



### **HCG Weight Loss Skin Patch Instructions**

- 1] Download the HCG Diet Plan - ([www.naturesbodyhcg.com/downloads](http://www.naturesbodyhcg.com/downloads))
- 2] Wear 2 patches (on opposite sides of the belly) for the first week, change each 3 days. Follow the HCG Diet Plan. Starting at Phase 1 - fat loading.
- 3] Next week, wear 1 patch, change each 3 days, continue Phase 2 - HCG Diet.
- 4] Stop using the patches during the 3 Day transition and continue on to Maintenance/21 Transition as per usual (also without patches). Consider using Maintenance Drops/Patches.  
Available: <https://www.naturesbodyhcg.com/shop>  
Additional Information (Must Read)

### **For all other Wellness Patches (Appetite Control, Vitamin B, Life Force, Maintenance etc.):**

The same rules apply - change each patch after 3 days  
Use 1 (or 2) at a time depending on your needs. 1 patch is usually fine for most people.  
You can use any patches in combination, i.e. it is perfectly fine to be using a Vitamin B patch and/or Anti-Aging patch whilst doing the diet using the HCG patches for example.

### **General Patch Information:**

The patch ingredients generally last 3 days (at peak strength) after peeling off the backing paper and sticking to the skin. By day 4 the dose will be getting low. Changing patches every 3rd day will ensure optimum dosage.

Everyone reacts differently to the patches potency, the same as the drops, some need more than others, in which case you can wear two patches at a time every week not just for week one if required. We also have 'supercharge' combo deals to combine drops and patches available at <https://www.naturesbodyhcg.com/shop> When combining drops and patches, you can use 1 patch each 3 days and take the drops 3 times daily as usual).

### **NEW - Check out Shaye's patch application videos on our Instagram IGTV here:**

<https://www.instagram.com/tv/B8xijlVAud8/>  
<https://www.instagram.com/naturesbodyhcg/>

To use: Peel the patch off the backing paper; press firmly onto dry, oil free skin – firmly. Place on the lower belly or abdomen away from hair, clothing straps etc. When you replace the patch for a new one it is a good idea to place on the opposite side of the body to the last patch, but not essential.

Treat the patch gently. Yes you can shower and swim with it on but pat dry, (don't rub) firmly. Remember it's not a sticking plaster. If you are in chlorinated water every day they would need to have a water proof plaster/dressing over it to keep it on and protect from chemicals. They must be treated gently. Our patches are made from hypoallergenic adhesive, as in no latex. So the sticking material is not only good for any skin type but is not stuck on like a Band-Aid so ripping it off cause's no irritation to the skin.

**How to Store:** Store your spare patches in the envelopes supplied, away from heat, direct sunlight, strong odours, microwaves and computers - so they keep their full potency, this is also important for the patches to keep their adhesive (sticking) quality. Don't refrigerate.

Placement of patches: We suggest clients place the patch on the lower belly. It is good to be in a fatty place so the ingredients rapidly flow into the blood stream. But if you have a client who is long term on any of the patches and they don't want to continue with that area, then patches really can be placed anywhere from then on – the ingredients will have been established within the blood flow/cells.

Even if the edges curl up you are still absorbing the ingredients - the recipes are very potent and the more you use them the more they are in your blood stream and you feel the effects.

It is possible to have the odd patch that is a bit dry, but some skin sensitive tape can be put across it to keep it on the skin, it will still work perfectly. Please make sure you follow the directions and treat the patch well - as in not rubbing clothes against it especially when removing said clothes.

Also when you first apply the patch it must be pressed on firmly and the skin must be dry but not flaky, make very sure there is no backing paper still on the patch.

When wearing 2 patches instead of one during first week (or more): generally everyone is okay with this, but the odd client will not be able to absorb well for whatever reason so a red, itchy, very small rash may appear beside one patch. In this case, you only need one patch even at the beginning – so only wear one for the duration of their diet journey if you have developed a rash – we see this in maybe one out of 30-40 clients.

**Disclaimer:**

Our products are manufactured in a sterile laboratory in Australia. They do not contain hormones from human or animal sources.

There is no shelf life or expiry date, if stored correctly – as in away from direct sunlight, heat, computers and microwaves. Do not store in the fridge. Follow these instructions to keep full potency in your patches and good adhesive.

**Medical disclaimer:**

The information provided here is not intended to replace consultation or advice received by qualified health professionals regarding your specific situation nor is it to be taken as medical advice or diagnosis.

If you have any medical questions about the program you should consult your licensed medical provider before using our herbal patches.

It is very important that people do not self-diagnose any health condition. Any medication (herbal or otherwise) should be taken under the supervision of a knowledgeable practitioner.

Some herbal remedies can interfere with medication.

If you have an on-going condition you may need blood tests for example to find the cause. Herbal medicine is the therapeutic use of plants to treat disease and enhance general health and wellbeing. Herbs can act on the body as powerfully as synthetic drugs and should be treated with the same care and respect.