



LOSE WEIGHT QUICKLY THE NATURAL WAY!

What is hCG?

- ◆ hCG is a hormone naturally produced during pregnancy
- ◆ If the mother doesn't eat enough, hCG will get calories from the mother's fat to feed the baby
- ◆ hCG is theorized to reset metabolism
- ◆ Homeopathic hCG is a liquid dropped under the tongue

What are the goals of the program?

1. Lose weight
2. Reset metabolism
3. Maintain weight loss

How do I get started?

- ◆ Speak with your doctor before starting any diet plan
- ◆ Purchase and begin the hCG Natural Fat Elimination Program from Ward Drug Co.
- ◆ Have your questions answered by our friendly staff and the hCG information packet
- ◆ Start losing weight!

We are here to help and support you!!

Weekly visits to provide support, check your weight, blood pressure, and blood sugar are included in the price of the program.

hCG Natural Fat Elimination Program

There are **four** phases to the hCG Program. The Program lasts for **nine** weeks.

Phase 1: The Load phase
The first two days: binge!
Example foods include: bacon, donuts, ice cream, Oreos. **BASICALLY EAT WHATEVER YOU WANT!!**

Phase 2: 500 calories per day phase
days 3-40
Examples:
Breakfast: black coffee (may use Stevia) *(no breakfast food in this phase)*
Lunch: 100 g weighed meat, one

veggie, one breadstick
Dinner: same as lunch! *(Don't eat late!)*
Weighing your food (precooked) is necessary.
DRINK PLENTY OF WATER EVERY DAY!!!

Weigh yourself daily
THE BEST PART? Keep exercise at a MINIMUM: no more than a daily walk is recommended
Tea, coffee, plain water, or mineral water are only drinks allowed. No dairy products allowed.

Phase 3: Metabolism Maintenance
Day 41 and 42: stop hCG, keep eating



only 500 calories
Next 21 days:
Good news: increase daily calories to **1200!**
Also have more food choices.
Phase 4: Weight-loss maintenance
After the program is over,
Avoiding more than 1 starch daily
Limit refined sugar
Exercise at least 3 times weekly
Avoid preservatives
Drink plenty of water

Frequently Asked Questions

What are possible side effects?
Mild headache, worsening of migraine headache, mild dizziness, irregular periods
Who should not use hCG?
Those who are pregnant, have heart

or kidney disease, cancer, Polycystic ovarian syndrome, seizures, and Asthma or COPD.
Can't I just lose weight by only eating 500 calories daily?
Without hCG, your

body may go into starvation mode
This increases your hunger, irritability, fatigue, decreases your metabolism, and you may lose lean muscle mass!