

The HCG Diet Plan - The Revised Simeon's HCG Diet

*Adapted from the **HCG Diet Council's** official diet plan
for use with
Nature's Body HCG Drops*

www.NaturesBodyHCG.com

*Information and recommendations presented are provided for informational purposes only.
Consult your Medical Doctor or other Health Care Professional before beginning any weight
management program.*

A word from our customers:

(see more at <https://www.naturesbodyhcg.com/testimonials>)

"Hi my name is Julia Linaker. My story begins - my sisters naturopath got my sis and her husband and 3 teenage daughters doing hcg. She told me over the phone what it was about and as soon as she told me 500 calories I tuned out and told her she was crazy. A few months later she came to visit and they all looked great with heaps of energy. When they left my husband said he wanted to give it a go. My sis sent me the email I read and researched further. The more I read the more sense it made. We ordered your drops and started. We both started at 148 kgs. I am now 97 kgs and my husband is 129 kgs. I've had greater success because I continue to refresh my memory and continue to research food. I was morbidly obese for 25 years I never want to be that fat person again. Thank you for making your HCG drops affordable." - Julia, QLD

"I have just completed my second round of drops and I couldn't be more pleased with my results. I have lost 30kg over my two rounds, and am feeling so energetic and happy! I still have 30kg to lose but I am halfway through my weight loss journey. It's great to be getting so many comments and compliments on how I'm looking, and I'm looking forward to my next round and achieving my goal! I can't recommend Nature's Body HCG more highly for those looking to drop excess kilos!" - Richard

"My weight has been yo-yo ing for the last twenty years. I have tried many products with not much luck.

Nature's Body HCG has given me a whole new life. On the 8th of April 2016, I weighed in at 183kgs, now my weight at 8th of July is 173kgs. Yay !!!! (10 kgs lighter). Recently I saw my Specialist & GP & they are both impressed with my weight loss and gave me encouragement to continue with this program. My Family have noticed a change in my face and body shape. Thank you Julia Linaker for introducing me and encouragement and Nature's Body HCG for an amazing product."

- Sally Turnbull, Chinchilla Qld.

"I am a great believer in Nature's Body HCG and have recommended it to my friends and people who ask how I have lost my weight.

I am 67 years old and 169 cms in height and on March 9, 2015 I weighed 105 kgs and started my Nature's Body weight Loss regime. I carefully documented everything I ate and faithfully took my drops 3 times a day. I did 4 rounds and finished my last round on 10 September at 63.6 kgs. I am currently 65.8 kgs after Christmas, New Year and visitors for 1 month, and am going to do one more round in March to get down to 60 kgs. I found the program easy to follow, and I followed it to the exact letter. Of course, there were times of celebrations, eating out, etc., but I found it easy to make smarter food choices in restaurants. My husband has also lost 20 kgs and my 2 best friends have lost 15 kgs each. I have completely retrained myself regarding my food choices and am happy eating leafy green vegetables and fruit with a much smaller serve of protein than I used to eat. I will be eating this way for the rest of my life as I have seen how easy it is to maintain your weight loss if you stick to the principles. And the best part is NO EXERCISE." - Audie

"I lost 16 kg's and felt healthier when I was on the hcg diet than I have for a long time. I also was healed of an ovary cyst whilst taking the drops. I have maintained the weight for 2 months. The maintenance drops were what kept me focused on the weight loss. They are necessary I believe. I recommend this to anyone.

p.s. I would love to go on the drops again...I just can't afford to lose any more weight! :D"
- Joanne

HCG Diet Basic Overview:

There are 4 phases to the HCG Diet:

Phase 1: *Loading* 2 days eating high fat food while taking the drops.

**Although sugar and carbs are not ruled out during this phase, it is best to focus on consuming healthier fats such as Omega 3's (such as avocado, fish and nuts), and Omega 6's (meats and dairy). The purpose of this phase is to build up fat reserves and calm the hypothalamus down and get it out of the "dieting mode" (You cannot start this phase if you have been dieting less than 5 days prior).*

Phase 2: 21 - 40 days low cal diet ("Revised Simeons' HCG Diet") while taking drops.

