors and clinics make substitutions, but we recommend sticking to our diet protocol exactly in order to get the best results.

Protein:

Chicken (white meat only)	White fish (tilapia, halibut, cod, tilapia, etc.)
Shrimp	Extra lean steak and ground beef
Steak (no marbling; all fat removed)	Lobster
Crab	Scallops
Turkey (white meat only)	Tuna (canned in water only)

You must remove all of the fat from meat (no marbling) and the skin from the chicken and turkey, then weigh it before cooking.

Vegetables:

Note: You can make a salad totaling 2 cups of a few different vegetables just be sure to accurately calculate your portion sizes and the corresponding calories. However, it's recommended you have just one item at a time for ease of digestion and better results.

Lettuce (all varieties)	Onions
Cucumbers	Spinach
Tomatoes	Chard
Celery	Fennel
Red radishes	Asparagus
Cabbage	Chicory
Beet greens	

Fruit:

- Apple
- Orange
- Grapefruit
- Strawberries
- Blueberries

Bread:

- Melba Toast
- Grissini
- Ak Mak Crackers
- Wasa "Lite" Crackers

Beverages:

You can consume unlimited amounts of the following: (consume at least 3 liters of water every day in addition to these other "free" beverages)

- Black coffee
- Tea (self-brewed, plain black or green tea only)
- Water (Distilled is best)
- Sparkling water (Pellegrino, Perrier)

Sweeteners:

- Stevia
- Saccharin (Sweet 'n Low brand, etc.)

Note: Only Use Stevia and Saccharin. Aspartame, Sucralose (Splenda brand, etc.), or sugar are not allowed.

Spices and Seasonings

You can use any spice you want, just be sure it doesn't contain sugar. Salt and pepper are allowed. Be sure to read the ingredients of everything you consume. Even a minor intake of something that isn't allowed can slow down your diet considerably or stall you all together.

Note: You can have gum, just be sure it is flavored only with Xylitol (a natural sweetener). Most brands of gum use Aspartame as well, which is not allowed.

Phase 3: Stabilization (Days 24 – 44 or 45 - 65)

You can now begin to add more food back into your diet, just one new item per day. Be sure to avoid sugar and starch for 3 weeks. It's best to add foods back in one at a time so you can see how your body reacts to each item. You can have dairy, limited healthy fats and oils, and limited nuts. Be aware of extra sweet fruits during this phase.

Once you have successfully stabilized your weight, you are ready to add normal foods back into your diet, including bread and other starchy foods like potatoes (in moderation, of course). You can also eat food containing sugar, again in moderation, and limited sweets.

You're free to use the same foods from the diet phase during Phase 3, if you wish, just increasing the portions sizes slowly to increase your calories (concentrating on protein and vegetables for the best results). An extensive list of recommended additional foods to add to your diet can be obtained by emailing support@creativebioscience.com

At this point of the diet, you will have developed a taste for healthy foods. It should also be much easier for you to make good eating decisions based on your knowledge of how your body responds to certain foods.

You'll still need to continue to weigh yourself every morning, and if you ever go two pounds above your lowest achieved weight, a steak day will put you back on track. A steak day is where you don't consume anything all day except water. For dinner, you'll eat a large steak (any size). Later on that evening, you can either have one apple or one tomato. The following morning, you should be back within two pounds of your lowest achieved weight. This is how you keep yourself from gaining back all the weight you lost earlier in Phase 2: The Low Calorie Diet.

Just keep in mind that it is important to do the steak day on the same day as the gain, otherwise it isn't as effective. You should be able to maintain your new weight forever by following this simple system.

Phase 4: Keeping Your Weight Off/Maintenance (Days 45 or 66 – Forever)

Did you know that habits (both good and bad) are made and broken in a 14-day time period? During your experience on the previous phases of the hCG 1234 diet, no doubt you have created some new and healthy eating habits. At this point you should feel better physically and mentally than you ever have before. In addition, you have discovered a new self-confidence, and a new you! If you go right back to eating the wrong types of foods, chances are you'll find yourself feeling sick, and you'll soon realize that your body actually craves healthier foods.

The hCG 1234 Diet is all about making a change in your lifestyle. Sure, losing weight is a part of that change, but the key is to lose weight and keep it off, forever. Take time to educate yourself on the causes of obesity, and surround yourself with people who share the same goals as you do. You can also consult your physician or other professionals that will help you stay on the right path to stay happy and healthy for the rest of your life.