

“HCG CORD” DIET PLAN

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BOY HOWDY! THIS WEIGHT LOSS PLAN ACTUALLY WORKS!



“I have metal fillings in my teeth. My refrigerator magnets keep pulling me into the kitchen. That’s why I can’t lose weight!”

THE OLD PROBLEM

Many of you have shared Teresa's "hopelessness" over the inability to lose weight! We have tried every diet we have ever heard tell of, including some truly crazy ones and some really expensive ones, maybe even a few dangerous ones. NOTHING we ever tried WORKED, at least not for long. I proved I am great DIETER, but a very poor LOSER! I certainly needed some help! But WHAT?

THE NEW PRODUCT

Enter **Energique** (one of PHR's major sources for products) with a new HOMEOPATHIC SPRAY called "**HCG CORD**" (Human Chorionic Gonadotrophin in a range of potencies). It supports weight loss by regulating male and female hormone functions AND by suppressing ravenous appetite. There IS a suggested diet plan that complements it. It all sounded wonderful, but still I had NO faith that it would work for ME. . .

I WAS WRONG! I have been on HCG CORD for 13 days and have lost 15 pounds so far. With "two sprays under the tongue" first thing in the morning, I have NOT been ravenous, in spite of the fact that the actual table foods are limited in variety and serving size. If I ever DO feel I am starving and it is NOT MEALTIME, an extra spray is permissible to control inappropriate hunger.

It is SOOO motivating when you see that old scale going DOWN by the DAY. It makes it actually pretty easy to KEEP IT UP, variety or no! I know others who are trying this plan, too. So far, they are all thrilled.

THE PRINCIPLES

Let me give you a bit of history on the HCG idea. The principles behind it were first researched and proven 50 years ago by a Dr. Simeons in his article "*Pounds and Inches: A New Approach to Obesity*". However, it never

got off the ground because back then it was in INJECTION form AND involved getting this hormone only by an Endocrinologist's prescription or from foreign companies. It was also very cost-prohibitive. (UNTIL NOW! Now we know the HOMEOPATHIC spray WILL WORK JUST AS WELL at only \$16 a bottle!)

The **HCG Cord** is officially said to instruct your body via the Hypothalamus gland, to burn stored FAT instead of burning just what you eat. So you don't eat much (!) to allow it to burn, baby, burn. Your body will burn fat for fuel up to approximately 4,000 calories a day. You will be energetic, because a "fire" of FAT is hot, producing energy.

Then, you are allowed 500 calories or so of real "table foods". I know this is a VERY stringent program, but if it WORKS and "dieting" actually PAYS OFF, most would be able to follow almost anything for that short a time! I have already found the foods ALLOWED, when cut up small and eaten one nibble at a time, DO fill me up. I AM continuing my herbal food supplements (call for details) foods and teas, Digestizyme, etc, and the meds for my lungs, but still losing weight just as predicted. I am surprised and amazed and thankful.

Your body metabolizes what you EAT today FIRST, so the 500 is subtracted from the 4,000 calories, which leaves you with 3,500 calories worth to burn additionally. THAT IS ABOUT THE CALORIC VALUE OF ONE POUND OF FAT! Hence, the expected loss averages one pound a day. YAHOO! It is suggested that you stay on this plan for 21 to 42 days. Then you will learn to MAINTAIN for six weeks. After that you may repeat another 21-42 day cycle. Repeat this process until you are at your desired weight.

THE POINT

At the end of the losing phase(s), when you are AT your normal, healthy weight, there is a plan to RESET your SET POINT to your new level. The set point is the weight your body "always returns to slowly when you are not looking". It sure sounds good to me. I no longer feel "hopeless".

THE PLAN

If you are interested in actually following this plan, "**Call, Click, or Come By**" PHR and we will give you the details, specific food lists, etc. You'll need a good scale to keep track of your awesome weight loss. I never thought I'd be looking forward to getting on!

EXCITING DETAILS OF PHR'S "HCG CORD" DIET PLAN

Best wishes as you begin your weight loss program! May this be the HOPE and SUCCESS we have all been waiting for.

500 Calorie DIET WITH HCG CORD: The first 2 days are "GORGE DAYS", believe it or not! Take 2 sprays "HCG CORD" under the tongue 15 minutes before breakfast. THEN every meal for 2 days eat all the things you like, as much as you desire, but not so much as to make yourself sick. Include things like lasagna, ice cream, cookies, bread, cheese, butter, peanut butter, etc. This will fire up your metabolic furnace and help you to have fewer cravings and less hunger as you begin the actual diet.

Beginning on Day 3, take the 2 sprays of "HCG CORD" and stick to the 500 calorie food plan for 21 to 42 days (During menses, most do NOT use the spray, but STAY on the diet; some do fine taking it straight through their periods.)