- * Can eat up to 8 times a day
- * choose from 2 proteins/2 Vegetables/2 fruits/2 starches
- * Do not cut up food choices to create additional servings
- * Do not double any food choices in one meal
- * Eat fruit at least 3 hours apart
- * Drink plenty of pure water daily (2 - 3 Litres)
- * **"The Ultimate HCG Diet Cookbook"** is available via our online store www.naturesbodyhcg.com/shop

3 day transition (stop taking drops but continue Phase 2 diet for 72 hours)

Phase 3: 21 Day Transition - adding dairy and carbs back into the diet having no drops while avoiding sugar and starch.

HCG drops are not taken during this phase. We do offer optional 'Maintenance Drops' via our **online store**.

Phase 4: Welcome to the New You!

Maintaining your target weight by following a normal, healthy diet can now be your focus - see "MAINTENANCE - AFTER THE 21 DAY TRANSITION" below for more details. **A minimum of 21 days** of maintenance should be done before starting a second round of the HCG diet.

The option to start another round is there if you wish to lose more.



Shopping List for the Revised Simeons' HCG Diet

Organic is Preferred:

PROTEIN (Beef/Poultry/Fish)

Boneless Skinless Chicken or Turkey Breast
Lean Grass Fed Beef
Lean Grass Fed Veal
White Fish (ie: Crab, Flounder, Halibut, Lobster, Haddock, Cod, Sole, Shrimp, Stone Crab, Tilapia)

VEGETABLES

Broccoli
Cucumbers
Cabbages
Celery
All Onions
Garlic
Spinach
Brussels sprouts
Endive
Mushrooms
All types of Lettuce
Green Beans

BEVERAGES/CONDIMENTS/OTHER

Natural Teas
Sea Salt
Diet Soda (no Aspartame)
Water
Mineral Water
Fat-Free Milk

STARCH

Plain Melba Toast/Fat Free-Sugar Free Pretzels
Grissini Bread Sticks



Accurate Kitchen Scale

FRUITS

Grapefruit
Apples
Strawberries
Kiwi
Oranges
Lemons or Reconstituted Lemon Juice
Limes



Soy Sprouts
Tomatoes
Beet Greens (tops only)
Asparagus
Chard
Radishes
Chicory
Cauliflower
Fennel
Zucchini (No squash)
Kale

Organic Decaf or Regular Coffee
Leaf Spices
Herbs
Stevia (preferred sweetener)
Splenda / Saccharin-limited amounts
Bragg Amino Acids

Vinegar: Organic apple cider (preferred)
(Balsamic, red wine or Rice:
discontinue if weight stalls)

REMEMBER "EAT ONLY THE FOODS LISTED"

How to take Nature's Body HCG Products:

HCG Drops & HCG 'Ultimate' Drops 100ml:

- ❖ To be used during Phase 2 - Take 10 drops 3 times daily under the tongue.
- ❖ Take at least 15 mins before or after eating.
- ❖ 1 Bottle should last at least 1 full round (42 Days)
- ❖ See **store** for full list of ingredients

Maintenance Drops 50ml (optional):

- ❖ To be used during Phase 3 - Maintenance (21 Day Transition)
- ❖ Take 6 drops twice daily - at least 15 mins before or after eating.
- ❖ Ingredients/Benefits:

L-Carnitine - transports fatty acids into cells to be burned for energy.

L-Ornithine - makes urea, which removes nitrogen and ammonia from the body, eliminating toxins.

L-Arginine - causes blood vessels to open wider for improved blood flow and helps the body to absorb nutrients.

Green tea Extract - lowers total cholesterol levels, is a powerful anti-oxidant, makes the body burn more calories.

Gymnema Sylvestre Leaf - decrease blood sugar and cravings. Good for sugar imbalances, such as diabetes and obesity.

Hoodia Stem - suppresses the appetite.

Stevia Leaf Extract - stimulates the secretion of insulin in the body and influences the way glucose is transferred and absorbed.

