

# Anyana-Kai

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## HCG Diet - Phase 1

Although Phase I is not required, based on today's conditions, it is highly recommended. This phase consists of a series of dos and don'ts. It may be difficult for most people to do all the steps in this phase with strict adherence. Do as many as you can for the thirty days prior to starting Phase 2. The more you do in this phase will result in losing more weight faster during Phase 2. This phase addresses and corrects many of the new underlying causes of obesity that Simeons did not contend with in the 1950s and 1960s. If you skip this phase, or do it halfheartedly, you will still achieve spectacular results in Phase 2. However, this phase will accelerate the fat and weight loss in Phase 2, and make the whole protocol easier to complete. The more you do in this phase also will greatly increase your ability to keep the weight off permanently and eliminate food cravings in the future. Here are the steps in order of importance.

**1. Water.** Fat people are dehydrated. Drink one large glass of water immediately upon arising, and one-half to one gallon throughout the day. Recommended waters include Volvic, Fiji, and Evian. Spring water is best. If spring water is not available, drink water filtered by reverse osmosis. The last choice is distilled water. Never drink tap water as it is loaded with chlorine, fluoride, and other contaminants. However, know water in plastic bottles causes distress to the body. The xenobiotics endocrine disruptors that are leached from the plastic mimic estrogen. An excess of estrogen leads to weight gain.

**2. Walk.** In the 1970s, two prominent physicians authored "The Neuropsychology of Weight Control". They discovered that walking outside at a slow steady pace for one hour per day reset the body's weight set point, making people lean and thin. Of all the steps in Phase 1, this may be the most difficult one to do on a daily basis. However, this will have the most profound long-term effects. Walking should be done outside. Use a treadmill only as a last resort. Walk for one hour nonstop. Keep the pace steady and do not overexert yourself. Slow, rhythmic movement is the key. You should be able to maintain a conversation while walking. Getting your heart rate up to a level of aerobic should not be done during your walking. Ideally, this should be done every day. If this is not achievable, any amount of walking will still have a dramatic effect on resetting your body's set point and making you lean.

**3. Extra Virgin Raw Coconut Oil.** This is now easily available in most stores. Use this as your fat of choice in cooking. Take two teaspoons per day. This is proven to stimulate metabolism, improve digestion, and help release fat cells. It also gently stimulates the thyroid.

**4. Colonics.** Go to a licensed colon therapist, and under their supervision and guidance receive fifteen colonics during the thirty-day Phase 1 period. Colonics are similar to a high enema. They gently flush the colon with water eliminating impacted fecal matter and toxins. Cleaning the colon is absolutely vital for weight loss and good health. When the colon is cleansed people notice a dramatic flattening of the stomach. Colon cleansing this way allows most people to lose five to twenty pounds of excess weight! A clean colon dramatically reduces food cravings, gas, bloating, and constipation. A clean colon means improved digestion, better absorption of nutrients, increased energy and mental clarity, and a general overall improvement of health.

**5. Apples.** Eat a minimum of two organic apples every day. This will help regulate blood sugar, reduce appetite, and increase cleansing of the liver, gallbladder, and colon.

**6. Grapefruit.** Eat a minimum of two organic grapefruits daily. Enzymes in grapefruit are proven to help release fat. These also help regulate blood sugar, reduce food cravings, and stimulate cleansing of the liver, gallbladder, and colon.

**7. Raw Organic Apple Cider Vinegar.** Take one tablespoon three times a day. Use as your vinegar of choice in salads and cooking. This stimulates the metabolism and cleansing of the internal organs. It is also very powerful in helping release stored fat cells.

**8. Colon Cleanse.** In addition to the colonics it is recommended that you take a colon cleanse product during this phase. Five recommended products are: Natures Call, Soloray's Total Cleanse, Now Easy Cleanse Fabulous, and Carlson's Psyllium Caps. You will lose weight and fat by doing these cleanses. You will feel better and have more energy. Your

skin, hair, and nails will look radiant and younger. Hormonal imbalances can be corrected. All organs and glands in the body will operate more efficiently; your health will dramatically improve.

**9. Eliminate/Reduce Candida Yeast Overgrowth.** Candida is a major cause of poor digestion, gas, bloating, constipation, allergies, hormonal imbalances, fatigue, and food cravings. It must be addressed and corrected. Recommended products are Jarrow's Sacchromyces Boulardi or New Chapter's Probiotic Colon. Take as directed. If you do not address Candida, food cravings will persist.

**10. Insulin.** The majority of overweight people have some form of diabetes or pre-diabetic condition. The pancreas secretes insulin abnormally. This must be corrected. When this is corrected the person easily loses weight and hunger is also diminished. The recommended product to take is Bitter Orange Capsules. In studies, almost every person who takes Bitter Orange Capsules has a decrease in appetite and begins to naturally lose weight. The Bitter Orange Capsules are an all-natural combination of herbs that promotes a healthy pancreas. It should be taken for a minimum of ninety days. Take as directed.

**11. Drink Decaf Green Tea.** Ideally, drink a minimum of one cup per day. Organic decaf green tea stimulates cleansing of the cells, increases metabolism, and helps regulate hunger. The recommended decaf green tea is Wu Long tea.

**12. Whole Food Supplement.** Everyone has nutritional deficiencies. For the body to operate normally these deficiencies must be corrected. Take each day a whole food supplement which will supply your body with the needed nutrients for health and weight loss. Recommended products include; New Chapter, and Real Food by Country Life.

**13. Calcium.** Research has proven that most people are deficient in calcium. Calcium supplementation has been shown to have major health benefits and increase weight loss. Ideally, add calcium to the water you drink daily. Recommended products include New Chapter Bone Strength and Solary Cal Citrate.

**14. Probiotics.** All people benefit from taking probiotics. This friendly bacteria, when reintroduced into the body, stimulates metabolism, improves digestion, and helps with cleansing. Recommended products include New Chapters Probiotic Colon; Colon, Immunity, Anti-aging, All Flora and Jarrow Sacchromyces Boulardi.

**15. Heavy Metal Cleanse.** Ridding the body of heavy metals and improving circulation is vital for health, increasing energy and metabolism. Take powered reduced glutathione under tongue.

**16. Organic Yerba Mate Decaf Tea.** Drink at least one cup per day. This decaf tea increases energy without creating nervousness or jitters. It reduces appetite and stimulates releasing of fat cells.

**17. Eat Breakfast.** Eating a large breakfast for important at resetting the body's weight set point, increasing metabolism, and decreasing appetite throughout the day. An ideal breakfast would include organic eggs from cage-free chickens, wild smoked salmon, organic rye toast (making sure the bread is made with only rye flour, water, yeast, and salt), organic raw butter or organic raw extra virgin coconut oil, organic asparagus, organic tomatoes, organic beef, chicken or turkey sausages, organic beef, turkey or chicken in any fashion, wild (not farm raised) fish in any fashion, organic potatoes cooked in any fashion, organic oatmeal, organic decaf coffee or decaf tea, organic apples, pears, grapefruit, strawberries, plums, peaches, kiwis, mangos, papayas, blueberries, raspberries, nectarines, or melon. A large breakfast is recommended.

**18. Eat Six Times Per Day.** It is important to eat throughout the day in order to reset your metabolism high and release abnormal fat reserves. Knowing that during this phase you should be eating a minimum of two organic apples and two organic grapefruits daily, having snacks in between meals should be easy to do. Ideally, you should have a large breakfast, a snack consisting of an organic apple or organic grapefruit mid-morning, a full lunch, a snack consisting of an organic apple or organic grapefruit in mid-afternoon, a full dinner, and an evening snack consisting of an organic apple or an organic grapefruit. Doing this will start the process that allows the body to begin releasing abnormal fat reserves, as well as normalizing hunger and increasing metabolism. You should eat six times a day even if you are not hungry.