Anytime after 21 days (but before 43 days), **stop HCG CORD** while continuing following the same diet for 3 days afterward. This completes the first Round of the Weight Loss portion of the diet. It is IMPERATIVE that the HCG is stopped for 6 weeks (see specifics below) because the body gets "used to it" and it will not continue to work to suppress appetite for longer than 21-42 days anyway. The MAINTAINANCE weeks give you time to stabilize your loss AND reset your Set Point before you go back ON the diet & spray again for another Round if needed.

GOOD NEWS! There is no need to omit your PHR Whole Food Powders, Capsules, and Teas. Thankfully this diet performs beautifully right alongside PHR's regular nutritional foundation!

DAILY DIET PLAN for Approx. 500 Calories of Table Foods:

(Choose ONLY foods from the approved list below!)

BREAKFAST: (2 Sprays HCG CORD 15 minutes before eating)

- 1 T. Apple Cider Vinegar in water (may add Stevia Sweetener)
- Whole Food Powder made in Cleansing Tea with Stevia
- 2-3 Egg Whites added for protein (optional; may scramble)
- ½ piece of fruit (other half for lunch or snack)
- Cleansing Teas; may add Stevia

LUNCH:

- Meat --
- Vegetable --
- 2 Melba Rounds --
- Fruit --
- Cleansing Teas; may add Stevia

SUPPER:

- 1 T. Apple Cider Vinegar in water (may add Stevia)
- Meat --
- Vegetable --
- 1 Grissini Breadstick --
- Fruit --
- Cleansing Teas; may add Stevia



FOOD CHOICES FOR THE 500 CALORIE DIET WITH HCG CORD:

NO SUBSTITUTIONS, NO EXCHANGES, if you want the best possible RESULTS.

(Remember you will be using your fat stores for living far more than the foods you eat)

- 1) **PROTEINS:** Choose 3 ounces per lunch and dinner (weighed raw; grilled, steamed, or baked w/o oil; never the same 2 meals in a row)
 - a. Beef (LEAN ground, steak, roast)
 - b. Buffalo
 - c. Veal
 - d. Chicken (breast only, skinless & boneless)
 - e. Fish (bass, flounder, sole, halibut, and water-pack tuna)
 - f. Seafood (shrimp, crab, lobster)
 - g. Venison
 - h. 3 Egg Whites plus 1 whole egg
 - i. FAT-FREE Cottage Cheese (3 Tablespoons, only occasional)

- 2) **VEGETABLES:** (ONE kind per lunch and dinner; no mixing; never the same 2 times in a row)
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| a. Lettuce, any type (2 cups, no salad dressing except vinegar) | g. Chard (2 cups) |
| b. Spinach (2 cups) | h. Onions (only 1 cup, red, yellow, white) |
| c. Asparagus (2 cups) | i. Beet Greens (2 cups) |
| d. Cabbage (2 cups) | j. Red radishes (2 cups) |
| e. Tomatoes (only 1 cup) | k. Celery (2 cups) |
| f. Cucumbers (2 cups) | l. Fennel (only 1 1/2 cups) |
| | m. Chicory Greens (only 1 cup) |
- 3) **FRUIT:** (ONE MEDIUM per Lunch & Dinner; MAY use as snack or with Breakfast instead)
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| a. Apple | c. 1/2 Grapefruit |
| b. Orange | d. Strawberries (6 large or 10 medium) |
- 4) **STARCHES:** (20 calories only, with Lunch & Dinner)
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| a. Grissini Breadstick (1 piece) | b. Melba Toast Rounds (2 pieces) |
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- 5) **SEASONINGS:** Salt, pepper, vinegar, mustard powder, garlic, plain spices, and juice of 1 lemon per day
Stevia may be used as sweetener. NOTE: PHR's Stevia is known for stabilizing blood sugar, too.
- 6) **BEVERAGES:** Drink 2 quarts of water plus at least 1 quart of PHR's Cleansing Tea per day (teabag or powdered form are OK). Before breakfast and supper, take 1 Tablespoon Apple Cider Vinegar in 4-8 oz. of water; may add Stevia.,OR you may pour the vinegar over your lettuce or cooked greens. (Using "ACV" is optional.) "ACV" has been used to increase weight loss for decades. It is believed to enable organs to release fat, loosen fat stores, and cause less storage of fats formed by eating carbohydrates.

MAINTENANCE OF YOUR WEIGHT LOSS

For the first 3 weeks after you have finished a Weight Loss Round, all foods are allowed EXCEPT starches (which include starchy vegetables and anything made with flour) and all sugars. Determine whether you can eat more variety and bigger servings of proteins, veggies, and fruits without causing the scale to go up MORE THAN 2 POUNDS from the last day you took HCG CORD. Weigh daily, and eat more or less accordingly! TIP: Foods with more than 15 grams of carbs in an 80 calorie serving are NOT permitted in the first 3 weeks of Maintenance.

