

Advanced hCG SuperBlend™ Homeopathic Weight Loss Program

This weight loss program consists of following a low calorie diet plus hCG fat burning homeopathic drops. Our product is superior to other homeopathic hCG drops on the market because it also includes natural ingredients for blood sugar maintenance and appetite control. You will reset your metabolism with this program and never worry about having to diet again! Please make sure to check with your doctor before starting any weight loss program.

Note: You are urged and advised to seek the advice of a physician before beginning any weight loss diet or program. This information is not meant to replace the advice of any physician or medical doctor. Do not rely on this information to replace consultations or advice received by qualified health professionals regarding your own individual situation or circumstance. The information provided in this booklet is for educational purposes only and is to help further explain the suggestions provided by Dr. A.T.W. Simeons' manuscript called "Pounds and Inches: A New Approach to Obesity" and Kevin Trudeau's book "The Weight Loss Cure They Don't Want You to Know About" Any information provided should NEVER be interpreted as medical advice.

Note: Do not participate in this program if you have or have ever had any of the following: Prostate Cancer or other Cancer, Diabetes, Pre-Adolescence, Seizure Disorders, any Mental Illness or Immune System Disorders

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Overview of the hCG SuperBlend™ Program

You must follow the hCG diet strictly, without any substitutions, for 23 days, in order for the Advanced hCG Weight Loss Program to work effectively!

Dosage on the Drops:

Under 200 pounds = 10 drops 3 times per day

Over 200 pounds = 15 drops 3 times per day

There are 4 Phases of the Advanced hCG SuperBlend™ Program

- 1. Loading or Gorge Phase**
- 2. Fat Burning Phase**
- 3. Stabilize Phase**
- 4. Maintenance Phase**

Phase 1: Loading or Gorge Phase This consists of 2 Gorge days.

Begin taking **10 to 15 hCG SuperBlend™** drops under your tongue **3 times per day, 15 minutes before meals**. You may eat **foods that have sugar, fat, and carbohydrates**. It is very important to flood your body with fat and it also helps your hunger as you begin the program. There is **NO** calorie or food restriction during these 2 gorge days, however **Do Not Over-Eat!** (Example: One serving of Breakfast, Lunch, Dinner and Desert)

Phase 2: Fat Burning Phase This consists of 21 Days or more.

Continue taking **10 to 15 hCG SuperBlend™** drops under your tongue **3 times per day, 15 minutes before meals**. Begin the **21 day** low calorie diet from **the foods on the list only**, eating up to **800 calories** per day. **You may break up the 800 calories throughout the day, having small meals and snacks every few hours**. If you do not feel the urge to eat anything at all, eat small snacks to keep up your blood sugar levels. You will detox fat and toxins from your body, so take it easy the first few days. Avoid exercise the first week and take aspirin if you have a slight headache. Caffeine, fruit and protein will help but you will feel better in a couple days. **If you have more weight to lose after 21 days, you may continue another 21 day round of hCG SuperBlend™ until you reach your goal weight.**

You may begin taking 1 **Diet Boost** before lunchtime on your third day on phase 2 to increase energy, stamina, metabolism, and to control hunger. You may increase the dosage of **Diet Boost** to 1 before all meals (up to 3 per day but start off slowly.)

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Foods to choose from for Phase Two:

Fruit– Two (2) servings a day

- 1 - Apple – VERY important to eat one large apple per day for regularity and fiber
- 1 - Grapefruit
- 10 - Large Strawberries
- 1 - Orange

Lean Meats/Protein (weighted raw) - Three (3) servings per day – 5 ounces

Boneless chicken breast / skinless fat free chicken thighs

1/4th lb Boarshead Low Sodium Chicken Breast (cold cuts)

1/4th lb Boarshead Low Sodium Lean Roast Beef (cold cuts)

1 can of Tuna packed in Water No Oil

Filet Mignon, extremely lean red meat

Hamburger or Chop Meat (lean)

White Fish (halibut, cod, flounder, monkfish, perch, pike, pollock, snapper, sole, whiting)

Crab Meat

Tilapia

Halibut

Orange Roughy

8 med size Shrimp

Lobster

Venison and lean wild game

Veal

Scallops

Egg Whites (Brand Name: All Whites not Egg Beaters)

HCG Shake (Blend with frozen strawberries & water for a thick frozen desert, or with water as a shake)

Vegetables – Three (3) servings a day, 6 ounces

Green leaf salad

Tomato

Cabbage

Mushrooms

Peppers

Brussels sprouts

Asparagus

Spinach, Kale, Green Leaf Vegetables

Chicory

Onion

Cucumber

Broccoli

Zucchini

Celery

Fennel

Cauliflower

Chard

Beet Greens

Scallions

No pumpkin, beetroot, potatoes, carrots, peas or corn

You may have either 2 pieces of Melba Toast, 1 Plain Grassino Bread Stick, or

1 piece of Wasa Crisp Bread (Hearty Variety Only).

