

Nutri**hCG**

Hormone-Free Metabolic Program

Patient Guide

What is hCG?

hCG (Human Chorionic Gonadotropin) is a natural hormone produced in large quantities during pregnancy to ensure proper nutrients to a developing baby. hCG is what triggers the hypothalamus to mobilize stored fat into the bloodstream to be used as "food". What makes hCG different from low calorie, restrictive diets is that many of these diets trigger a "starvation mode", putting the brakes on your metabolism and actually causing fat storage. Using hCG drops reduces the typical hunger pangs one would experience with a low calorie program. It is believed to reset your metabolism and to protect your body's good fat and keep muscle tissue from breaking down (which occurs in other low-calorie diets without the use of hCG).

What makes hCG Plus different over other hCG homeopathics? A triple approach to help you burn fat.

hCG Plus is a homeopathic formula produced using Dr. Hahnemann's classical hand succussion method. This method produces a remedy that is a dilution of the actual substances and potentized so that only an energetic imprint of the original substance is left. This works in the body on an energetic level, producing similar results as the original substance. This science is called "Similia Similibus Curentur" or "Like Cures Like".

hCG Plus includes:

Homeopathic form of hCG

Homeopathic support for the thyroid, pituitary and hypothalamus. Our hCG Plus contains three homeopathic glandulars to support and help reset your metabolism. These three glands are involved in maintaining your ideal fat to muscle ratio, temperature, regulating fat deposits and appetite.

Homeopathic herbal appetite support

During a lifestyle change related to restoring your body's relationship to the ideal amount of food necessary, you may at times experience a mild feeling of hunger. To assist during this change we have added homeopathic appetite suppressants to this formula.

How does hCG work?

hCG is taken orally, under the tongue to be rapidly absorbed which allows a person to subsist more on their stored fat than on what they eat. It triggers the body to provide a constant flow of "food" received from the fat that your body is breaking down and using. This apparently means that the fat content is liquefied by the hCG, allowing it to be released into the blood stream. One pound of body fat stores upwards of 2000 calories; once body fat is made fluid, nutrition can be released to the bloodstream, reducing hunger, and waste is flushed from the system. Calories provided on an even consistent level improves metabolism. With Dr. Simeons' diet women were shown to lose weight at a rate of 1/2 to 3/4 pounds per day and men at a rate of 1/2 to 1 1/2 pounds per day.

How long has hCG been used?

In the 1950's, Dr. Simeons began using small doses of hCG in obese patients to decrease appetite and observed weight loss and decreased inches around hips, thighs, buttocks and stomach. It has continued to gain in popularity as a successful, natural approach to weight loss.

In the medical field hCG is normally given to women to treat infertility because it induces ovulation in the ovaries. hCG is given to males because it mimics LH which helps testosterone production in the testis. For dieting, a low-calorie diet in conjunction with a small dosage of hCG is used to trigger the hypothalamus to release stored abnormal fat.

Support formulas

Detox Phase I & II

Take 1-2 capsules twice daily. During the fat burning process, stored toxins and metabolites are released into the blood stream. Detox Phase I & II helps convert these released toxins into a water soluble form that can then be eliminated in the urine. Increased water intake helps in this removal process.

Dynamic Fruits & Greens

Take one scoop per day Monday–Friday as part of your dietary intake. This is a great tasting, high ORAC (anti-oxidant rich) greens food that will help to quench the free radicals that may be produced during the fat burning process. Dynamic Fruits & Greens also assists in keeping your pH in a more alkaline state due to the increase of Ketones caused by burning fat as an energy source. A higher acidic state can decrease the success of this program.

Thyroid

Take 1-2 capsules daily. The thyroid regulates the metabolism. Thyroid will help increase your metabolism by key ingredients such as tyrosine, iodine, thyroid and adrenal glandulars and a proprietary blend of herbs.

Advantages of using homeopathic hCG Plus over injectable hCG

- No injections with homeopathy. You simply take drops under the tongue.
- Homeopathic remedies have been used safely and effectively for over 200 years.
- Patients who have used both kinds of hCG report that homeopathic hCG works just as well or even better than the prescription hormone.
- A fraction of the price of hCG injections.