**19. Eat Dinner Before 6:00 p.m.** Ideally, you should finish eating your dinner three and one-half hours before you go to bed. This is very important at helping reset the hypothalamus so as not to store fat.

**20. Eat Protein Before Bed.** Eat 100 grams of organic beef, veal, chicken, turkey, or fish right before bedtime. This helps stimulate the mobilization of fat cells and decreases water retention. It also stimulates metabolism and actually helps you burn fat while you sleep.

**21. Take Acetyl L-Carnitine.** This amino acid helps turn fat into fuel. It promotes the increase of lean muscle tissue and helps prevent muscle tissue from being lost. It speeds the burning of fat cells and increasing metabolic rate.

**22. Eat Hot Peppers.** Organic hot peppers and hot salsa stimulate an increase in metabolism and reduce appetite. It is very effective at helping reset the body's weight set point, metabolic rate and, additionally, helps release fat stores. Use organic hot salsa and organic hot peppers liberally as often as possible.

**23. Use Cinnamon.** Cinnamon helps regulate insulin and blood sugar. This helps stimulate the hypothalamus into being reset to a normal state. Cinnamon normalizes appetite and helps release fat reserves.

**24. Eat Salad With Lunch and Dinner.** In addition to whatever you choose to eat for lunch and dinner, add a big salad made with fresh organic ingredients; include such things as lettuce, onions, radishes, cucumbers, spinach, broccoli, cauliflower, garlic, tomatoes, asparagus, mushrooms, carrots, celery, herbs, fresh lemon juice, extra virgin olive oil, raw organic apple cider vinegar, sea salt, hot peppers, etc. Eating these raw organic vegetables before your meal stimulates digestion, adds important fiber which regulates blood sugar and appetite, and helps reset the body's weight set point. It also adds vital enzymes and nutrients that stimulate the release of stored fat.

**25. No Trans Fats!** Man-made trans fats absolutely, 100% will make you obese. They also lead to heart disease, cancer, arthritis, and diabetes. The most common trans fat is hydrogenated or partially hydrogenated oil of any kind. You cannot eat food with trans fats. Read the labels on food. If it says hydrogenated or partially hydrogenated oil of any kind, do not eat it. Learn to shop at a store such as Bassetts, Fresh Market or Trader Joe's. Read the food labels.

**26. No High Fructose Corn Syrup.** Do not eat any food with man-made sweeteners. Read the food labels. If it says high fructose corn syrup, corn syrup, sucrose, dextrose, or malto dextrose, do not eat it. These man-made super high processed sugars have been designed to overtax the hypothalamus and make you fat. If you buy 100% organic products you can find any type of food you want without these man-made sugars.

**27. No Artificial Sweeteners.** Do not consume any food that has NutraSweet, Splenda, aspartame, sucralose, or saccharin on the label. These artificial sweeteners absolutely make you fat. They all adversely affect the hypothalamus and create the conditions for obesity. These artificial sweeteners are also highly chemically addictive and cause depression and anxiety.

**28. No Monosodium Glutamate (MSG).** MSG is a flavor enhancer and preservative. It is called an excitotoxin. It adversely affects the hypothalamus, as well as being chemically addictive. It will make you fat and leads to depression. Read the labels.

**29. Eat Only Organic Meat And Dairy.** Beef, chicken, turkey, milk, cheese, and all dairy products that are not certified organic are loaded with growth hormones, antibiotics, and other drugs. These products lead to obesity. It is perfectly fine to eat meat, poultry, and dairy products as long as they are certified organic, ideally grass fed, and have not been injected with growth hormone, antibiotics, or other drugs. Consuming meat, poultry, and dairy products that are not organic means you are putting in your body massive amounts of animal growth hormone, powerful animal antibiotics, and other animal drugs. This will create hormonal imbalances in the body leading to weight gain, abnormal storing of fat, menstrual cycle problems with women, PMS, and depression.

**30. No Nitrites.** Read the labels. If nitrites are listed do not buy the product. Nitrites cause hormonal imbalances and will lead to weight gain, allergies, and food cravings.

**31. No Farm Raised Fish.** Farm raised fish live in cesspools of poison water. They are fed massive amounts of drugs and chemicals to increase growth and production. Much of the fish is injected with chemical food dyes to make them appear fresher longer. The chemicals and poisons found in these fish cause hormonal imbalances leading to weight gain and depression.

**32. No Microwaving.** Throw your microwave oven away. Any food that has been microwaved has been chemically altered into an unnatural state. Research shows eating any food that has been microwaved adversely affects blood cell counts and is linked to depression. Microwaved food causes hormonal imbalances leading to weight gain.

**33. Limit Carbonated Drinks.** Carbonated drinks block calcium absorption and lead to nutritional deficiencies. They adversely affect digestion and the pancreas. They clog the liver and lymphatic system and should be avoided. If you absolutely must have a carbonated drink, never drink a "diet" carbonated beverage. Try to choose a 100% organic carbonated beverage. If this is unavailable, choose a regular soda. The problem is that the major soda manufacturers have changed from sugar to high fructose corn syrup, making their beverages lethal when it comes to weight loss. Drink water, decaf tea, freshly made juice, or decaf coffee.

**34. Limit Ice Cold Drinks.** Drinking beverages that are very cold slows metabolism and actually increases hunger. These should be limited or avoided altogether. If you are drinking your one-half to one gallon of water per day, and several cups of the recommended decaf teas, you should have no need or desire for any other beverage.

**35. No Fast Food.** All fast food restaurants, as well as national and regional chains, should be avoided. The foods served are loaded with all of the ingredients that I mentioned above that should be avoided. Food from fast food restaurants and regional and national chains are loaded with trans fats, super high processed sugars including high fructose corn syrup, artificial sweeteners, MSG, nitrates, and meat, dairy, and poultry that are loaded with growth hormone, antibiotics, and drugs. Much of the food is irradiated and micro-waved. The food is super highly refined with little or no fiber. It is perfectly designed to overtax the hypothalamus and do everything perfectly in the body to increase your hunger, make you physically and chemically addicted to the food it makes you depressed and fat! These restaurants did not exist in Simeons' time. They must be avoided.

**36. Eat 100% Organic Food.** Ideally, all the food you buy and consume should be labeled 100% organic. This means the food has not been genetically modified and has little, if any, man-made chemicals, preservatives, flavor enhancers, herbicides, pesticides, growth hormone, antibiotics, or other drugs. One hundred percent organic means 100% organic. The next best is when the label says "organic." This means the product is approximately 80% organic. The next best is when the label says "made with organic ingredients." This means approximately 30% of the product is organic. If the label says "all natural," it means nothing! You need to read the ingredient list. If there is something in the ingredients that you can't pronounce, don't buy it! Eating real food will keep you thin. Eating man-made processed food will make you fat because that's what the food manufacturers have designed the food to do.

**37. Use Natural Sweeteners.** If you need to use a sweetener, choose stevia as your first option. This is an all-natural herb which helps regulate blood sugar and stimulate weight loss. Other good options include raw organic agave nectar, raw organic honey, or raw organic sugar cane. Remember, science is not better than nature. Natural sweeteners are always better than artificial chemically made sweeteners.