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NO CHEMICALS, NO DIET DRINKS OR DIET SODAS, NO PRESERVATIVES, EAT HEALTHY!

Drinks – You must drink plenty of water to flush out fat and toxins. If you have coffee, you can have it with at the most 3 tablespoons of skim milk. Caffeine and sodium is allowed. Seltzer, lemonade, and Herbal tea is also permitted. Stevia is the only allowed sweetener.

Condiments – Lemon juice, apple cider vinegar, salt, pepper, mustard powder, garlic, and herbs. You May use Fat-Free Cooking Spray. You **MAY NOT use butter, margarine, oil or dressing**. You may use organic fat free chicken broth and salsa but Make sure there is **NO SUGAR ADDED**.

Salad Dressing - Lemon juice, apple cider vinegar, salt, pepper, mustard powder, garlic, and herbs. It is proven that Apple Cider Vinegar and Lemon Juice aid in burning fat and speeding up your metabolism. Please drink the salad dressing after you finish your salad or drink a shot of apple cider vinegar everyday. **Walden Farms salad dressing and Walden Farms mayonaise is allowed because it had zero fat, sugar, calories, and carbs.** (www.waldenfarms.com) put in zipcode for where it is sold.

After emptying your bladder in the morning, weigh yourself. Record your weight every day and track it. If you are hungry, up the number of drops that you take of the hCG Superblend c . Increase the dosage 1-2 drops each time you take the drops. Take **Diet Boost** before meals as needed. Start with 1 per day befor lunch.

A few tips to help you:

- **Make sure you have prepared food ready and throw away all food that is hard to resist.**
- **The hardest part is food boredom and therefore try to spice up your foods .**
- **Make sure to take measurements before beginning as some days you will not notice any weight loss but you will see inch loss!**
- **Be ready to spend some time preparing food and make sure you are ready before starting the diet. Remember, it is WORTH it because you are resetting your metabolism!**
- **Aspirin and birth control ARE allowed.**
- **Women should begin HCG program about 10 days prior to menstruation or just after.**
- **You may feel like exercising – it is not necessary to lose weight, however the best exercise is walking.**
- **You may begin taking 1 DIET BOOST before lunchtime on your third day on phase 2 to increase energy, stamina, metabolism, and to control hunger. You may increase the dosage of DIET BOOST to 1 before all meals (up to 3 per day but start off slowly.)**

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Phase 3: Stabilize Phase This consists of 21 days.

Stop taking hCG Drops. NO SUGAR NO STARCHES – **this will reset your metabolism!** The goal of this phase 3 is to stabilize and maintain your new weight. This phase lasts for 3 weeks.

Continue to eat foods on the list and add in some new foods in moderation.

It is recommended to eat at least 1500 calories during this phase so that you are not starving your body. Remember - the key is that we are trying to reset the metabolism and we do not want to set it back too low. **DO NOT** eat any sugars or starches and weigh yourself **EVERYDAY**. Listen to your body for when you have had enough food. You are allowed to add back fats and oils to your diet and even have an occasional glass of red or white wine.

If you are 2 pounds over your last treatment weight, incorporate a STEAK DAY as follows:

STEAK DAY - Skip breakfast and lunch but make sure that you drink plenty of water. You can also have some tea and coffee like you would during Phase 2. In the evening, eat a huge steak with an apple or raw tomato.

1. **No starches, sugars or sweets. No pastries, no bread, pasta, cereal, or rice!**
2. **Do not eat until you are full or stuffed. Just eat until you are satisfied.**
3. **Weigh yourself every day and initiate a STEAK Day if weight is up two pounds or more from the weight of the last day of taking the oral hCG.**

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The following is a list of foods that are acceptable for Phase 3:

Fruits – Most fruits and berries are okay. No fruit juices. Avoid canned fruits with added sugar or heavy syrup. Also avoid dried fruit and canned cranberry sauce. Rarely eat grapes and bananas.

Vegetables – All vegetables are fine except the starchy ones: No potatoes, yams, corn, peas, rutabagas, chicory root, or tomato sauces with added sugars.

