



NewEdge
HEALTH

MEDICALLY SUPERVISED WEIGHT LOSS

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INTRODUCTION.....1

 WHAT IS HCG?..... 1

 HCG IS THE KEY..... 1

 DIET PREPARATION 2

 DIET PHASES..... 3

PHASE 1: LOADING4

 TWO DAY LOADING PHASE 4

PHASE 2: LOW CALORIE DIET5

 THE DIET PLAN..... 5

 PHASE 2: FOOD LIST..... 6

 HCG DIET SPECIFICATIONS 7

 PLATEAUS AND SLOWED WEIGHT LOSS..... 8

 HUNGER PROBLEMS 9

PHASE 3: DIET BREAK10

 3 WEEK DIET BREAK..... 10

PHASE 4: TRANSITION & MAINTENANCE.....11

SIDE EFFECTS AND CONTRAINDICATIONS.....12

INTRODUCTION

An introduction to HCG and the HCG Diet Protocol

WHAT IS HCG?

HCG or Human Chorionic Gonadotropin is a hormone that the body naturally produces. During the early stages of pregnancy, women's HCG levels will increase to nearly 2000 times the standard hCG dosage for the hCG Diet.



The Hypothalamus

The human body has a control system designed to regulate body weight. At the core of this system is a part of the brain called the Hypothalamus. The Hypothalamus receives signals from the body through the use of hormones to help determine if weight loss is necessary. The Hypothalamus has many other functions, including:

- Control of Hunger and Appetite
- Regulation of Body Temperature
- Storage and Burning of Fat

Obesity: A Growing Problem

Eating habits and food consumption have changed dramatically over the last 50 years. The introduction of processed foods that contain preservatives, chemicals, empty calories, and artificial flavors can adversely affect the body's fat regulatory system.

HCG IS THE KEY

The body is constantly trying to maintain a balance, or what doctors often call Homeostasis. It has also been called a Set-Point. Fortunately, this Set-Point can be reset, and HCG is the Key. When HCG is administered, the body responds by increasing the rate of fat burning. Here are a few benefits:

- Decreased Hunger
- Burning of Abnormal Fat
- Balanced Energy
- Burns Fat, not Muscle

HCG helps to release abnormal fat reserves by restoring the Hypothalamus to health. HCG acts as a "Stop Sign" for hunger.

DIET PREPARATION

Tips to help ensure you are successful on the diet.

Weighing Yourself

Weighing yourself is important to help you see your progress and to provide vital feedback on how your body is responding to the program. On the HCG Diet, you should weigh yourself every day. From time to time, weight will shift up and down without warning. This is perfectly normal as water weight increases and decreases.



Measuring Yourself

Taking body measurements is a great indicator of progression. Weight loss will often slow down, stop, reverse, or speed up without warning. Measuring however, will give you a more consistent indicator of success.



Goals

Goals are an essential part of any weight loss program, and should be measurable so progress can be monitored during the diet. It is also important to set milestones, or smaller goals that lead up to the larger goal.

Goal Date or Event

In addition to measuring progress, you will need to have a specific date that will motivate you to hit your goal.

Personal Accountability

Personal accountability may be the most important step after setting goals. If you keep your goals a secret it will be easier to give up. The most successful individuals are those who follow the diet with a friend or family member. To be successful, you can find an individual or group to report to on a regular basis. This is as simple as meeting with a diet coach, or a group of dieters each week.

Rewards

Rewards can be very helpful. Most dieters will automatically decide to set rewards based on how much weight they lose, but there will be times when you are following the diet closely without seeing changes. It is important to reward yourself based on adherence to the diet protocol.

DIET PHASES

The Advanced HCG Diet Protocol is separated into 4 phases.

Phase 1: Loading

During the Loading Phase the dieter will take HCG each morning and eat as much as they can for two full days.

Phase 2: Low Calorie Diet

Phase 2 is a 3-6 week low calorie diet which can be repeated after phase 3 as many times as needed, until you have reached your goal.

Phase 3: Diet Break

Phase 3 is a controlled diet break which follows Phase 2. The completion of Phase 1 followed by Phase 2 is called a "Round". Rounds are repeated until you have reached your goal.

Phase 4: Transition and Maintenance

After a dieter has achieved their goal weight with the HCG Diet, they will proceed to follow the Transition and Maintenance Phase.

PHASE 1: LOADING

The Loading Phase is designed to help maximize fat loss later in the program.

The purpose of the Loading Phase is to stimulate the Hypothalamus to release fat deposits from problem areas, and increase the metabolic rate.

Prior to the Loading Phase

Here are a few precautions to think about before starting the loading phase.