Chromium polynicotinate - a mineral that is involved in carbohydrate, protein and fat metabolism.

Wild African Mango - super potent multivitamin, lowering cholesterol, speeding up the metabolism.

Purified Water, Organic Grain Alcohol, Colloidal Minerals from Humic Shale (including 72 organic minerals with plant nutrients)

Omega 3 Fish Oils - Helps L Carnitine to be absorbed by the cells. Improves health in all cells. Coats intestinal lining.

Raspberries - Fires up the metabolism. Breaks down and burns fat, balances blood sugar and is good for the skin.

Coleus Forskolin - Strong appetite suppressant. Promotes energy and motivation. Balances hormones, breaks down fat and boosts metabolism.

Chromium Picolinate - Balances blood sugar levels, improves moods and promotes energy. Reduces appetite, increases strength and builds muscle.

Diet Support Drops 50ml (optional):

- ❖ to be used in conjunction with HCG drops - take 6 drops twice daily
- ❖ a unique blend of Homeopathic Vitamins (B12 & C), Amino Acids & natural remedies designed to give you an increased state of well being, strength, happiness and energy during the diet, whilst boosting the metabolism and assisting in breaking down and burning fat.
- ❖ Ingredients: Vitamin B12, Buffered Vitamin C, L-Theanine, Chromium Picolinate, Chamomile, Capsicum, Beta-Alanine, Purified Water, Organic Grain Alcohol.

ZeoActiv8 - Liquid Zeolite 50ml (optional)

- ❖ Aids Detoxification
- ❖ Take 10 drops on the tongue once daily

The **HCG Diet Plan** is often a **Life Changing** and very rewarding process.

- ❖ The HCG Diet provides a safe, time tested, reliable and effective method for obesity treatment.
- ❖ Weight loss will be at the expense of adipose tissue (bad fat) and not lean mass or muscle.
- ❖ Better muscle mass retention
- ❖ Faster, and longer lasting results (compared to many other diets)

The HCG Diet is not suitable for people with the following conditions:

- ❖ Pregnant Women
- ❖ Cancer Patients
- ❖ Type I Diabetes
- ❖ Mentally Challenged
- ❖ Severely Depressed
- ❖ Epilepsy
- ❖ Highly Medicated
- ❖ Other Serious Health issues

The HCG Diet is suitable only under doctor supervision for people with the following conditions:

- ❖ Type II Diabetes
- ❖ High Blood Pressure
- ❖ Extremely Obese
- ❖ Auto-Immune Disorders

Whenever considering a weight loss program, consult with your healthcare provider. With that said, our homeopathic drops do not require a prescription, are natural, & have no reported side effects. The only symptoms you may experience (such as mild headaches) are due to the detoxification process of losing weight.

Vegetarians

Fish Eaters: If you are a vegetarian who still consumes fish, the diet will work absolutely fine!

Dairy Eaters: If you don't eat fish, but DO eat dairy, the diet will work, however in our experience, and the research of Dr. Simeons, it would appear that the weight loss MAY occur at approximately half the rate as usual.

As an alternative for the daily ration of meat, Dr. Simeons substitutes 500ml of skim milk (split to 250ml per meal), 100 grams of non-fat cottage cheese or one protein portion from eggs. (This would be one whole egg, boiled or poached, plus the whites of 3 more eggs.)

Vegan: The diet is not considered suitable for vegans due to the high starch content of many vegan protein alternatives (especially soy based). Having said that, if you feel your diet does not contain foods that may conflict with the diet please contact us for further advise. **Note:** Eating enough protein on the HCG Diet is very important or else you will lose muscle instead of fat.

Daily Food:

- ❖ Eat only foods listed
- ❖ Eat at any time of day
- ❖ Daily servings: 2 Proteins / 2 Vegetables / 2 Fruits / 2 Starches
- ❖ Weigh proteins and vegetables EXACTLY
- ❖ Use oil-free body products

Upon Rising:

(Optional) 1-2 glasses of lemon water (warm or cold) – may sweeten with Stevia if desired.