**38. Infrared Saunas.** Sweating in a sauna increases metabolism and stimulates the release of fat cells. The skin is the largest organ in the body. Sweating in the sauna helps stimulate the release of accumulated toxins, increasing metabolism, bettering overall health, reducing appetite, and increasing metabolic rate. The two basic types of saunas are conventional saunas and infrared saunas. Both are very good. Based on the current theories, infrared saunas seem to be the better choice. Sweating for twenty minutes a day in a sauna can be difficult to do with people's busy schedules. It is highly recommended, highly beneficial, and will increase weight loss, and elimination of toxins.

**39. Get Sun.** Lack of sunlight on the body has been shown to lead to depression, overeating, increase in appetite, low metabolism, and weight gain. Ideally, twenty minutes in the sun over a naked body each day is recommended. Do not use any lotions, sunscreens, or sunglasses. Exposure to the sun in this method also increases the release of endorphins, eliminating depression and suppressing appetite. The sun is also the best source of Vitamin D, thus has been shown to prevent cancer.

**40. Get Some Sleep.** Researchers have concluded that lack of proper sleep leads to obesity. Ideally, you should go to bed at 10:00 p.m. and arise at 6:00 a.m. Getting eight hours of sleep is best. The body releases certain healing hormones between 11:00 p.m. and 2:00 a.m. Being in a deep sleep during this time promotes healing in the body, longevity, youthful appearance, eliminating depression, and helps the hypothalamus to stay in a state of operating normalcy.

**41. Omega 3 oils.** Taking this supplement increases circulation, increases oxygenation in the body, and promotes normal hormone levels. It has been shown to alleviate depression, decrease appetite, and is beneficial to the liver and pancreas. It is a tremendous aid to longevity and health as well as weight loss.

**42. Vitamin E.** All-natural Vitamin E promotes proper circulation, has heart healthy benefits, and improves liver and

gallbladder function. It is a powerful aid in weight loss, as well as promoting beautiful young-looking skin, and keeping your arteries open. We recommend the brand Carlsons.

**43. Digestive Enzymes.** People who are overweight lack the ability to produce enough enzymes to digest food properly. This is caused by eating super high refined foods, pasteurized foods from bottles, cans and cartons, nutritional deficiencies, clogged liver and colon, and non-prescription and prescription drugs. To help bring the body back to normal it is suggested that during Phase 1 you take digestive enzymes with each meal. There are many good brands available including Now's Digestive Enzymes.

**44. No Lotions Or Creams.** Look at all the products that you put on your skin. These include lotions, creams, soap, moisturizers, shampoos, bath gels, etc. People, fifty years ago, did not put these types of products on their skin. Remember, the skin is the largest organ in the body. Whatever you put on your skin is absorbed into the bloodstream. When you put toxic, poisonous chemicals on your skin, they enter the bloodstream and adversely affect the organs and glands. These products also block the pores of the skin, reducing the body's ability to naturally detoxify, thus creating internal imbalances. This all leads to health problems, lower metabolism and, ultimately, obesity. The three most deadly ingredients you should avoid are mineral oil, propylene glycol, and sodium laureth sulfate. These are all deadly poisons. Read the labels on the products you currently have. It is advised that you reduce the amount of products you put on your skin. If you do choose to continue putting various products on your skin, choose 100% organic products. Many doctors around the world believe that for good health—if you can't eat it, don't put it on your skin!

**45. Rebound. (Cellercise)** Exercise in any form is beneficial. A simple, fun and easy exercise is rebounding, or gently jumping on a mini-trampoline. Gently jumping on a rebounder stimulates the lymphatic system, releases beneficial endorphins that actually stimulates and exercises every cell in the body simultaneously. Rebounding stimulates muscle tone, muscle strength, flexibility, oxygenates the blood, improves circulation, and stimulates the release of toxins. Set up a rebounder in front of your television. Use five to ten minutes, once or twice a day, will have almost miraculous physical and mental health benefits.

**46. Massage.** Getting as many massages as possible, as often as possible, is highly encouraged. Vary the type of massage you receive. Try Swedish massage, Thai massage, deep tissue massage, and Shiatsu. During Phase 1 receiving one to two massages per week is encouraged. The more the better. Massage will get everything moving in the body and speedup the weight loss process.

**47. Yoga.** Yoga can be done by any person no matter what your flexibility or physical condition. Yoga stimulates all the internal organs and promotes internal health. It increases flexibility and blood flow through the body. It strengthens and tones the muscles; it improves posture. It also unblocks the energy meridians through the body, dramatically increasing physical energy and emotional wellbeing. During Phase 1 doing as many yoga sessions as possible is highly encouraged.

**48. Shower Filter.** Remember, your skin is the largest organ in the body. The water your shower in is loaded with fluoride, chlorine, and hundreds of other contaminants. Research has proven that when you take a shower your body absorbs more toxins than if you drank eight glasses of the same water. In hot showers steam is created filling your shower with poisonous gas from the contaminated water, which is inhaled into the lungs and, again, absorbed into the skin. Getting a shower filter will allow you to bathe and shower in pure, fresh water. Dry skin caused by the chlorine will disappear. You will never have a bad hair day again! Energy levels and a feeling of well-being also increases..

**49. Electromagnetic Chaos Eliminator.** We are bombarded by invisible electromagnetic energy every day. This did not exist fifty years ago. Today, however, with satellites, radio transmissions, cell phones, wireless devices, high-definition TVs, and an array of electronic products, every cell in our body is being smashed with trillions of bits of unnatural electromagnetic chaos. Researchers have now proven that this adversely affects the cells in our body, which in turn, adversely affect our health. This also leads to glandular abnormalities including that of the hypothalamus. This in turn leads to increased appetite and lower metabolism, thus contributing to obesity. It is recommended that you obtain a device that neutralizes these electromagnetic frequencies. I personally wear a Q-Link and E-Pendant. I also use a Cell Phone Diode device on my cellular phone. Use of these devices will lead to increased energy, better mental clarity, better body function and reducing of depression. Offered at Anyana-Kai.

**50. Breathe.** Interestingly enough, the majority of people in America do not breathe fully and deeply, thus have a body that is deficient in oxygen. This is caused by many factors including the stresses we deal with on a daily basis. Several

researchers showed that when overweight people did nothing else but deep breathing ten minutes, two times a day, they all lost weight. This is because increased oxygen to the body increases metabolism, lowers appetite, and releases beneficial hormones alleviating depression. Lack of oxygen in the body also leads to a host of diseases including cancer. It is recommended that during Phase 1 and beyond that you engage in a daily practice of deep breathing. You can do this while driving in your car, watching TV, or sitting in front of your computer.

**51. Reduce Air Conditioning.** This is a mystery. Researchers have shown that people who spend long hours in air conditioning gain weight faster than those who don't. There are many theories to why this is true. I would encourage you to limit or reduce the amount of air conditioning you are exposed to.

**52. Fluorescent Lights.** Being exposed to florescent lights should be avoided or eliminated. Florescent lighting causes chemical reactions in the brain that product fatigue and depression. This leads to food cravings. Florescent lighting also negatively affects the cells of the body, suppressing the immune system and lowering the metabolism.

**53. Chamomile Decaf Tea.** Reducing stress is vitally important for resetting the hypothalamus and achieving permanent weight loss. Organic chamomile decaf tea should be consumed daily to help relax the body. One cup or more per day is recommended.

**54. 5HTP / GABA .** It is recommended to take one capsule two times a day. This is a powerful and effective product at reducing stress, promoting profound relaxation without causing drowsiness. It is a revolutionary breakthrough product for anxiety, stress, and mental fatigue.