- If you are sick prior to starting the loading phase, please make sure you have completely recovered.
- **Women Only:** Prior to starting the diet, make sure you have at least 5 days before your next period starts, and no sooner than 2 days after your last period ended.

TWO DAY LOADING PHASE

The loading phase lasts for two days. During these two days the patient will take HCG injections each morning, and eat to stay full all day.



Start taking hCG



Lots of Calories



Eat Calorie Dense Foods

- Take 150 IU's of HCG in the morning on both days (the 15 mark on the syringe)
- Load up on calories both days, and keep yourself full
- Eat calorie dense foods, and try to get a lot of carbohydrate rich foods
- Start weighing yourself each morning

After the loading phase, you will begin **Phase 2**, and continue taking daily HCG injections.

PHASE 2: LOW CALORIE DIET

Phase 2 is a strict low calorie diet which allows the body to burn abnormal fats



Phase two requires the individual to follow a low calorie diet while eating from a strict list of foods. The success of any dieter will be largely determined by adherence to the diet, as well as consistency.

Low Calorie Diet

Immediately after the two day loading phase, you will begin following the low calorie diet as outlined below.

Minimum amount of time

After starting the HCG Diet Protocol, Dr. Simeon's noted that a person must follow the diet for a minimum of 3 weeks in order to reset the metabolism.

Maximum amount of time

Dieters will often get excited about the rapid changes in body weight and shape, and try to overextend the duration of the Low Calorie Diet. In the long run, this will most likely cause a reduced metabolic rate. In order to maximize results over time and guard against rebounding, follow this set of guidelines:

- Don't exceed 6 weeks on the HCG diet.
- Follow Phase 3 after every 3-6 week round of HCG.

THE DIET PLAN

Food	Breakfast	Lunch	Dinner
Protein	1 Serving	1 serving	1 serving
Vegetable	Optional	1 serving	1 serving
Fruit	None	1 serving	1 serving
MCT Oil	1 tsp.	1 tsp.	1 tsp.

Diabetic patients: If you are having symptoms of low blood sugar, you are allowed up to 1-2 extra protein servings and 1 extra fruit serving per day as needed.

PHASE 2: FOOD LIST

Protein

Serving Size: 3.5 oz. / 100 grams (size of a deck of cards)

- Chicken Breast
- Turkey
- Beef
- Ground Beef (93% Lean)
- Veal
- Venison
- Bison
- Pork
- Fish
- Tuna
- Lobster
- Crab
- Crawfish
- Prawns
- Shrimp
- Scallops
- Eggs – 2 Whole
- Cottage Cheese – 1 cup low-fat
- Approved Protein Shakes

Vegetables

Serving Size: 1 cup (vegetables can be mixed)

- Broccoli
- Cauliflower
- Peppers
- Hot Peppers (not pickled)
- Green Beans
- Mushrooms
- Spinach
- Asparagus
- Cabbage
- Onions
- Field Greens
- Beet Greens
- Lettuce
- Chard
- Celery
- Red Radishes
- Cucumbers
- Zucchini
- Yellow Squash
- Artichoke
- Tomato – 1 Slice
- Salsa – ½ Cup

Fruit

Servings Listed on each food

- Apple – medium
- Orange – medium
- Peach – 1 medium
- Pear – 1 medium
- Apricot – 4 medium
- Grapefruit – half
- Strawberries - handful
- Blueberries - small handful
- Raspberries - small handful
- Blackberries - small handful
- Huckleberries - small handful
- Cantaloupe – 1 cup, cubed
- Honeydew Melon – 1 cup, cubed
- Watermelon – 2 cups, cubed
- Banana – ½ medium banana
- Grapes – 1 cup
- Kiwi – 2 Kiwi Fruits

HCG DIET SPECIFICATIONS

Requirements and Allowances of the HCG Diet Protocol

Water: Be sure to drink at least 8 cups of water each day. Water is an essential element in the weight loss process. You should drink enough water to have at least 3-5 clear urinations per day.

Coffee and Tea: Black coffee and tea are permissible in the morning. If you would like, you may flavor coffee or tea with stevia and/or almond milk (40 calories/serving).

Diet Soda: While diet soda won't cause the diet to fail, drinking it on the diet is not optimal. Some individuals have a very hard time trying to stop cold turkey. We recommend reducing or eliminating diet soda. Also, soda doesn't count as part of your water intake. You still need to drink at least 8 cups of water in addition to any diet soda you drink. Regular soda is strictly forbidden.

Crystal Light and other Calorie Free Beverages: Other non-caloric drinks that you are accustomed to drinking should be handled like Diet Soda. Reduce or eliminate it if possible.