Meats – All meats are okay. Trim the visible fats and go for the leaner choices. Be careful with hotdogs too many preservatives. All seafoods are fine but no breaded items.

Dairy – Aim for lower fat options. Cheeses are okay, but don't go overboard. Do not eat yogurt unless it is regular and plain and you can add your own sweetener. Fat-free and low-fat versions of yogurt are usually loaded with sugar. Cottage cheeses are usually fine – just check the carbohydrate content and go with the one that is the lowest.

Legumes/Beans – Edamame is okay. Most other beans should be avoided because they are starchy. Avoid chili.

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Nuts/Seeds – There are very starchy and need to be eaten with caution. Peanut butter can be eaten in small quantities. One serving a day of 10-15 nuts is the maximum that should be eaten. If you are having a hard time controlling your weight in Phase 3, cut out nuts completely.

Fats/Oils – Okay in small amounts.

Sauces – Be careful with starchy gravies made with a lot of corn starch or flour. If the sauce tastes sweet, it probably has a lot of added sugars and should be avoided.

***No Starches / Breads / Flour / Pasta / Rice – Eliminate all of these.**

It takes approximately **3 weeks after the goal weight is reached, for the treatment to become stable**. During this period, you must realize that **carbohydrates are by far the most dangerous**. That means **NO SUGAR, RICE, BREAD, POTATOES, and PASTRIES**. If no carbs are eaten, fats can be indulged somewhat more liberally, as well as alcohol in small quantities, such as a glass of wine with meals is okay.

It is very important that you weigh yourself every day and that you do the **STEAK DAY** if you are 2 pounds heavier than your last treatment day. You may be surprised at how small your appetite becomes and actually how much you can get away with eating and not gain a pound- that is the goal – to be more satisfied with eating less food and when you do indulge, you do not gain!

Phase 4: Maintenance Phase – This consists of maintaining your weight for the the rest of your life!

You may now **add in sugar, starches, fats and oils**. Your metabolism is now reset so you can enjoy more of the foods you used to eat while maintaining your weight. Now you are able to eat anything you want but not everyday and not every meal.

Example: If you have a hamburger and french fries for dinner, the next day stick to the foods on the list. Learn to eat this way for the rest of your life. Our bodies are not built to break down chemicals and preservatives naturally, so it is important to eat real, clean, healthy, whole foods for most of our diet. If you know that you have a party, dinner or event planned, eat healthier before and after so you can splurge and not gain wait. **You may want to eat only the healthy foods from the list durning the week and then eat what ever you want on the weekends.**

Recipes for Variety and Success:

Strawberry Smoothie- blend strawberries with ice and a teaspoon of stevia.

HCG Shake – Blend frozen strawberries, protein powder, and water.

Lemon Chicken Cilantro Soup – Boil chicken, scrape the zest off a lemon and squeeze the lemon into the soup, add cilantro, salt, pepper, tarragon, and celery.

Hot Slaw – Boil ½ water, ½ apple cide vinegar, sweeten with stevia. Pour over chopped cabbage.

Cucumber Salad - Shreaded Cabbage, cucumber, tomato, scallions, peppers, apple cider vinegar, salt, lemon juice, and pepper.

Chicken or Beef Soup with Spinach – Tomato base with lots of carlic, cut up some fresh spinach and add a dash of caynene pepper, tarragon, salt and pepper.

Salad Dressing – ½ apple cider vinegar, ½ water, garlic, salt, pepper, lemon juice, sweet basil. Mix in the blender to ensure all the ingredients are infused into the dressing.

Baked Talapia - spray pan with fat free cooking spray, chop up tomato mushrooms and scallions, season with rosemary, marjoram, sage, oragano, basil (italian blend) and lemon juice, serve over baby spinach or broccoli

Shrimp Scampi – spray pan with fat free cooking spray, chop up garlic, tomato mushrooms and scallions, season with rosemary, marjoram, sage, oragano, basil (italian blend) and lemon juice, serve over baby spinach or broccoli.

Chicken & Broccoli - bake or broil chicken, mushrooms, minced garlic, broccoli, and scallions with organic chicken broth, add salt and pepper.

Lettuce Wraps - use romaine lettuce instead of taco shells, layer with slice of roast beef or chicken breast, tomato, cucumber slices, scallions, salt and pepper and mustard.

Lettuce Cups – saute fat free chicken chop meat, chicken broth, scallions, onion, celery, spices, garlic & peppers, Spoon into lettuce cups and serve.