**55. De-stressing CDs.** I cannot emphasize how important stress reduction is in reducing hunger, increasing metabolism, alleviating depression, and promoting long-term permanent weight loss. Listening to a stress reducing CD once per day has profound emotional, mental, and health benefits.

**56. Add Fiber.** Adding fiber to your diet during Phase 1 will help speed up the weight loss process dramatically. It will reduce appetite, relieve constipation, improve digestion, help cleanse the body of toxins, help increase energy, and help correct years of eating super highly refined foods. "Natures Call" is one of the best fiber blend products contains organic flax seed, oat bran, and acacia.

**57. Parasites.** Eliminating parasites is important for weight loss. Virtually everyone has parasites that are partially responsible for a host of medical symptoms including inability to lose weight. These are also responsible for food and environmental allergies, asthma, skin disorders, constipation, gas and bloating, and can lead to ulcers, diabetes, and even cancer. During Phase 1, it is not recommended to do a complete parasite cleanse. Ideally, you should consider doing a parasite cleanse AFTER you complete Phase 1, Phase 2, and Phase 3 of the "weight loss cure protocol." Terra Maxas' Pumpkin Seed is recommended.

**58. Liver Cleanse.** In virtually all obese people tested, a clogged or sluggish liver exists. This leads to improper metabolism of fat, slowing of digestion, increased appetite, low metabolism, and is partially responsible for food cravings. This also creates an overtaxing of the body's immune system and is partially responsible for the onset of many medical symptoms, conditions, and diseases. When the liver is cleansed and operating properly, every organ and gland in the body can work more efficiently. This increases energy, decreases depression, increases metabolism, lowers hunger, and dramatically increases an overall sense of wellbeing. It is recommended that you do a liver cleanser AFTER you complete Phase 1, Phase 2, and Phase 3 of the "weight loss cure protocol".

**59. Lift Weights.** Doing any kind of resistance training, such as weight lifting or using the machines available at exercise studios such as Curves, is encouraged and beneficial. It will increase muscle mass, which will increase long-term improvement in the metabolism. Resistance training also releases hormones in the body that have anti-aging benefits, including improved skin and a youthful appearance. Strength increases, which leads to increased energy and vitality.

**60. Drugs.** ALL non-prescription, over-the-counter, and prescription drugs and medications of every kind absolutely, 100%, are proven to lead to weight gain and obesity. All non-prescription, over-the-counter, and prescription medications and drugs absolutely, 100%, cause illness and disease. This is proven. No drug, including even a common aspirin, is safe. Every time you take even the smallest amount of even the most common medications you are causing severe damage to the human body, leading to additional medical symptoms, conditions, and obesity. The drug manufacturers themselves state this in their own printed literature. It is advised, only under the supervision of a licensed health care

practitioner, that you avoid any and all non-prescription, over-the-counter medications, and prescription drugs. If you are taking a drug for such things as acid reflux, high blood pressure, high cholesterol, chronic pain, etc. you should know that there are all-natural non-drug alternatives that are proven to work better and have no negative side effects, but rather only health benefits. In Dr. Simeons' day, less than 5% of the population took any kind of drug or medication on a regular basis. Today, it's an astonishing 70% of Americans who take medication or drugs on a regular basis. If you continue to take non-prescription and prescription medications and drugs your health will continue to deteriorate and weight loss will continue to be a challenge.

This list may seem overwhelming. Certainly the average person may find it difficult to do everything on this list for the entire thirty-day Phase 1 period. If I operated a clinic where people came to receive "the weight loss cure protocol," every person would do everything on this list for thirty days. During the thirty days each person would feel better than ever before with increased energy, decreased depression and moodiness, and a constant feeling of fullness without any feelings of deprivation. At the end of the thirty days every person would have lost between five and thirty pounds! Everyone would look younger and healthier. Everyone would feel more energetic, be sleeping better, and have massive reductions in appetite and food cravings. This would occur, and has occurred, when people do everything suggested in Phase 1.

However, you live a hectic, busy lifestyle; therefore, you may only be able to do some of the things in this phase. Remember, during this phase you are not reducing the quantity of food you are consuming. You are to eat as much food as you want. If you want ice cream, cake, or cookies, eat them. Just make sure they are 100% organic without the forbidden ingredients listed above.

Many of the above items are very easy to do. Drinking water, eating apples and grapefruits, eating breakfast, taking Bitter Orange Capsules, drinking Yerba Mate, Wu Long, and Chamomile decaf tea, taking coral calcium, adding hot peppers and cinnamon, and eating a big salad with lunch and dinner are all very easy to do. Avoiding the forbidden ingredients such as artificial sweeteners, high fructose corn syrup, and MSG is also easy to do. Simply shop at a market such as Whole Foods, Trader Joe's, or Wild Oats, and read the ingredient list on the label!

Remember, this thirty-day Phase 1 was not part of the original Simeons weight loss protocol. When Simeons developed and administered his weight loss cure the conditions that people deal with today did not exist. If you skip this entire phase and go right to Phase 2, which is the original Simeons "weight loss cure protocol," you will still see spectacular results. Doing Phase 1 in ANY degree has been shown to make everything work faster and most importantly, help guarantee that permanent weight loss will be achieved and hunger and food cravings will be permanently eliminated. In actual fact, if a person did everything in Phase 1, the research shows that there is a similar resetting of the hypothalamus that is achieved by Simeons "weight loss cure protocol." The problem is that it takes approximately ninety days to achieve the results.

Therefore, if you truly want to increase metabolism, lower hunger, eliminate food cravings, release secured problem area fat deposits, and correct and reset the hypothalamus permanently so you never gain the weight back, it is strongly encouraged that you do as many items listed in Phase 1 for thirty days prior to starting Phase 2. You will be glad you did!

## **HCG Diet - Phase 2**

This is the exact Dr. Simeons "weight loss cure protocol" as used by hundreds of thousands of patients around the world for over thirty years with spectacular permanent results. The entire manuscript that describes this protocol is Pounds and Inches: A New Approach to Obesity, by Dr. A.T.W. Simeons, M.D.

**THIS PHASE MUST BE DONE UNDER THE SUPERVISION OF A LICENSED HEALTH CARE PRACTITIONER!**

### **Day One:**

- Take your hCG (human chorionic gonadotrophin) first thing in the morning and as recommended throughout the day.
- Drink one-half to one gallon of water throughout the day, ideally with calcium.

- Gorge yourself and eat as much food as you can throughout the day.
- Do any of the items from Phase 1 as you choose.

### **Day Two:**

- Repeat Day One.

### **Day Three:**

- Weigh yourself immediately upon arising, after emptying the bladder, without clothes.
- Take your dosages of hCG (human chorionic gonadotrophin) as recommended and making sure it's the first thing you ingest in the morning.
- Drink one-half to one gallon of water throughout the day, ideally with calcium.

- **For breakfast have only:**

- black decaf coffee (organic preferred), or
- organic decaf green tea, or
- organic decaf Yerba Mate tea, or
- organic decaf Wu Long tea, or
- organic decaf chamomile tea.
- You may have as much as you desire.

- Throughout the morning drink as much organic decaf green tea, organic decaf Yerba Mate tea, organic decaf Wu Long tea, and/or organic decaf chamomile tea, and water as you desire. Always make your tea with pure water, never tap water.