Daily Drinks:

Consume as much as you want of any or all of the following throughout the day:

- ❖ Organic Regular or Decaf coffee; Tea in any quantity (watch for too much caffeine if drinking coffee and tea).
- ❖ Any organic herbal teas such as: Yerba Matte; Green tea; Oolong tea, Chamomile or flavoured teas.
- ❖ Soda Water, Mineral Water, Spring Water, Sparkling Water.

**Choose one (1) Protein, Vegetable, Fruit and Starch group 2 times a day
(8 Total Daily Choices)**

Protein – 100g RAW or 85g COOKED:

Remove all visible fat. Steam, broil or grill without additional fat.
(on grill: a small amount of PAM (or similar) is OK)

Choice of one:

- ❖ Lean Veal or Lean Steak (free-range only). Regular beef is too fatty / No hamburger.
- ❖ Fresh White Fish: Crab, Flounder, Halibut, Lobster, Haddock, Cod, Sole, Shrimp, Stone
- ❖ Crab, Tilapia, Swordfish, Bass, Flounder, Pike, Brooke trout, Jew fish, John Dory, Snapper.
- ❖ Chicken Breast or Turkey Breast – white meat only - no skin.
- ❖ No more than 2 times a month: 3 egg whites + 1 whole egg.

NO: hamburger, pork, salmon, eel, tuna, herring, DRIED, PICKLED or SMOKED fish, Chilean sea bass.

Vegetables: 120 – 170g SERVING:

Choose a single item or mix any combination: (120g of denser and/or cooked items)

- ❖ Asparagus, Beet-greens, Broccoli, Brussels sprouts, Cabbage, Cauliflower, Celery, Chard, Chicory, Cucumbers, Endive, Fennel, Garlic (for taste only) Green Beans, Green Salad, Kale, Lettuce(all varieties), Mushrooms, Onions, Red Radishes, Soy sprouts, Spinach, Tomatoes, Zucchini .
- ❖ **NO** other vegetables – **NO** potato, sweet potato, carrots, corn, lima beans, soy beans, legumes, green peas, rice, eggplant, palm heart, artichoke, any type of bell pepper or avocado.

Starches: 1 serving = 30 calories:

(Optional) Breadsticks (grissino/grissini), Melba® toast or Snyder’s hard pretzel.

Fruits:

Apple, ½ Grapefruit, 2 Kiwis, Orange OR handful of Strawberries.

NO other types of fruits.

Allowed:

- ❖ Juice of 1 Lemon daily (equivalent info is listed on reconstituted bottled juice).
- ❖ One tablespoon of Skim Milk daily (optional).
- ❖ Sweetener: Stevia is preferred. Saccharin and Splenda® contain maltodextrin: 4 calories per gram.
- ❖ Sea Salt, Pepper, Vinegar, Mustard Powder, Garlic (1/2 – 1 clove), Sweet-Basil, Parsley, Thyme, Marjoram and other leaf spices can be used freely as seasonings.
- ❖ Salad Dressing: 1 Tbsp. Mineral oil, garlic and seasonings.
- ❖ 1 - 3 small cups of diet soda (no aspartame) allowed daily – However, some people lose MORE weight when they DO NOT drink diet soda. Herbal teas, lemon or flavoured stevia drops mixed with sparkling water are preferred!

Not Allowed:

- ❖ NO Margarine, Butter, Oil, or Dressings.
- ❖ NO Rice or pasta.
- ❖ NO Sugar, Fructose, Aspartame (Equal®) or other types of sweetener.

An ‘Apple Day’ for a Plateau:

Although daily losses will fluctuate, if you stop losing weight for 3-4 days an ‘Apple Day’ has been shown to help re-start the losses.

- ❖ **ONLY** used during Phase 2
- ❖ Eat **6 large apples** - cut up, eat at **ANY** time.
- ❖ No other foods eaten during that day
- ❖ Drink just enough water to quench thirst
- ❖ Return to the HCG Diet (Phase 2) the next morning.