Real success is achieved when your new balanced body weight becomes established to the point that your desired food intake is reflective of the needs of your new body; you are no longer eating the larger quantities of calories your body previously needed to sustain the excess fat that you slowly added on over the years.

The Program

Days One and Two

To ensure success of the hCG program it's important to fat load during the first two days. This is very important to jump-start the metabolism. Consume foods with a high-fat content every 3 hours. Don't confuse high-calorie, sugary foods with high-fat foods. The following are some high-fat foods to consume:

Fried Chicken/Fish	Chicken Wings with Bleu Cheese
Fried Eggs	Rib-Eye or Marbled Steak
Pork Bacon/ Sausage	Enchiladas/Mexican Food
Bratwurst, Knackwurst	Cashews/Peanuts/Etc.
Coconut Oils/Fish Oils	Avocado
High-Fat Cheeses	Peanut Butter/Butter
Cheeseburgers w/bacon	Cheese & Meat Pizza

Weigh yourself (first thing in the morning) and take beginning body measurements. Along with fat loading start taking 15 drops (half of the dropper vial) of the hcg Plus 3 times a day.

Day Three to 40

Begin the consumption of the foods listed on pages 6-7. Consult with your health professional to see if the sample diet on pages 8-10 will provide you an adequate daily caloric intake. Continue taking 15 drops of the hCG Plus 3 times daily and begin taking the supplemental nutrients included.

Detox Phase I & II Take 1-2 capsules twice daily.

Dynamic Fruits & Greens Take one scoop per day Monday–Friday as part of your diet (1 scoop is 40 calories the equivalent of a very small apple).

Thyroid Take 1-2 capsules daily.

Ketone strips

Ketones are water soluble compounds that are produced as by products when fats are broken down for energy. You can detect if your body is burning fat by using ketone strips (included in box set). It is a simple urine test. Dip the end of the test strip into fresh urine, then remove and wait for 15 seconds. Then compare the color on the strip with the color chart on the bottle. A medium detection of ketones in the urine is a sign of fat burning but too high of levels of ketones in urine is not beneficial as it means you have become too acidic. If that is the case, it's recommended to take the Dynamic Fruits & Greens at 1-2 scoops daily to keep the body more alkaline and reduce oxidation. Consult with your health professional if you are not seeing a medium detection of ketones in your urine.

Days 41 & 42

Stop taking the hCG Plus but continue on the lower calorie diet and the support formulas (Detox Phase I & II, Dynamic Fruits & Greens, and Thyroid) while the hcg is being cleared from your system. This process usually takes 48 hours.

Record your final weight and measurements. After day 42 begin the **NutrihCG Reset** Metabolic Maintenance Phase.

Maintenance Phase—NutrihCG Reset Metabolic Program Kit.

This program begins three days after your last day on Phase I. It is an essential part of the NutrihCG weight loss program because in this phase your metabolism is reset to assist in locking in your new weight. The Reset Kit contains a full spectrum multi complex, natural appetite suppressants, adrenal support, fish oils, and a revolutionary homeopathic for appetite and metabolism support.

Although you may continue to lose weight during this phase, it is vital to help you achieve and maintain your weight loss goals.

This 30-day program is done after each round or between rounds of the NutrihCG Phase I program and after you have achieved your goal weight. We suggest doing this program for the entire 30 days, however, if you plan to repeat Phase I, then only reset for 14 days. In doing so, you will have enough products to again reset for 14 days after finishing Phase I. (see NutrihCG Reset program guide for full details)

Food List

Fruits & Vegetables | 4 servings per day

Food	Serving Size	Calories
Asparagus	1 cup	40
Banana Peppers	1 pepper	0
Cabbage	1 cup	17
Celery	1 cup	14
Chicory	1 cup	7
Cucumber	1 cup	16
Fennel	1 cup	27
Lettuce	1 cup	8
Onion	1 cup	48
Parsley	1 cup	22
Jalapeno	1 pepper	6
Radish	1 cup	14
Salsa	2 Tbsp	10
Spinach	1 cup	7
Tomato	1 cup	32
Tomato paste	2 Tbsp	25
Apple	med. 2 3/4"	72
Grapefruit	1/2 med 4"	41
Strawberries	1 cup	46
Orange	1 avg size	50

Dynamic Fruits & Greens may be substituted for a fruit or vegetable, count as 45-50 calories.