**Or** Two eggs and one slice of Ezekiel Toast

- (This will slightly alter the Caloric intake but will help stabilize blood sugar)

- **For lunch eat 3.5 oz. (weighed raw) of grilled (no oil or fat):**

- organic grass fed beef or veal, or
- organic chicken breast (skinless), or
- wild Chilean sea bass, or
- flounder, or
- sole, or
- halibut

AND

- **One large handful of one of the following organic vegetables:**

- Spinach
- Chard
- Beet greens
- Lettuces of any kind
- Tomatoes



- Celery
- Fennel
- White, yellow, or red onions
- Red radishes
- Cucumbers
- Asparagus, or
- Cabbage

AND

One of the following

- **One small organic apple, or small organic grapefruit, or a handful of organic strawberries.**

These can be eaten raw, steamed, grilled (without oil), or gently boiled. Do mix vegetables in the same meal.

- You may season any of the food with the juice of half an organic lemon, white or black pepper, organic raw apple cider vinegar, sea salt, organic garlic, organic basil, organic parsley, organic thyme, organic marjoram, or any other organic herb. Absolutely no oil, butter, dressings, or anything else!

- Dinner:

— The same choices as for lunch. Do not, however, have two meals exactly the same in the same day.

- Black decaf coffee, organic decaf green tea, Wu Long decaf tea, organic Yerba Mate decaf tea, and organic chamomile decaf tea can be consumed in any quantity as often as you wish throughout the day. You should drink at least one cup Wu Long, one cup Yerba Mate decaf tea, and one cup chamomile decaf tea each day.
- No medicines or over-the-counter non-prescription drugs should be taken. (Done under supervision of a physician.)
- No cosmetics other than lipstick, eyebrow pencil, and facial powder should be used.
- No creams, lotions, or moisturizers, or anything should be put on the skin.
- You must eat everything as described. Do not skip meals, and each meal must consist of the protein, the vegetables, and the fruit.
- You may eat the fruit in between meals instead of with the meal if you choose.

**It is encouraged, but not required, that you do the following activities:**

- Use Bitter Orange Capsules and Charantea 3 times a day or as suggested.
- Walk for one hour per day.
- Listen to stress reducing CDs daily.
- Use a rebounder as often as possible.
- Do yoga as often as possible.
- Sweat for twenty minutes in an infrared or regular sauna as often as possible.
- Get colonics as often as recommended by a licensed colon therapist.

- Get twenty minutes of sun daily as often as possible.
- Wear a Q-Link or E-Pendant, and use a Biopro chip on your cellular phone.
- Reduce exposure to air conditioning.
- Do not drink very cold beverages.
- Get one to three Manual Lymph Drains a week. Do not take regular massages where lotions and creams are applied to your skin.

### **Day Four Through Day Forty-Five:**

Follow the Day Three instructions every day for the entire course of treatment. In order to achieve permanent results you must continue the treatment exactly as described for a minimum of twenty-one days and a maximum of forty-five days.

**Duration:** This phase must last for a minimum of twenty-one days, and a maximum of forty-five days. If you need to lose more weight after the forty-five days of treatment have been completed, you take six weeks off, eating normally with the exception of no sugar and no starch. You then resume Phase 2 for up to six weeks. If at that point you still need to lose more weight, you must take eight weeks off, eating normally with the exception of no sugar and no starch, and then resume Phase 2.

The weight loss protocol, as you can see, consists of a daily consumption of hCG, combined with a very strict and specific food consumption plan. The specific foods used cause chemical reactions in the body, combined with the hCG to activate the hypothalamus into releasing the secure abnormal fat reserves causing dramatic weight loss without the loss of muscle or structural fat. The amount of food consumed is approximately 500 calories. The reason for the very low caloric intake is that the body will only release the abnormal fat reserves after it has burned the consumed calories. Interestingly enough, eating lower amounts of calories does not speed up the process. Eating smaller quantities of food actually stop the fat releasing mechanism. Dr. Simeons discovered that by changing the food, the fat releasing process is also slowed or stopped. For example, when Simeons added mushrooms or artichokes, even though they had the same or less amounts of calories, the fat releasing was slowed or stopped completely. This is due to unique chemical compositions in the food. It is of the utmost importance for this protocol to work, you must strictly follow the exact procedures to the letter.

During the entire Phase 2 you should weigh yourself every morning at approximately the same time. Keep a daily record of your weight. You should also take front, side, and rear photos of your stripped down body on the day you start Phase 2. Take measurements of the thighs, calves, hips, waist, chest, back, and arms. Upon completion of Phase 2 take another series of photos and measurements. The weight and inch loss will be absolutely astounding. The before and after pictures combined with the weight and inch loss are a vital key to motivating you to continue with Phase 3 and Phase 4. This will also start reprogramming your mind with the belief and mental image of the body you desire. This is a very important component as it will counteract the programming we have self-imposed, as well as the food company advertising brainwashing we have endured over the years.

During this phase you should lose approximately one pound per day. This will vary from day-to-day. Hunger will vary for each individual. Hunger pangs will last no more than five to seven days. The majority of people have no hunger pangs at all, even from the first day, or have mild hunger pains that last only one to three days. The more you did in Phase 1, in many cases, determines how long the hunger pains last. If you have severe Candida overgrowth, a clogged colon, or have taken large amounts of non-prescription and prescription drugs over the years, your hunger pains may initially be higher and duration slightly longer. The vast majority of patients, however, state that hunger pains are very mild or nonexistent. The major feeling that people deal with in the first few days of Phase 2 is a feeling of emptiness in their stomachs. This is quite different than hunger pains. Weighing yourself daily and seeing the spectacular results will keep your motivation high, allowing you to overcome any short-term hunger.

The most common question asked is that if a person just did this low calorie diet without the hCG, wouldn't they still lose weight? Every legitimate double-blind study shows that when people eat this diet without the hCG they do, in fact, lose weight. However, they do not lose the problem area secure fat deposits. Their body is not reshaped. They lose muscle and structural fat. They have massive hunger and fatigue. When they stop the diet they immediately gain all the weight back, plus more! Those who do the diet with the hCG lost more weight than the other group, had no hunger or fatigue, and lost fat in the problem areas. Their bodies were completely reshaped. They did not lose structural fat and muscle. Most importantly, when they stopped the diet and hCG, they did not gain the weight back! Although there are critics and

so-called experts that continue to debunk and discredit Simeons' weight loss protocol," the hundreds of thousands of patients achieving these results, combined with the massive amounts of scientific documentation, double-blind studies, clinical studies and observations, are proof beyond a doubt that this is in fact the ultimate cure for obesity. This method has passed the test of time.

Once you have completed one or more six-week rounds of Phase 2 and have lost the weight and reshaped your body to your personal satisfaction, then it is time to go on to Phase 3.

### **HCG Diet - Phase 3**

This is an important phase of the treatment. This is also part of the original Simeons protocol. Successfully following the instructions in this phase should result in a resetting of the body weight set point and hypothalamus. This is the phase that resets metabolism to a high normal state, eliminates future intense and constant hunger, and prevents the abnormal future storing of fat in the secure problem area fat reserves in the body.

This phase is relatively simple. For twenty-one days immediately following the last day of the Phase 2 restricted diet you are allowed to eat as much food and any type of food you choose. The exceptions are as follows:

- No sugar, dextrose, sucrose, honey, molasses, high fructose corn syrup, corn syrup, or any sweetener.
- No starch, including breads, pastas, any wheat product, white rice, potatoes, yams, etc.
- No artificial sweeteners, including aspartame, sucralose, NutraSweet, Splenda, saccharin, etc.
- No food from fast food restaurants.
- No trans fats, including hydrogenated or partially hydrogenated oils.
- No nitrites.
- Limit non-prescription and prescription drug use.
- Limit ice cold drinks.
- Limit exposure to air conditioning.
- Limit exposure to florescent lights.