Shopping List for the 21 Day Transition after The HCG Diet



Organic is recommended when possible

PROTEIN (no restrictions)

Beef
Pork
Veal
Poultry
Fish
Dairy (cheese, cottage cheese, yogurt)
Eggs
Butter (not margarine) (1)

FRUITS

All, except as noted below (3)

VEGETABLES

All, except as noted below (2)

BEVERAGES/CONDIMENTS

All, except as noted below
All sugar free (avoid alcohol)

NUTS

All, except peanuts (peanuts are not really nuts, they are legumes)

Important tips to follow while in the 21 day transition:

- 1) Add fats back into your diet in moderation (organic butter, oils, Omega oils, coconut oil). Avoid trans fats such as hydrogenated or partially hydrogenated oils.
- 2) Limit daily amounts of peas, carrots and beets. Avoid corn.
- 3) Passion fruits should be avoided during this phase. Limit fruit to 1 a day.
- 4) Remember, **NO** starches or sugars are allowed during this phase.
 - Sugars include, but are not limited to: white and brown sugar, corn syrup, fructose, high fructose corn syrup, molasses, and maltodextrin.
 - Starches include, but are not limited to: potatoes, beans, soy products (including soy sauce), tofu, breads, rice, crackers, flour products, oats, pastas, pretzels, sprouted grains, cookies and cakes.

HCG DIET 21 DAY TRANSITION

The key to maintaining the lost weight after the HCG Diet is to correctly transition off the diet. It is critical to follow the 21 day transition protocol exactly and not to lose or gain any more weight.

When you are ready to stop the HCG Diet, discontinue the hCG drops but continue the diet for an additional 72 hours. At the end of the 72 hours, weigh yourself first thing in the morning and this is your “target” weight you need to “lock in”. For the next 21 days, you can add all foods back into the diet **except sugar and starch** provided you faithfully follow these simple rules: (1) You **must weigh** every morning after you get out of bed, after having emptied your bladder (without clothes) before breakfast or liquids of any kind and (2) if your weight is 1kg (or more) under or over your “target” weight, you must do a ‘correction’ THAT day. Also, from now on, be sure to have your own portable bathroom scale always at hand, particularly while traveling.

“THE SIMEONS CORRECTION PROTOCOL”

(What to do if you gain or lose 1kg or more during Maintenance).

Weigh EVERY MORNING and as long as weight stays within 1kg (over or under) your “target” weight (what you weighed after 72 hours at the end of the HCG Diet) you can continue to eat as you have been. However, if weight increases beyond 1kg or under 1kg, you must do a “correction” that day.

If weight increases over 1kg, even if this is only a few grams, the “correction” must be done that day with what is called a “A Steak Day”. Dr. Simeons was brilliant in his discovery of weight management. His protocol still works today!

A STEAK DAY:

Skip breakfast and lunch and drink plenty of non-calorie liquids throughout the day (example: herbal teas, water, etc.). At dinner, eat a large steak (fat in it is OK) along with 1 apple OR 1 raw tomato. (a green salad without commercial dressing can be substituted for the apple or tomato).

A Steak Day correction is of the utmost importance that it is done **on the day** the scale goes above 1kg and not postponed until the following day. If the daytime meals are skipped on the day in which a gain is registered in the morning and the ‘steak day’ protocol followed, this should bring about an immediate drop of 500g or more by the next morning. But if skipping the meals (and this literally means skipping breakfast and lunch, not just having a light meal) is postponed, the phenomenon does not occur and several days of strict dieting may be necessary to correct the situation.

Dr. Simeons said: “You should hardly ever need to skip a meal. If you have eaten a heavy breakfast or lunch, you may feel no desire to eat dinner, and in this case no increase in weight takes place. If you keep your weight the same as was the last day at the end of the diet, even a heavy dinner does not usually cause an increase of the mentioned 2lbs (approx. 1kg) and will not require any special eating alterations”.

Dr. Simeons’ also reported that people were surprised how small their appetite had become and what they could eat without gaining weight. He found that many no longer suffered from an abnormal appetite and they also felt satisfied with less food. **If weight decreases over 1kg**, increase intake of food gradually – however the correction must be done that day.