MCT Oil or Coconut Oil: MCT, or Medium Chain Triglycerides are fats that are derived from Coconut Oil. MCT works great for low carbohydrate and low calorie diets because it primes the body for ketosis (fat burning state), provides energy, and guards against constipation. MCT Oil can be used for lunch or dinner as a salad dressing ingredient, mixed with any combination of salt, vinegar, and seasonings. Also, you should use it as your cooking oil. Although MCT or Coconut Oil has benefits, it is not required. Some dieters like to follow Dr. Simeons strict protocol, which didn't include any additional oils.

Salad Dressings: There are a few options for salad dressings. The first is MCT Oil. MCT Oil is a perfect complement to the low calorie diet. You can mix it as mentioned above to make a dressing. Walden Farms dressings are calorie free salad dressing and condiments that are okay to use on the HCG Diet as well.

Protein Shakes: Some protein shakes are okay to use on the HCG Diet for a protein serving, although whole foods tend to keep you fuller for longer. Shakes that have nearly 0 calories coming from carbohydrates or fats are permitted.

Seasonings: Any calorie free seasoning is permissible on the HCG Diet. Be sure to check labels.

Sweeteners: We recommend using stevia to sweeten your foods. Splenda or Sucralose won't break the diet, but they are not natural like Stevia.

PLATEAUS AND SLOWED WEIGHT LOSS

Tips on how to deal with plateaus and hunger problems

The human metabolism is designed to maintain homeostasis (a state of balance). This means the body fights against weight loss.



Rate of Weight Loss

It is important to understand how fast you should be losing weight on a weight loss program, and have realistic expectations. To obtain a clear understanding of what rate you should expect to lose weight while following the HCG diet, go to AdvanceHCG.com to find an Estimated Weight Loss calculator.

Ways to Break Through a Weight Plateau

A great way to combat these plateaus is a rapid shift in calories. Dr. Simeons offered two solutions called the Apple day, and the Steak day.

Apple Day: The apple day is very simple. Eat only 6 apples in the entire day. This will cause a shock to the body, and hopefully help you to start losing and/or drop excess water weight.

Steak Day: For the steak day, carbs are almost completely removed for a day, with the exception of vegetables. Don't eat anything except for vegetables all day, and then have a large serving of protein at night (6-8 oz.).

Water Weight

Fluctuations in water weight happen at the beginning and end of all low carbohydrate diets. Generally, this water fluctuation can account for somewhere between 2-5 lbs. Do not panic if you experience these rapid changes in weight because they are not related to fat loss or gain.

To help minimize this, stay consistent on the diet. Supplementing with potassium or a non-caloric electrolyte mix or supplement can also help.

Set Points

When the body reaches a familiar weight it is commonly called a Set-Point. The body recognizes set-points and adjusts the metabolic rate with the goal of maintaining weight. Don't panic! Set points are inevitable, and during these plateaus, the most dangerous factor is YOU. Often, when weight loss seems to stop for no good reason, a dieter will make drastic changes in their diet, or cheat out of frustration. If you stick with it, the weight WILL start dropping again.

HUNGER PROBLEMS

Hunger is an extremely complicated subject that is affected by both physiological and psychological reasons. Most of the time hunger is a combination of the two.

Vegetables and Fiber

Fiber can help with hunger in at least two ways. The physical ‘stretching’ of the stomach is one of many signals of how much food has been consumed; when the stomach is physically stretched the brain thinks you’re full. High fiber/high volume foods (e.g. foods that have a lot of volume and few calories) accomplish this most effectively. Additionally, fiber slows gastric emptying, or the rate at which food leaves the stomach. A high fiber intake keeps us feeling full by keeping foods in the stomach longer. Always eat your vegetables.

HORMONAL HUNGER

Hormonal hunger is something that can be hard to control. Often women will notice that during that time of month, hunger goes crazy. Also, when individuals don’t eat for extended periods of time, the brain and intestines start releasing powerful hormones that cause us to feel very hungry. By that time, the hormones are often too strong, and it causes us to binge. Be sure to at least have a small breakfast each day.

CARB/SUGAR/STARCH

When starting a low carbohydrate diet the patient may feel cravings for carbohydrates, especially for the first few days. This will pass as the body converts to fat as the primary source of fuel.

DEHYDRATION

Mild dehydration is often masked as feelings of hunger, when the body simply needs water. The confusion starts in the hypothalamus, where hunger and thirst are both regulated. Diet drinks don’t hydrate well, so make sure to get at least a gallon from actual water.