#### **Additionally, doing as many of the following activities is highly suggested and recommended:**

- Drink one-half to one gallon of pure spring water daily, ideally with calcium.
- Walk for one hour per day.
- Eat a minimum of two organic apples per day.
- Eat a minimum of one organic grapefruit per day.
- Take a teaspoon of raw organic coconut oil twice per day.
- Take one to three teaspoons of raw organic apple cider vinegar per day.
- Continue to take Bitter Orange Capsules or Charantea, as the directions suggest.
- Take Jarrow Sacchromyces Boulardi / New Chapter Probiotic Colon as directed.
- Drink organic decaf green tea, organic Yerba Mata decaf tea, organic Wu Long decaf tea, and organic chamomile decaf tea daily in any quantities you desire.

- Use stevia as the sweetener of choice.
- Sleep seven to eight hours per night, ideally going to bed at approximately 10:00 p.m. and arising at 6:00 a.m.
- Eat a large breakfast.
- Eat something six times per day.
- Finish your dinner three and one-half hours before bedtime.
- On occasion eat 100 grams of organic chicken, turkey, veal, beef, or fish before bedtime.
- On occasion take Acetyl L-Carnitine.
- Take digestive enzymes with food.
- Take probiotics daily.
- Take a whole food supplement daily.
- Take Vitamin E daily.
- Take omega 3's daily.
- Use a rebounder five to ten minutes twice per day.
- Sweat twenty minutes per day in an infrared or conventional sauna.
- Get twenty minutes of sun daily.
- Get additional colonics as recommended by a licensed colon therapist.
- Do yoga as often as you can.
- Do not use the microwave.
- Continue wearing a Q-Link or E-Pendant and use Biopro on your cellular phone.
- Add hot peppers to food.
- Add cinnamon to food.
- Always eat a big salad with lunch and dinner.
- Avoid lotions, creams, and body care products with propylene glycol or sodium laurel sulfate.
- Avoid monosodium glutamate.
- Avoid farm-raised fish.
- Add fiber from flax seed, oat bran, and acacia daily into your diet.
- Continue to listen to stress reducing CDs daily.
- Do resistance exercise such as weight lifting.
- Take 5HTP / GABA daily.
- Buy and use a shower filter.

You must absolutely weigh yourself every morning after first emptying your bladder. You must do this daily without fail. As it takes about three weeks after completing Phase 2 before the weight stabilizes, it is important that daily weighing during this phase be adhered to. As long as your weight stays within two pounds of the weight reached on the day of the last hcg dose you are fine. The moment the scale goes beyond two pounds, even by only a few ounces, you must do the following steps:

- The same day you notice the increase you must entirely skip all food until 6:00 p.m. During this time you should drink as much water, up to one gallon, as you can. You must drink a minimum of half a gallon of pure water. In addition to the water, drink as much of the various decaf teas that are recommended. You may use stevia in the teas. In the evening eat the biggest steak you can from grass fed organic beef. The steak can be grilled or fried with oil and seasoned with pepper and herbs, but no salt. You may have either a large organic raw tomato or large organic raw apple.

It is of the utmost importance that these steps of skipping meals occur on the same day as the scale registered an increase of more than two pounds from the weight you achieved on the last day of hcg dose. You must not postpone this protocol until the following day. Weighing yourself daily is vitally important. Because the hypothalamus is now corrected from its abnormal condition, when you gain weight the body will not store the excess in the secure abnormal fat reserves. This means that weight gain will now result in storing of fat evenly throughout the body in the normal or structural fat areas. This means that by looking in the mirror, or by feeling how your clothes fit, will be misleading. You can actually gain ten to fifteen pounds and never notice it. This is why daily weighing is so important.

During the three weeks in Phase 3 monitor and be aware of your appetite. Many people out of habit put large amounts of food on their plate. During this time you will notice you get full very quickly. Take note of the feeling of fullness and loss of appetite and stop eating! It is very important that you eat a full breakfast, lunch, and dinner, and have three snacks, ideally consisting of an organic apple or an organic grapefruit. However, during each meal it is advised that you eat slowly, consciously. Be aware of chewing your food thoroughly and stop eating when you are full.

Many fat people have the fear that if they don't continue to eat during mealtime they will be hungry later on and feel miserable. This three-week Phase 3 is important as it helps change behavioral habits that played a part in your weight problem. Some basic guidelines that will help change past behavioral habits that lead to obesity include the following:

- Sit at a table and be relaxed when eating a meal.
- Do not eat in front of the TV, in the car, or standing up.
- Eat slowly and consciously chew food thoroughly.
- Play relaxing music while eating, ideally baroque classical music or other types of music that are known to relax
- Put smaller amounts of food on your plate, and don't go for seconds.
- Be conscious about whether you are really hungry or full. Stop eating when you are no longer hungry and are full and satisfied.

Simeons noted that some patients become overly enthusiastic after the success they achieved during Phase 2. These patients do not believe they can eat normal amounts of food six times per day without regaining weight. They disregard the advice to eat anything they please (with the short list of exceptions) and want to play it safe. They try, more or less, to continue the low calorie diet from Phase 2 with minor variations. To their honor they find that their weight actually goes up. They then follow the instructions of skipping breakfast and lunch, but are afraid to eat the steak for fear of gaining more weight and instead have something such as a small salad. They become hungry and weak. The next morning they find they've increased yet another pound! They feel terrible and even the dreaded swelling of their ankles comes back. Dr. Simeons explained these phenomena in these terms. During Phase 2 the patient is just above the verge of protein deficiency, but because of the hCG doses protein is being fed back into a system from the breakdown and release of the secure problem area fatty tissue. Once the treatment is over, there is no more hCG in the body and this process no longer takes place. Unless an adequate amount of protein is eaten as soon as Phase 2 is over, protein deficiency is bound to develop. This inevitably caused a marked retention of water, increased weight, which many times results in swelling of the ankles, huge hunger, tiredness, and irritability.

It is advised that you follow these instructions exactly as described. Never do this or any weight loss program without

being supervised by a certified health care practitioner. You are encouraged to read Dr. Simeons entire manuscript *Pounds and Inches: A New Approach to Obesity*. It is suggested that you invest some time for viewing the various scientific documents, abstracts, double-blind studies, and patient testimonials that are available from the sources listed at the end of this book.

Remember, I have personally done this protocol myself. I have talked to the medical doctors who are treating patients with this protocol. I have reviewed patient files and records. I have talked to numerous patients who have utilized Simeons' method. The results are 100% verifiable and true. The safety is without question. The long-term success is **unrivaled**.

I have also talked to skeptics and naysayers who claim that the Simeons method is dangerous and does not work. None of these people have any hard legitimate evidence to backup their claim. Recently I called the Food and Drug Administration and talked to a senior officer about the use of hCG in the treatment of obesity. I was provided information from the FDA and the National Institutes of Health. The government literature states, "Although hCG has been prescribed to help some patients lose weight it should NEVER be used this way. When used improperly hCG can cause serious problems." Remember, this is "the weight loss cure" THEY don't want you to know about. Remember, I discussed earlier how the FDA and other government agencies have an unholy alliance with the food industry and drug industry to keep the truth about this real weight loss cure from the public.

