

The Diet

Now that you have made the decision to get your weight under control, it is time to start the diet. The diet is broken down into 3 phases: Loading, Losing, and Maintaining. Let's get started!!!!

Taking the HCG Drops

Homeopathic HCG drops are designed to be taken sublingually. This means under the tongue. Sublingual application is very effective at getting the nutrients or substances into the blood stream as the sublingual region has a high blood supply and a high degree of permeability which allows for maximum absorption.

It is critical that you take 8-10 drops, 3 times per day. Begin taking the drops on Day 1 and continue through the entire course of the HCG Diet. **DO NOT SKIP OR MISS TAKING THE DROPS!!! YOU WILL GET VERY HUNGRY AND MAY EXPERIENCE FLUCUATIONS IN YOUR BLOOD SUGAR LEVELS!** Because not missing the drops is so important, many of our clients order a second bottle of drops to keep at work.

To use the drops you will place 3-8 drops under your tongue and hold without swallowing for at least 1 minute but not to exceed 2 minutes. After holding in mouth for the allotted time, swallow the drops. Try to avoid eating or drinking for 10 minutes before and 10 minutes after putting the drops in your mouth.

We recommend taking the drops 3-5 times per day, spread evenly across your waking hours. Some people have experience greater loss when they decrease the number of drops but increase the number of times drops are taken. If you are taking the drops 3 times per day, the concept is every 7 hours and this time schedule will usually work for most people, even those who work midnights or swing shifts.

What to expect

During days 1 and 2 it is perfectly normal for a person to gain 3-6 pounds.

During days 3-5 it is common for a person to lose 2-3 pounds per day.

After the fifth day the daily loss of weight begins to decrease. It is likely to stabilize in the ½ to 2 pound per day range. Some individuals will find that they plateau for several days only to find that the resume weight loss with 1-2 pounds per day for 1-2 days after the plateau. This is more likely to occur in women as men are more likely to have consistent weight loss than women. In either sex, there may occasionally be no drop in weight for two or three days and then a sudden loss which re-establishes the normal average. These fluctuations are entirely due to variations in the retention and elimination of water, which are more marked in women than in men.

HCG- How Do You Know When You Are At A Healthy Weight?

Why do many dieters fail? It is simple.... unrealistic goals! Every year, tens of thousands of people fail at diets because they are over estimate the possibilities. It is possible that a person may or may not be able to get to a certain weight. However, if the number is to low, the ability to maintain that weight are very slim. Additionally, some people, no matter how hard they try are unable to obtain the goal weight. Remember, being under weight can be just as bad for you as being overweight.

All dieters are urged to aim for a healthy weight. Obtaining a healthy weight will result in increased quality of life through increased activity levels.

A healthy weight also decreases the risk for many major health problems, common diseases and illnesses. A healthy weight also results in a better self image, increased self confidence, and drastic boosts to the general confidence resulting in increased productivity at work and in an individual's personal life.

We determine your healthy weight by looking at your Base Metabolic Index (BMI). A healthy BMI falls between 21.00 and 24.99. **BMI Categories:** Underweight = <18.5, Normal weight = 18.5-24.9, Overweight = 25-29.9, Obesity = BMI of 30 or greater