For the second 3 weeks, VERY GRADUALLY add starches and sugars IN VERY MINUTE AMOUNTS. Continue to control these additions by weighing daily. Your "SET POINT" (the weight to which your body always returns when you are not looking!) CAN BE RESET by your careful maintaining your loss within 2 pounds up or down for a minimum of 6 weeks, the longer the more stable.

The 6 weeks of Maintenance have been proven to be JUST AS IMPORTANT as the first 3 week Weight Loss Round. If you do need to do more than one Round to get your weight where it needs to be, you MUST complete the 6 weeks of Maintenance between Rounds. It has been soundly proven that any other routine does NOT WORK for continued weight loss and long-term maintenance. It is SO worth it, NOT to just gain it all back, and probably MORE, practically overnight!

STEAK DAYS: If you ever (as in the rest of your life!) DO find yourself MORE THAN 2 POUNDS over goal, you may try a "Steak Day" to get it back off quickly! (Have Breakfast as usual EXCEPT for the 1/2 fruit; SKIP LUNCH, but drink plenty of water and teas through the day; for Supper enjoy an 8-12 oz. steak and EITHER an apple or a tomato, NOTHING ELSE.)

HEALTH NOTE: Occasionally constipation, leg cramps, hair loss, and changes in menstruation can be experienced. Everyone reports that hair grows back fine again, and water retention with periods is just temporary, PHR suggests the following products IF necessary: For constipation, 1-3 Colo-Ease caps; 1-2 T. Fiber Plus powder; and/or 1-3 Elimin-Aid. For leg cramps: Homeopathic Cell Salts, Potassium/Magnesium.

NOTE: Credit must be given to Dr. Simeons' thesis, "*Pounds & Inches: A New Approach to Obesity*". His original work has been updated from time to time over the last 50 years, including the form of the HCG and the Diet PHR currently uses.

MISTAKES OFTEN MADE IN THE 500 CALORIE PHASE:

- 1) Using spices with added ingredients, like cornstarch or sugar, which are unacceptable.
- 2) Not loading enough FAT during the "Gorge Days" (first 2 days of the diet); could explain hunger/ crankiness during next few diet days.
- 3) Mixing vegetables at a meal. While some do ok when mixing vegetable portions, it is a place to review if loss slows.
- 4) Chewing Spry Gum/Mints (with Xylitol as sweetener); some use it successfully, but it is a place to review if loss slows.
- 5) Drinking non-allowed diet drinks of any kind (soda, lite lemonade, even carbonated water) - NOT allowed at all.
- 6) Eating too much beef; loss works best on more chicken and fish than beef.
- 7) Weighing protein AFTER cooking will not work; always weigh it raw.
- 8) Not varying food selections; never eat the same selection out of any category 2 meals in a row.
- 9) Not drinking the prescribed amount of water: PHR teaches "2 quarts water plus 1 quart Cleansing Tea."
- 10) Weighing at different times and in different clothes each day; weigh first thing in the morning before eating or drinking anything, and without clothes.
- 11) Eating in restaurants. Most of the time the meats (especially chicken) have been artificially processed to be flavorful, tender, or juicy. This could slow weight loss down.
- 12) QUITTING the diet if one day you have a GAIN; just be patient, the weight loss will pick up again as you remain steady on the program! Your loss will AVERAGE out to approximately 1 pound a day, or even more!

IMPORTANT RELATED HEALTH FACTORS TO CONSIDER

1. **GALL BLADDER CLEANSE** (also called "System Cleanse").

With so much wonderful fuel coming from fat (that is FINALLY in circulation), you will call on your gallbladder and liver to kick into high gear. We highly recommend that you avoid a gallbladder attack by completing a system cleanse or two if it has been more than one year since your last cleanse, or if you have never completed one.

Details on the Cleanse may be downloaded free at PHR.NET

2. **SKIN CARE**

Use only the highest quality skin care and body care products WITHOUT any lanolin or mineral oil

Preventive Health Resources carries the complete line of such products on hand for immediate shipping. A trial set of some of the most popular products is available for \$20.00

3. **SPECIAL ADVICE FOR PRE-EXISTING HEALTH CHALLENGES**

If you have a history of muscle spasms, thyroid problems, unstable diabetes, gallbladder attacks, uterine fibroids, or gout, please call PHR at 307-234-2044 or email info@phr.net for important special advice.

4. **ADDITIONAL RESOURCES**

If you desire more detail than these pages offer, please order the book online: HCG Weight Loss Cure Guidebook, by Linda Printster. You will find her comprehensive Food Lists extremely useful and reassuring during the Maintenance weeks.

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