Losing more weight

Dr. Simeons also told people: “You should never gain more than 2 lbs (approx 1kg) without immediately correcting this and likewise you **should not lose more than 2 lbs (approx 1kg)** because the loss will be at the expense of normal fat. Any normal fat that is lost will be invariably regained as soon as more food is taken and it usually results in a greater than a 2 pound gain”.

The on-going GOAL is to stay within 1kg under or over “target” weight. It generally takes about 21 days (3 weeks) before the weight reached at the end of the diet becomes stable and does not show violent fluctuations after an occasional excess. During this 21 day period, carbohydrates, such as sugar, rice, bread, corn, potatoes, pastries, etc, are by far the most dangerous and must be avoided – no exceptions. The carbohydrates **MUST NOT BE CONSUMED** so that good fats can be introduced somewhat liberally. Remember: NO SUGAR or STARCH or ALCOHOL (it is a sugar). This plan has to be observed very carefully during the first 21 days after the HCG Diet, otherwise weight gain is very likely and the body and metabolism will not have the opportunity to ‘lock in’ the new weight and adjust. If fats and starch (sugars) are **combined** during this time, weight gain can get out of hand. This is the reason anything can be eaten EXCEPT sugar and starch.

ALSO REMEMBER

- ❖ **DO NOT** stay on a low calorie diet; **you will begin to store fat!**
- ❖ **AVOID** (when possible) corn, white sugar, corn syrup, fructose, high fructose, molasses, maltodextrin, white flour, trans fats, such as hydrogenated or partially hydrogenated “anything” and aspartame (it has a negative effect on the hypothalamus – among other things)

Occasionally some people may find that it still takes time for their weight reached at the end of the HCG diet to become stable, (it does not show violent fluctuations after an occasional excess). People who cannot stabilise after several months are

generally consuming too much sugar, alcohol (sugar) and too many carbohydrates (converts to sugar).

As soon as fats and starch are **combined**, weight gain can get out of hand. This has to be observed very carefully during these 21 days or weight gain and abnormal fat is very likely.

MAINTENANCE - AFTER THE 21 DAY TRANSITION

Add All Food Groups

Moving into maintenance now allows all the foods groups to be added. Because this is uncharted territory after the success of the weight loss on the HCG Diet, many are concerned about re-gaining weight and some feel more comfortable with making a daily mean plan until they know their limits.

However, others begin enjoying the freedom of what the HCG Diet is all about in they can now begin to eat whatever they want within moderation and no calorie counting! Dr. Simeons felt it is best to allow people to eat as they please, within healthy guidelines, weigh every morning, observe the guidelines for going over or under 2 lbs of the “target” weight and enjoy the freedom from those old dietary restrictions and counting calories. People can now learn how much food their body actually needs or does not need with their renewed metabolism. There is **NO NEED TO EVER COUNT CALORIES AGAIN!**

Beware of Over-enthusiasm

After the diet, he found that some people were skeptical that they could resume normal eating. He warned people not to continue to diet after they finished the hCG Diet. Cutting back on food can actually make people begin to store abnormal fat. A good rule of thumb is to eat at least 4 – 5 times a day and to maintain muscle, be sure to eat plenty of protein. To calculate the minimum daily protein requirement, divide your body weight by 10 and eat at least that many ounces of protein daily. To build muscle, eat at least 25% more.

Relapses

Dr. Simeons reported that 60% to 70% of his HCG Dieters experienced little or no difficulty in permanently holding their weight. Dr. Simeons said when relapses occurred; it was usually due to negligence in the basic rule of daily weighing. Many people think that daily weighing is not necessary, but that is the general rule of other diet programs that instruct people to weigh only once a week. However, it is of the utmost importance to weigh daily and the secret to maintaining the lost weight after the HCG Diet. Most HCG Dieters find they cannot judge an increase or decrease in weight from the way their body feels and the way their clothes fit. A big mistake people make after successfully completing the HCG Diet is to **not** carry a scale while traveling. This is a disastrous mistake because after a course on the HCG Diet, as much as 10 lbs (approx. 4.5kg's). can be regained without any

noticeable change since newly acquired fat is first evenly distributed and does not show the former preference for certain body parts.