Chinese Food - mixed vegetables with chicken (lean) steak or shrimp. Only order it streammed

****No oil, soy sauce, corn starch, rice, water chestnuts, corn, peas, or carrots.***

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General Information

Activate the bottle by holding the bottle in home hand and pop or slap the bottom of the bottle with the other hand 10 times and shake bottle well.

The dosage should be **10 to 15 drops 3 times per day**. If you are hungry, then increase the drops until you feel no hunger. Increase by 1-2 drops each time.

Place drops under the tongue and hold dosage under the tongue for at least 30 seconds to one minute before swallowing.

Do not put anything into your mouth 15 minutes prior to or after a dose. This includes food, drink, cigarettes, chewing gum, toothpaste, mouthwash, mints, etc.

Limit caffeine or nicotine in any form, such as soda, coffee, chocolate or cigarettes. If necessary, use these 1 hour after taking the oral hCG.

Limit breathing in strong smells, such as paint thinner, eucalyptus, cigarette smoke, menthol, joint rubs. Limit eating raw garlic to 1 hour after taking the oral hCG.

Keep the Oral hCG out of direct sunlight, x-ray, microwaves and television waves.

There is no problem in breaking up the 2 meals. For example, have a fruit for breakfast or before going to bed, provided they are deducted from the regular meals.

Record in a journal what you eat and Count your calories.

Don't rely on your memory – check your food against our list.

Don't try this diet without hCG – you will quickly regain the weight!

There are a number of foods that have the same or even lower caloric value than those permitted and they tend to interfere with weight loss.

ONLY eat the foods on the list during phase 2!

Frequently Asked Questions and Answers

What is hCG?

hCG stands for Human Chorionic Gonadotropin and is a hormone naturally produced in large quantities during pregnancy. hCG supplementation for weight loss has been researched since the 1950's by the late British Physician, Dr. A.T. W. Simeons. His research was published in a report called "Pounds and Inches – A New Approach to Obesity". Dr. Simeons devoted years of research with patients that were suffering from obesity. During the time of his research, he noticed several important factors that were very important to his research. For example, when his patients were given the hCG supplement, they had no headaches, hunger pains, weakness, or irritability as long a low calorie restricted diet was combined with hCG. This is because the purpose of hCG is to release stored nutrients for the fetus. When the hCG is taken and there is no fetus present to use the nutrients, the body releases the stored substances and the body then gets rid of them via the elimination system. This enables the body to release stored toxins and allows the body to burn ABNORMAL FAT when used in conjunction with a low calorie diet. Additionally, Dr. Simeons discovered that the patient does not lose muscle mass like when you put people on other low calorie diets.

Dr. Simeons used injections of hCG in the 1950's for his research. Injections of hCG require a prescription from a medical doctor in the United States and can be painful and inconvenient for clients. **Within the last couple of years, it has been shown that the homeopathic version of hCG, in the form of drops, has the same results with more convenience and safety. We are using a homeopathic version of hCG in our weight loss formula that has been formulated by an FDA approved laboratory under sterilized conditions for the purpose of convenience and safety for our clients.** Homeopathic hCG is the hormone human chorionic gonadotrophin and it is homeopathically prepared per the Homeopathic Pharmacopoeia of the United States and is **not** considered a drug. **Studies have shown that the homeopathic form of hCG is just as effective as the shots because homeopathic supplements make the body act like you have the substance in your body.**

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Where is the homeopathic hCG made?

Our hCG is made in a United States, FDA approved GMP laboratory. All manufacturing and labeling processes follow FDA guidelines.

What is the hypothalamus?

The hypothalamus is the tiny cherry-sized zone in the brain that holds the key to controlling weight, hunger, thirst and all of the autonomic functions of the body, including breathing, heartbeat, digestion, sleep and the complex functions of the endocrine system. The homeopathic hypothalamus supplement helps to regulate the hypothalamus in order to encourage weight loss.

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How does hCG work?

hCG acts on the hypothalamus, signaling the body to release the stored fat into the bloodstream where it is then available to be utilized by the cells for nourishment. This alone will not cause weight loss unless you combine this with a low calorie diet. This forces the body to use the mobilized fat from the bloodstream. hCG causes the release of ABNORMAL FAT without affecting structural fat and muscle tissue. This means that you only lose fat in the stubborn areas such as the hips, thighs, buttocks and upper arms. hCG not only assists the body with burning abnormal fat but also helps to reset the hypothalamus so that your metabolism will be permanently changed to a healthy normal metabolism for your body. Often people that have weight problems have done a considerable amount of yo-yo dieting and crash dieting in between period of eating many processed foods which can over time set the hypothalamus and metabolism to a very slow rate. Studies have shown that the use of hCG for a specific amount of time in the body combined with a low calorie diet adjusts the metabolic rate back to a normal healthy rate so that it will be easier to maintain your weight permanently.