All dairy must be eliminated.

Meats | 2 servings per day

Name	Serving Size	Calories
Chicken breast	3.5 oz.	115
Cod	3.5 oz.	104
Crab	3.5 oz.	86
Ground Beef	3.5 oz.	163
Lobster	3.5 oz.	143

Orange Roughy	3.5 oz.	104
Perch	3.5 oz.	116
Shrimp (12 med)	3.5 oz.	95
Steak (top sirloin)	3.5 oz.	186
Tilapia	3.5 oz.	93
Trout	3.5 oz.	168
White Sea Bass	3.5 oz.	123

Snacks | 2 servings per day

Name	Serving Size	Calories
Melba Toast	1 piece	20
Melba Rounds	5 pieces	59
Grissini Breadsticks	4 breadsticks	60

A gluten-free diet during this program is suggested. For a gluten-free version substitute Grissini and Melba rounds with Gluten Free Pretzels.

Staples

Name	Serving Size	Calories
Apple Cider Vinegar		0
Coconut Oil	1 tsp	40
Juice of 1 lemon per day	1 lemon	7
Black coffee	1 cup	2

	Breakfast	Snack	Lunch	Snack	Dinner	Total
Day 1	1 c. strawberries 1-2 cups coffee**	4 grissini breadsticks* 8 oz. WuLong/green tea**	3.5 oz ground beef Salad Greens w/ fat-free dressing 1 cup coffee/green tea**	1 apple	3.5 oz chicken breast 1/2 cup asparagus	
Day 2	1/2 grapefruit 1-2 cups coffee**	1/2 Apple 8 oz WuLong/green tea**	3.5 oz shrimp (12) 5 Melba rounds* Salsa 1 c coffee/green tea**	1/2 cucumber 5 cherry tomatoes Salad w/fat-free dressing 8 oz green tea**	3.5 oz top sirloin spinach salad w/ purple onion & fat-free dressing	
Day 3	1 small apple 2 cups coffee	5 Melba rounds* Salsa 8 oz WuLong/green tea**	3.5 oz chicken breast 5 cherry tomatoes Salad Greens w/ Fat-free dressing 1 cup coffee/green tea**	1/2 grapefruit 8 oz WuLong/green**	3.5 oz tilapia 4 asparagus spears 4 Grissini Bread sticks*	
Day 4	Dynamic Fruits & Greens 2 cups coffee**	1 c. cucumber Salad w/ fat-free dressing 8 oz green tea	3.5 oz crab 5 Melba rounds* Salsa 1 cup coffee/green tea	1 small apple or Dynamic Fruits & Greens	3.5 oz trout Spinach salad w/ purple onion 3 Melba Rounds	

	Breakfast	Snack	Lunch	Snack	Dinner	Total
Day 5	1 orange 2 cups coffee	Dynamic Fruits & Greens	3.5 oz lobster Salad greens w/ fat-free dressing 1 cup coffee/green tea**	4 Melba rounds* and Salsa	3.5 oz ground beef 1 cup cabbage 1 cup cucumber	
Day 6	1/2 grapefruit 2 cups coffee	4 celery stalks 1/2 apple WuLong/green tea**	3.5 oz shrimp (12) 5 Melba rounds* Salsa 1 cup coffee/green tea**	1 small apple or Dynamic Fruits & Greens	3.5 oz top sirloin spinach salad 6 cherry tomatoes	
Day 7	1 cup strawberries 1-2 cups coffee	1 cup cucumber 5 cherry tomatoes 8 oz WuLong/green tea**	3.5 oz ground beef Salad greens w/ fat-free dressing 1 cup green tea	5 Melba rounds* Salsa	3.5 oz cod 2 cups iceberg lettuce 5 cherry tomatoes w/ fat-free dressing	
Day 8	Dynamic Fruits & Greens or 1 orange 1-2 cups coffee	4 Grissini breadsticks* 8 oz WuLong/green tea**	3.5 oz ground beef Salad greens, 5 cherry tomatoes w/ fat-free dressing	1/2 apple	3.5 oz lobster 1 cup cabbage	