Women and Menopause

Women on the HCG Diet during the year after the last menstruation (at the onset of the menopause) do just as well as others, but Simeons reported that the relapse rate is higher until the menopause is fully established due to hormonal imbalances. The HCG Diet can be successfully completed again thereafter.

Maintenance suggested guidelines:

- ❖ Include all fruits, vegetables, meats, fish or starches
- ❖ Include, in limited amounts, beans, fermented tofu products, whole grain breads, potatoes, brown rice, whole wheat crackers, whole grain flour products, oats, pastas, pretzels, sprouted grains, etc.
- ❖ Passion fruits (papaya, mangos, etc) and/or alcohol (sugar) may cause weight gain, however the general rule is that you can begin to eat most anything you please, provided one faithful rule is observed:

Weigh EVERY morning after voiding (without fail)

- ❖ A portable bathroom scale must always be at hand, particularly while traveling. Upon rising, weigh every morning after getting out of bed, after having emptied your bladder (without clothes) and before breakfast or liquids of any kind.
- ❖ If weight goes over or under 2 lbs (approx. 1kg) of your “target” weight, do the appropriate ‘correction’ THAT DAY!

Additional maintenance suggested guidelines.

Eat:

- ❖ farm raised, grass fed meat
- ❖ fresh garden and organic food, when possible
- ❖ at least 5 times a day –always eat breakfast / 3 meals + 2 snacks
- ❖ at least 12 – 20 ounces (approx. 340 - 560 grams) of protein a day (adjust accordingly)
- ❖ 1500 – 2000 calories a day (adjust accordingly)
- ❖ 1-2 fruits daily, provided weight stays stable - reduce if needed

Drink:

- ❖ 2-3 Litres of pure water

Support:

- ❖ your digestion and food assimilation
- ❖ your nervous system – reduce stress
- ❖ good flora levels with high doses of pro-biotics
- ❖ your physical condition and get regular exercise

Information and recommendations presented are provided for informational purposes only. Consult your Medical Doctor or other Health Care Professional before beginning any weight management program.

Disclaimer

(see full disclaimer on our website: www.naturesbodyhcg.com)

Information

Nature's Body Health (www.naturesbodyhcg.com) does not provide any medical advice. All information on and from our website, including but not limited to, text, graphics, videos, images and other materials, contained on our website or communicated to users, are meant only to assist users in their personal weight loss efforts.

No information on this website is meant to diagnose or cure any illness or disease. All advice given on or from this website should be taken as an opinion and should not be taken as a substitute for professional medical advice, diagnosis or treatment, and care.

Medical Disclaimer

The Nature's Body HCG Diet program is not suitable for pregnant women and nursing mothers. Weight loss can create dramatic changes in physique and should be professionally monitored. If you have a known medical condition, are being treated for any illness, and/or taking prescription medications, you should consult your physician or a qualified GP.

All Users are urged to seek the advice of their physician or consult a qualified GP regarding their specific circumstance before undertaking any weight loss regimen. The information generated should not be interpreted as a substitute for physician consultation, evaluation, or treatment. It is therefore the responsibility of the purchaser to assess the suitability of the product for their personal use. If the customer decides to purchase this product after doing their own research, should any complications arise whether it be health, medical, financial, allergic reactions etc the seller has NO responsibility/liability what so ever.

Weight Loss Results Disclaimer

All weight loss results shown on this website are typical and not guaranteed results. Individual weight loss results may vary from person to person.

Whether environmental or genetic, causes for being obese or overweight vary from person to person, including but not limited to physical exertion, metabolic rate, food intake, and more. Nature's Body Health neither offers nor extends any guarantee of typical results mentioned on this website.

We do not import any part of our product or ingredient from Asia.

We comply with the Australian TGA Requirements: Remedies contain sufficient alcohol to prevent growth of micro organisms in the purified water.

The FDA has given homeopathic remedies an explicit waiver from the requirement to put expiration dates on bottles of medicine. There is no shelf life or expiry for homeopathy if stored correctly.