SALTY FOODS

There are a couple of different reasons that a person may be craving more salt. Dehydration: occurs when the individual is not getting enough Minerals/Electrolytes and water. Adrenal exhaustion: often occurs when a patient has a history of using stimulants; Coffee, energy drinks, etc. This can also occur when the dieter has a lot of stress.

HIGH FAT FOODS

Most often fatty foods are comfort foods. This is usually a psychological matter, and a matter of habit. Be aware of physical or emotional cues that may cause the desire for high fat foods.

PHASE 3: DIET BREAK

Phase 3 is a break that provides the body with a rest period between rounds

Phase 3 will provide an immediate increase in calories which will boost the metabolic rate, and provide the dieter with some rest from the diet. Phase 3 can also be thought of as a practice round to see how well the dieter can maintain their weight after a rapid weight loss stint.

3 WEEK DIET BREAK

The Diet Break will last 3 weeks. During the 3 week break, it is unnecessary to slowly increase calories. This is partly because this break is such a short period.

Introduction of Starchy Carbohydrates

At the bottom of the page you will find a list of starchy carbohydrates that are introduced in Phase 3. Carbohydrates are very important for hormone balance and metabolic rate. By adding these carbohydrates to just one meal, we optimize insulin sensitivity and metabolic rate.

Increase Calories

Phase 3 increases calories to 1500-2000 calories per day.

3 Week Break – 1500-2000 Calories

Food	Breakfast	Lunch	Dinner
Protein	1 Serving	1 serving	1 serving
Vegetable	Optional	1 serving	1 serving
Fruit	Optional	1 serving	1 serving
Starch	None	None	1 Serving
Oil/Butter	1-2 tsp.	1-2 tsp.	1-2 tsp.

Starch List

Should be equivalent to 40g of carbohydrates or 160 calories - Examples Below:

- Rice – 1 cup cooked
- Quinoa – 1 cup cooked
- Potato – 1 medium
- Oatmeal – 1 cup cooked
- Pasta – 1 cup
- Bread – 2 slices

*For protein, vegetable, and fruit, refer to the **Phase 2** list of foods.

PHASE 4: TRANSITION & MAINTENANCE

Phase 4 outlines some tools to help lose the last few pounds and maintain

After Phase 3 you should slowly increase calories, until maintenance calories are achieved. Maintenance calories are the amount of calories needed to maintain weight. To accomplish this gradual increase in calories, we provided a week by week calorie plan. This gradual increase in calories is often called reverse dieting.



Finding Your Calorie Maintenance

As you follow the week-by-week calorie re-introduction, you will need to know where to stop, and how many calories you need to maintain weight indefinitely. The calculator below will help you estimate your maintenance calories. Use the activity multipliers listed below the calculator for step 4 in the calculation.

Weight	BMR Multiplier	Basal Metabolic Rate	Activity Multiplier	Maintenance Calories
<input type="text"/>	8	<input type="text"/>	<input type="text"/>	<input type="text"/>

Sedentary = 1.2 Little or no physical activity	Lightly Active = 1.375 Light exercise 1-3 days	Moderately Active = 1.55 Moderate Exercise 3-5 days	Very Active = 1.725 Hard Exercise 6-7 days
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Note: The maintenance phase provides only a basic guideline for maintenance dieting, and should be adjusted based on individual needs as time moves on. We recommend using an application such as MyFitnessPal.com to track calories for a few weeks after the diet. This will help you get a better understanding of what you are eating.

SIDE EFFECTS AND CONTRAINDICATIONS

Possible Side-Effects of HCG (very rare)

- Acne
- Breast, penis and/or testes enlargement and discomfort in males
- Change in emotions or mood, irritability, restlessness
- Constipation
- Dry skin – Normally occurs due to dehydration
- leg cramps – Normally occurs due to dehydration
- Headaches – May occur in the beginning of the diet as the body releases toxins
- Redness, bruising or soreness at the injection site
- Tiredness and mental fatigue – may occur during the first part of the diet as the HCG hormone triggers fat to move into the bloodstream so it can be metabolized
- Thinning or thickening of hair (returns to normal after HCG usage).

Contraindications/Cautions for HCG

You should utilize HCG with caution and consult your doctor with the following:

- Asthma
- Cancer or a tumor of the breast, ovary, uterus, prostate, Hypothalamus, or pituitary gland
- Heart disease
- Kidney disease
- Migraine headache
- Seizures

True Emergency in Females

Ovarian hyperstimulation syndrome – severe pelvic pain, swelling of hands or feet, stomach pain and swelling, shortness of breath, weight gain, diarrhea, nausea or vomiting, and urinating less than normal