	Breakfast	Snack	Lunch	Snack	Dinner	Total
Day 9	1/2 grapefruit 1-2 cups coffee**	4 celery stalks salsa 1/2 apple	3.5 oz shrimp (12) 5 Melba rounds* 1 cup coffee	1 tomato 8 oz green tea**	3.5 oz top sirloin spinach salad w/ purple onion 6 cherry tomatoes	
Day 10	1 small apple 1-2 cups coffee**	5 Melba rounds* Salsa	3.5 oz chicken breast 6 cherry tomatoes salad greens	1/2 grapefruit 8 oz green tea**	3.5 oz tilapia 4 Grissini breadsticks* 4 asparagus spears	
Day 11	1/2 grapefruit 1-2 cups coffee**	1 cup cucumber 5 cherry tomatoes 8 oz green tea**	3.5 oz shrimp (12) 5 Melba rounds*	1 small apple or Dynamic Fruits & Greens	3.5 oz trout spinach salad w/ purple onion 6 cherry tomatoes	
Day 12	1 orange 1-2 cups coffee**	1/2 apple	3.5 oz lobster salad greens w/ fat- free dressing	4 Melba rounds* salsa	3.5 oz ground beef 1 cup cabbage 1 cup radish	

*These items may be substituted for gluten-free options.

** Coffee or tea is optional, decaffeinated is preferred, if caffeinated drink at least 1 hour before or after taking hCG Plus.

Repeat menu for the full 42 days, or you can substitute similar foods for variety.

Helpful Hints & Products

If having strong cravings, add four doses of hCG Plus per day. When it comes to homeopathic products, it's not about potency, it's about frequency and reminding the body what it's supposed to do often. Also for strong cravings you can add Crave-Curb, two capsules, three times daily.

If having trouble with constipation, supplement Elmnex at three to four capsules before bedtime.

Exercise, such as brisk walking, weight training, yoga, pilates, etc., has been shown to increase weight loss.

Rules

- No gum or mints.
- No lotions or moisturizers (can only use mineral oil or baby oil).
- No diet drinks, including Crystal Light, or diet soda.
- No butter, oil, or dressing.

Most Common Errors During Diet

- Not loading enough fat during the first two days of the program. This might explain hunger, headaches and crankiness during the first week of diet.
- Not drinking enough water.
- Consuming spices or seasonings that are not allowed (those containing sugar).

Watch your salt intake, as this can cause water retention. In order to hold one teaspoon of salt, the body requires one liter of water, as it cannot accommodate salt in any higher concentration. Thus, if a person eats one teaspoon of salt, their weight will go up by more than two pounds as soon as this salt is absorbed from the intestine.

Most women find it hard to believe that fats, oils, creams, and ointments applied to the skin are absorbed and interfere with weight reduction by hCG just as if they had been eaten. Many women, whose skin has in the course of years become adjusted to the use of fat-containing cosmetics, find that their skin gets dry as soon as they stop using them. In such cases, you may use plain mineral oil or baby oil, which has no nutritional value. Therefore, try to avoid lotions or moisturizers.

- Women: If you are on your period, or will start within the next five days, wait until you finish your cycle.
- Pre-cooking all your meat for the week and keeping your servings in the refrigerator or freezer helps make meals faster and easier. And you are less likely to cheat.
- Use a George Foreman grill for meat — almost everything is done in about three minutes. If your grill is beginning to stick, you may decide to spray it with oil. Just be aware that a quarter-of-a-second spray is considered a serving.
- Try to weigh yourself in the same clothes, or something very similar in weight, at around the same time each morning (before eating or drinking and after emptying your bladder) in order to avoid confusion or false appearance of weight gain/loss.