I inquired with dozens of government agency officials as to WHY they claim hCG should never be used to help patients lose weight. They could never give me a **legitimate** answer! I asked, what are the "serious problems" that hCG has been known and proven to cause? No one in any government agency could supply ANY documentation or substantiation proving that using small doses of hCG and the Simeons "weight loss cure protocol" has EVER caused any serious problems in any patient even though the government makes this erroneous claim in their own literature. The drug companies, the food companies, the government, and the media do not want you to know the truth about this obesity cure breakthrough.

When you successfully complete the twenty-one days of Phase 3, you are ready to begin your new life as a normal, thin, energetic, happy, healthy person who is no longer a slave to hunger, food cravings, and food. Your hypothalamus will be reset and corrected from its abnormal operating state. Your metabolism will be high. Your hunger and food cravings will be low. You will no longer abnormally store fat in the abnormal secure fat reserves. You will have been cured of the main causes of obesity. Now let's make sure that you keep this corrected condition permanently and don't screw up your hypothalamus again!

## **HCG Diet - Phase 4**

When you start this phase it will be the first day of the "**rest of your life**". It will be a whole new life. Your life now will be different than before. Your hunger will be normalized and will no longer be intense and constant. You will eat normal, small amounts of food and be perfectly satisfied and full. You will no longer have uncontrollable urges and desires to eat. You will no longer have food cravings, causing you to eat when you are not hungry. Your metabolism will be high so you easily burn for fuel the food you consume. You will not gain any more weight. Your body will no longer abnormally store fat in the secure problem area fat deposits around your body. Your energy levels will be high. You will sleep deeply and soundly. Your skin, hair, nails, and eyes will be youthful and radiant, glowing with vibrant health. You will be happy and no longer suffer from depression, stress, or anxiety. You will find yourself more energetic, doing things and exercising more than you ever imagined. You will be more social and your relationships with other people will be better.

Up until now you have been a slave to food. You've been an addict, programmed by the food industry to be a compulsive overeater. You were plagued with a low metabolism, fatigue, and constant and intense hunger. You also developed many dangerous habits that helped create the weight problem you have had to endure. Those days are gone and the bright, sunny, beautiful days are now your present and future.

Phase 4 is for the rest of your life. This phase will consist of some basic and easy to follow dos and don'ts that will become your new, exciting habits. These new success habits will replace some of your old failure habits. These new healthy habits will begin to replace many of your old unhealthy habits. These new habits will give you a feeling of empowerment; they will make you feel in control; they will give you confidence, peace, and security.

Remember who the enemy is. The food companies, including fast food, regional and national chain restaurants, and all manufacturers and sellers of everything we eat are doing everything in their power, through deceptive advertising and other coercive techniques to get you to buy their food or eat in their restaurants. Remember too that they are purposely creating and making food that will get you chemically and physically addicted, increase your appetite, and make you fat. They are the enemy.

The simplest rule to follow is to eat anything you want, as much as you want, as often as you want. The only caveat is only eat 100% organic food. If you do this you will never be consuming all of the things that are designed to overtax your hypothalamus and create the conditions of obesity. In real life, in the real world, eating only 100% organic food can be next to impossible. Basically then, what you work to achieve is to avoid, as best you can, the man-made ingredients that cause obesity. Remember, obesity and weight gain is generally not caused by calories, fat, simple or complex carbohydrates, foods with a high glycemic index rate, or sodium. Obesity and weight gain is caused by the man-made ingredients, chemicals, and food processing techniques employed in the growing, producing, and manufacturing of food. To keep the weight off permanently, and to achieve vibrant dynamic health, here is a list of dos and don'ts:

1. Eat only 100% organic food. Although this is the ideal scene, in real life this can be next to impossible. Do the best you can. You don't have to count calories or be concerned with fat, carbohydrates, protein, or sodium. As we've learned so far, real food without man-made chemical ingredients and food processing techniques, that are not super highly refined, do not create the conditions for obesity. As you go throughout your life following this rule will not only prevent weight gain, and give you dynamic, vibrant health, it will also allow you to fully indulge in the most delicious food without deprivation.
2. No "brand name" food. The rule here is not to eat food produced by publicly traded corporations. Remember, large publicly traded food companies are the enemy. They are producing food that is genetically modified, loaded with chemicals, growth hormone, drugs, trans fats, and other ingredients specifically and purposely created to increase your appetite, get you chemically addicted to the food, and make you fat. You cannot trust any of the mass-produced food they sell. They are using deceptive advertising techniques and sophisticated brainwashing techniques in their advertising to create mental triggers that cause us to have compulsive urges and cravings for their food. Staying away from any brand name heavily advertised product is the best course of action. Knowing that every publicly traded large food company will use every deceitful and misleading technique, and fancy food label, to get us to buy their product and make us fat is reason enough to avoid supporting them by never buying their products.
3. No fast food, regional or national chain restaurants. This is the same as the previous rule. Virtually all the food available from regional and national restaurant chains and fast food companies is specifically designed to increase appetite, get us chemically addicted to the food, and make us fat. This is a new phenomenon. It did not exist in Simeons' day. If you go back to eating food from these unscrupulous companies you will get fat again.
4. Do a Candida cleanse. In Simeons' day Candida yeast overgrowth was almost nonexistent. Today, over 80% of the U.S. population has some degree of Candida yeast overgrowth. This condition creates massive food cravings, gas and bloating, depression, increased hunger, poor digestion, and fatigue. In order to make your weight loss permanent and to ensure no food cravings or feelings of deprivation, it is vital that you do a Candida cleanse as soon as possible.
5. Clean your colon. Hopefully, you have done this step in Phase 1. Since it is impossible for you to eat perfectly for the rest of your life, it is necessary for you to clean your colon at least once per year. I generally do some form of colon cleanse three to four times per year. Good colon cleanses include a series of five to fifteen colonics in a thirty-day period.
6. Do a liver cleanse. Cleansing the liver will dramatically improve digestion, increase metabolism, and make permanent weight loss very easy.
7. Drink one-half to one gallon of pure water daily. This is vital to keep the cells hydrated and continually flush toxins from the body. Ideally, drink water with trace mineral drops.
8. Do a parasite cleanse. After you have done a colon cleanse and a liver cleanse, it is wise to use a parasite cleanse product or program. In addition to promoting long-term weight regulation, the benefits also include dramatic increase in energy and alleviating of a multitude of medical symptoms and conditions. It has been shown that a majority of people have parasites which are partially responsible for the development of many degenerative diseases.
9. Do a heavy metal cleanse. The most common method is intravenous chelation performed by a licensed health care practitioner. Far Infrared eliminates heavy metals through the skin taking the stress off the internal organs, eliminating the need for I.V. Chelation therapy.
10. Walk for one hour, outside, every day.
11. Eat! Always eat breakfast, eat something six times per day, and finish your dinner three and one-half hours before you go to bed. Avoid eating a huge meal as this overtaxes the hypothalamus.
12. Eat protein before bed. On occasion eat 100 grams of organic beef, veal, chicken, turkey, or fish right before bed.