How will I look after doing the hCG diet?

The hCG diet addresses resetting the metabolism of the body. Additionally, one of the main benefits of using hCG while dieting is that it burns the abnormal fat which is accumulated on the hips, buttocks, stomach and arms and face. Have you ever noticed that often when someone goes on a diet, their face looks drawn and they may lose weight in their chest or upper body, but not where they want to lose (maybe in their hips and thighs or stomach)? hCG takes care of that. The structural fat (the fat that fills the gaps between organs) which is necessary fat will still be in tact after the hCG diet. There is another fat called normal fat which is deposited all over the body and is used for fuel when necessary. A certain amount of this fat needs to remain in our bodies in order for our skin and our bodies to look healthy. We usually lose this fat FIRST when doing normal diets. Then, the body burns structural fat SECOND and lastly abnormal fat. This is why when we go on normal low calorie diets; we end up looking drawn and tired. This does not happen with the hCG program because hCG helps target the abnormal fat FIRST!

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Are there any side effects with using hCG?

There are no side effects associated with hCG. Very few experience slight headaches or dizziness for the first few days but this is extremely rare and mild. Make sure to keep your blood sugar levels up throughout the day so that you don't feel weak and hungry. hCG has been used for weight loss for 50+ years and there is plenty of evidence to back up its safety.

Where does the hCG come from?

It is an organic hormone derived from the urine of pregnant women. The organic hormone found in its natural form is sterilized for purity and then is prepared by the guidelines of the homeopathic pharmacopoeia.

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Why is the diet so low in calories? Is it safe?

The scientist that discovered this program found that hCG alone will not burn the fat that you want to burn AND reset your metabolism to a healthy rate without a very low calorie diet. By having the hCG in your system, you should not feel hungry. hCG releases up to 2000 calories of nutrients into your system which makes the diet of 500-800 calories safe. There have been no side effects reported or medical problems reported when using the diet and hCG combined on people that are basically healthy but just need to lose weight. Always check with your doctor before starting any weight loss program.

Will hCG interfere with other medications that were prescribed by a doctor?

We tell patients to always consult with their doctor before beginning any weight loss program or taking any supplements. Do not stop taking other medications or cease any medical treatment when you start to use the product without advice from your doctor. This product is not intended for the treatment of a disease or other conditions or to cure, mitigate, or prevent disease.

How much weight can the patient expect to lose?

Weight loss varies between ½ pound to 4 pounds per day.

Men usually lose faster than women.

Is hCG safe?

Yes! Originally, Dr. Simeons was very successful using hCG for safe weight loss since the mid-1950's. Dr. Simeons was using the injectible form of hCG and found it to be very effective and safe. Since then, there have been numerous clinics offering safe weight loss with hCG treatments. The homeopathic version of hCG has recently become very popular due to the convenience and safer aspects that homeopathy provides. The homeopathic hCG plan for Speedy Weight Loss includes the research of Dr. D'Adamo, Eat Right for Your Blood Type and Dr. Mercola's No Grain Diet. The current medical physicians using the homeopathic version of hCG have found that it is an even safer and more convenient way to administer the hCG with fewer side effects and the same great results as the original injections of hCG.

Medical Disclaimer

This booklet provides weight loss information and is intended to assist clients in their personal weight loss goals. We are NOT offering offering medical advice or diagnosis by providing you with this information. Nothing that is included in this information should be interpreted as medical advice or diagnosis. The information that is given should be not substituted for physician consultation, evaluation and/or treatment.

We do not directly or indirectly dispense medical advice or prescribe the use of herbs and vitamins or any other homeopathic remedy as a form of treatment without medical approval. Nutritionists and other experts in the field of health and nutrition hold widely varying views. IT IS NOT OUR INTENTION TO DIAGNOSE OR PRESCRIBE. Our intent is to only offer health information to help you to cooperate with your doctor in your mutual problem of building health.

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If you have any question in your mind regarding any health concern, you should seek medical assistance. If you are not satisfied with the advice being rendered by your current physician, you have the right to obtain another medical opinion. If your physician finds that a 750 calorie diet plan is too restrictive or puts you at risk for further health problems, DO NOT participate in this program! Please consult your physician before starting the modified plan as this information is strictly for educational purposes and is not meant to replace any advice of your physician.

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