Plateau Breakers

- Increase water amount (2-3 quarts per day).
- Try to add a glass of green tea.
- Don't eat apples for the fruit or cut down on the size.
- If eating beef or chicken use certified organic as the fat content is better.
- Eliminate breadsticks/Melba toast.
- Try a steak day. Don't eat anything all day, (can have coffee, tea, and water) then at dinner have as big of a steak as desired with a tomato or apple. You will be down in weight the next day. Continue hCG program as outlined.

Frequently Asked Questions

How does hCG work?

hCG triggers the body to provide a constant flow of "food" metabolized from your stored fat that your body is breaking down and using. That means burning 2,500 to 4,000 calories of stored fat and losing approximately 1 pound of fat per day.

What is the difference between hCG Plus and hCG injections?

Our homeopathic hCG Plus drops are taken under the tongue and directly absorbed into the body. hCG injections must be prescribed by a doctor and administered by a shot into muscle tissue; our hCG plus does not require a prescription.

Is homeopathy safe?

Homeopathy is the second most widely used medical system in the world. The United States has seen a great rise in popularity as more and more people turn to more natural forms of treatment. Homeopathy is effective, natural and safe without dangerous side effects and has been used for over 200 years. Slight headaches are rarely reported, a mild side effect from using hCG.

Is there anything I should avoid?

Avoid all forms of caffeine an hour before after taking hCG Plus homeopathic. This includes all chocolate, caffeinated drinks (tea and coffee) and mint. Even minty toothpaste can affect hCG Plus homeopathic' efficacy.

How long has hCG been used?

In the 1950's Dr. Simeons began using small doses of hCG in obese patients to decrease appetite and observed weight loss and decreased inches around hips, thighs, buttocks and stomach. It has continued to gain popularity as a successful, natural approach to weight loss.

How much water should I drink each day?

Minimum: Your weight in pounds x .50= number of ounces of water daily. For example, a 200 pound person should drink at least 100 ounces of water daily.

Will I feel hungry while using hCG?

Because hCG is mobilizing your stored fat, your body will be constantly fed by your own stored fat. Most people report a feeling of being satisfied while using hCG even though their actual food intake is low. Additionally our hCG Plus has herbal appetite suppressants to reduce hunger and hCG homeopathic can release 3,500-4,000 calories per day, giving your body plenty upon which to subsist.

How much fat weight can I lose per day?

1 to 1.5 pounds of mostly fat per day, some water, some muscle.

Are there any other dietary considerations I should make?

All dairy foods and all forms of mint should be avoided. Some people choose to eat gluten-free foods while on the program.

Wouldn't I lose 1 to 2 pounds without hCG, on a low calorie diet?

Yes, over time; but eating a low calorie diet without hCG is not advised because normally your body may perceive that it is in starvation and start burning muscle, putting the brakes on your metabolism and fat loss.

Should I have a prescription and doctor involved while using hCG Plus?

Whenever considering any metabolic program, consult with your healthcare provider. Our hCG Plus does not require a prescription but medical supervision is highly recommended whenever you are on a metabolic program.

How do I keep my goal fat to muscle weight ratio once I stop using hCG Plus?

Don't think of Nutri**hCG** as a diet. This program helps reset your caloric needs, your metabolism and your fat regulation system. However, it is important to continue to be aware of the foods you eat and your caloric intake, especially during the 30-Day Maintenance Program. Eating natural, organic foods and avoiding refined flours and sugars will provide the nutrients and energy required to keep a healthy balanced weight.

Can I take hCG Plus while using oral contraceptives?

hCG Plus has not been shown to interfere with oral contraceptives.

Should women start taking hCG Plus during their menstrual cycle?

The best time for women to start the Nutri**hCG** program is immediately after their menstrual cycle.



NUTRI-DYN

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