

## **Phase 4 - Maintenance**

The next 3 weeks in Phase 4 will require that you continue to weigh everyday and, again, maintain your last hCG weight. Steak days will be needed if your weight rises by more than 2 pounds, just like in Phase 3. During this phase, you will start introducing sugars and starches back into your diet. This will "train" your hypothalamus to accept your new weight, no matter what you eat! However, it is our desire to help people move towards better overall health and better choices in diet. You have been used to eating two servings of fruits and two-three servings of vegetables every day. Consider how good you felt while eating this way and the benefits of consuming good clean food for the rest of your life.

Hopefully, by the time you complete the program, you will have a much better sense of what your body likes in terms of food and you will not revert to eating processed, empty caloric, non-nutritious food!

**Life** - Eat what you want, when you are hungry. Stop when you are satisfied and **stop thinking about your weight!**

**For more details of the program, please visit us online at**

[www.healthscantechique.com](http://www.healthscantechique.com)

**Email Questions to:**

[hcg.answers@gmail.com](mailto:hcg.answers@gmail.com)

**Directions for using Weight-Wise™  
hCG supplement in Phase 2**

**With our improved formula, there is no need to hold the hCG supplement under the tongue. It can be taken directly into the mouth.**

**We recommend 0.75ml 3 x per day. 1 bottle of hCG will last 13 days.**

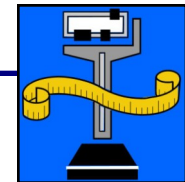
*Anderson Family Chiropractic, P.C.*

*"Weight-Wise™"*

*Homeopathic HCG Diet*

*"For A Healthier You"*

**Improved Formula  
More Choices  
Sustained Weight-Loss**



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## The Eating Plan

**Phase 1** – We consider Phase 1 as the time to prepare for the program. Read “HCG Weight-loss Cure Guide”, by Linda Prinster. This book was written according to Dr. Simeons’ 500 calorie diet plan so there will be some differences in how you follow the plan. Plan adequate uninterrupted time for the program and shop for the necessary food items in your fridge.

### Phase 2 Plan Overview:

**We have adjusted the plan to have 750 calories per day.**

**1.** Days 1 and 2 are your “Load” days. Take your hCG 3x per day on these days. Load days need to include foods that contain good saturated fat. For example: eggs, cheese, cream, olive oil, peanut butter, avocados, yogurt, etc. Eat your favorite foods and enjoy them as it will be several weeks before you may eat them again. Please don’t overeat or make yourself sick!

**2.** Days 3 thru 23 **up to** 40 are your VLCD (very low calorie days). Take your hCG 3x daily throughout this phase. You may stop any day after 23 and before 40. The day you stop taking hCG is the day you weigh to determine your new “set-point.”

**3.** Days 24, or 41, (or the next whole day after your last hCG day) is a VLCD **without** taking hCG. **With our improved supplement, only one day is needed without drops before starting phase 3.** You may get hungry as the hCG leaves your system. Do not overeat.

**Phase 2** – VLCD (very low calorie days) **while taking the hCG**

**Fruits: 2 servings per day of:** apple, orange, strawberries, 1/2 grapefruit, **blueberries, blackberries, raspberries, apricot, pear, kiwi, plum, nectarine, peach, pineapple, raspberries, cantaloupe**

**Vegetables: 3 servings a day of:** radishes, cucumber, celery, fennel, cabbage, tomato, onion, spinach, lettuce, chard, asparagus, beet greens, **beets, artichokes, red/green peppers, Brussels sprouts, yellow squash, leeks, broccoli, cauliflower, snow peas, sugar snap peas, green beans, parsnips, carrots, mushrooms. I have found that I may eat several vegetables together at one meal. I prefer them sautéed in coconut oil with a little garlic.**

**Protein: 2 servings per day of:** 3 1/2 ounces raw / 3 ounces cooked: beef, veal, chicken breast, white fish, lobster, crab, shrimp, elk, bison, tuna packed in water, 4 eggs, 1/4 cup cottage cheese (not fat free) or about 6oz **fat free yogurt.**

**Sweeteners:** You may sweeten beverages with Stevia, a natural sweetener which is available through health food stores or **coconut sugar** (this is a product made from the sap of coconut trees). Do not use aspartame, NutraSweet, acesulfame, sucralose, Splenda, or any other chemical sweeteners.

**Coconut milk and fat-free milk are permitted in moderation.**

**Coconut oil may be used. I recommend 3 tablespoons per day. I sauté my vegetables or fry my eggs in coconut oil every day. Coconut oil is unique in its composition and is very beneficial for our health, including supporting the immune system, fighting yeast overgrowth and assisting in weight-loss. It also serves as a mild laxative.**

**Ezekiel 4:9 bread may be used: Either 2 slices of bread per day, 1 whole Ezekiel bread English muffin per day, 2 Ezekiel bread Tortillas, (or 1 tortilla and 1 slice of bread per day), melba toast, grissini breadsticks.**

**Beverages:** Drink 1/2 your body weight in oz per day of water! Herb tea in any quantity without sugar. Black tea and coffee are also permitted, but not recommended as they bring additional stress to the adrenals. Water drinks flavored with stevia are also ok.

The addition of the bread and also the extra calories, allows for a modest breakfast, if desired. You may have a mixture of vegetables or just a single serving of one variety. For example, you can make a mixed salad. Salad dressings need to be carefully selected to avoid oil and sugar. Homemade is best.

**4.** Days 25 or 42 are the beginning of Phase 3!

### Phase 3 - This is the most crucial part of the plan

For a minimum of 3 weeks, enjoy more variety of food, still **no sugar or starch**. The “HCG Weight-loss Cure Guide” has detailed food charts to make following Phase 3 simple. ***You must weigh yourself every morning.*** It takes about 3 weeks before the weight becomes stable. It is during these 3 weeks that you must understand that starches, (simple carbohydrates), sugar, rice, bread, potatoes, pastries, etc. are by far the most dangerous. **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 hCG is ended otherwise disappointments are almost sure to occur.

As long as your weight stays within two pounds of the weight reached on the day of the last hCG, don’t worry about what you are eating, but, the moment the scale goes beyond two pounds, even if this is only a few ounces, you must do a correction day. You can either do an apple day or a steak day. An apple day is 4-6 apples from about noon onwards or a steak day is fasting all day and then in the evening you must eat a large steak with only 1 apple or a raw tomato. This should bring your weight back down near your last hCG weight and you can begin eating normal (still no sugars or starches) the next day.

**5.** Once you have maintained your last hCG weight for 3 weeks, you are then able to return for another round of Phase 2 (VLCD with hCG). If you have met your weight goal, you then move to Phase 4.