13. Take Acetyl L-Carnitine. This helps turn fat into fuel.
14. Eat a minimum of one organic apple every day.
15. Eat organic grapefruits as you desire.
16. Have a big salad with lunch and dinner (made with organic ingredients).
17. Add organic hot peppers and cinnamon as often as possible.
18. Use organic virgin coconut oil as often as possible.
19. Use organic raw apple cider vinegar as often as possible.
20. Sleep eight hours per night; ideally, between 10:00 p.m. and 6:00 a.m.
21. Drink organic Yerba Mate decaf tea, chamomile decaf tea, Wu Long decaf tea, and decaf green tea liberally.
22. Every day take a whole food supplement, probiotics, Vitamin E, and Omega 3's.
23. Use stevia as your sweetener of choice.
24. Get sun on a regular basis.
25. Use an infrared or conventional sauna as often as possible.
26. Use a rebounder as often as possible.
27. Do yoga as often as possible.
28. Do resistance training, such as weight lifting, as often as possible.
29. Take digestive enzymes with food.
30. Take 5HTP / GABA as needed.
31. Listen to stress reducing CDs often.
32. Reduce exposure to florescent lights and air conditioning.
33. Limit ice cold drinks.
34. Get massages often.
35. Use a Q-Link, E-Pendant, and/or Biopro for neutralizing electromagnetic chaos.
36. Limit carbonated drinks.
37. Limit non-prescription, over-the-counter, and prescription drug use.
38. Use deep breathing techniques on a regular basis.

**The following items must be avoided at all costs as they will quickly and easily make you gain weight:**

39. No super highly refined sugars. These include high fructose corn syrup, corn syrup, sucrose, and dextrose.
40. No genetically modified food. If it doesn't say 100% organic, it is probably genetically modified.



41. No artificial sweeteners. This includes NutraSweet, Splenda, aspartame, sucralose, and others.
42. No trans fats. This includes hydrogenated or partially hydrogenated oils.
43. No monosodium glutamate.
44. No food with nitrites.
45. No meat, poultry, or dairy that is not 100% organic. All meat, poultry, and dairy that is not 100% organic is loaded with growth hormones, antibiotics, and other drugs. These absolutely cause weight gain and other physical and emotional problems.
46. No farm raised fish.
47. No propylene glycol or sodium laureth sulfate. Make sure your shampoos, conditioners, moisturizers, soaps, lotions, and creams do not contain these deadly poisonous chemicals.
48. Do not use a microwave.
49. Drink fresh cantaloupe and watermelon juice. Juicing experts Jay Kordich and Jack LaLane suggest drinking freshly made juice from cantaloupes and watermelons can speed cleansing of toxins and promote weight loss. Use a Champion juicer.
50. Do a full body fat cleanse. Cleansing toxins out of the fatty tissue is vital in reducing or eliminating food cravings and urges.

This list may seem overwhelming and difficult to implement in real life. I can tell you it is relatively easy. The key is to shop in stores which carry the types of products that do not make you fat. Shop at your local farmers market, your local health food store, or stores such as Bassetts Fresh Market, Whole Foods, Wild Oats, or Trader Joe's. You still must read the ingredient list on the label. I recently went into a major supermarket chain to do some investigating. I looked at mustard, ketchup, and bread. Every single jar of mustard had high fructose corn syrup in it! Every single bottle of ketchup had high fructose corn syrup in it! Most amazingly, every single loaf of bread had some kind of super highly refined processed sugar such as high fructose corn syrup, corn syrup, dextrose, malto dextrose, honey, molasses, etc. This is why obesity is an epidemic today. I then went to Whole Foods. I easily found many brands of mustard, ketchup, and bread that did not have any high fructose corn syrup or any other super refined highly processed sugars. You see, it's not that mustard, ketchup, bread, or any other type of food is fattening, it is the ingredients and food processing techniques of that food that make it fattening! Understanding this means you can eat virtually any kind of food you want and not gain weight. You can still eat mashed potatoes and gravy, cheeseburgers, French fries, pizza, pasta, cheese, butter, eggs, pot roast, cake, cookies, ice cream, etc. The key is reading the ingredient list. All of these foods are available without the forbidden fat inducing manmade ingredients. They are all available with 100% organic whole food, non-refined, real ingredients as nature intended. This kind of food actually tastes much better, is more filling, and much more satisfying than the man-made mass-produced counterparts that are sold by the large publicly traded international food conglomerates.

It is impossible for the average person to eat this way all the time. This is why doing a colon cleanse, liver cleanse, heavy metal cleanse, and parasite cleanse once or more per year is strongly suggested. The Candida cleanse usually only needs to be done once. Always consult a licensed health care practitioner before and during your cleanses.

As you can see, today's environment is quite different than in the 1950s and 1960s when Simeons was treating patients. Today, virtually everything we eat, combined with our sedentary lifestyle, is working perfectly to make us fat. There are more causes for obesity today than ever before. Now that you know the causes you can avoid them in the future. Avoiding the causes of obesity is a decision.

People ask me if they can still eat the foods they are accustomed to. The answer is absolutely yes, but you must change brands! If you like Oreo cookies change to another brand such as Paul Newman organic cookies that are almost identical to Oreos. The Oreos are loaded with trans fats and super highly refined sugars and ingredients that make you fat. Paul Newman's cookies have no trans fats, organic ingredients, and no super highly refined sugars and ingredients. They taste better, and are more filling; they do not give you the sugar crash and increased hunger associated with Oreos. In normal amounts they will not make you fat.

If you have successfully completed Phases 1, 2, and 3, implementing the suggestions in Phase 4 should be easy. You should have renewed energy, enthusiasm, and confidence for keeping the weight off permanently. As you read this, you probably have not started "the weight loss protocol" yet. It may seem hard to do. I can assure you that the protocol outlined in Phases 1, 2, 3 and 4 will be easy and enjoyable.

When I first learned of the Simeons "Weight Loss Cure Protocol", I thought it was very strict and would be very hard to follow. I was fearful that I would have to use superhuman will power to stay on the protocol. I believed I would be hungry, tired, grumpy, and feeling deprived throughout the course of treatment. I believed I would be giving up all the pleasures of eating. This fear made me come up with every excuse to delay starting "the weight loss cure protocol." It took over one year before I actually got started. I can tell you all of my fears and apprehension was totally unjustified. I was never hungry, I had tons of energy, my disposition was bright and pleasant, I did not have to use any will power, and my motivation to stick with the protocol was very high. I, like every other patient I talked to, found this approach to obesity very easy to do. I only wish I had done it a year earlier. I encourage you to do this protocol exactly as Simeons outlined it.

You may be skeptical or apprehensive of Simeons' approach to obesity. There are many groups, associations, government agencies, companies, alleged watchdog groups, alleged consumer advocacy groups, and doctors who are critical of Simeons' method. We are tapping into the \$150 billion per year diet and weight loss industry. The money at stake is so big that I am sure the news media, the American Medical Association, the FDA, the FTC, state attorneys general, and other groups will do everything in their power to debunk and discredit Dr. Simeons' work.

Remember, this approach has passed the test of time. It has been successfully used for over thirty years. Hundreds of thousands of patients have achieved successful results. There is not one known patient who has had any serious negative effects. Scientific research is overwhelmingly conclusive showing the effectiveness and safety of this protocol. The clinical trials, double-blind studies, and thousands of doctors, and patients' observations over the last thirty years prove conclusively that this protocol is absolutely, completely safe, and absolutely works! The hundreds of thousands of patients, including members of royal families, celebrities, and the super wealthy, who have used this protocol safely achieving spectacular results, cannot all be wrong! Will you be the next success story who says, "The Simeons "weight loss cure protocol" absolutely, 100%, works. It's easy and safe. I should know, because I used it myself!"

### **What if I just did the diet in Phase 2 without the HCG?**

Many double-blind studies have been conducted that give the answer to this question. If you just do the diet in Phase 2 without the hCG, you will, in fact, lose weight. The problem is, during the diet you will be hungry and tired; most importantly, you will be losing muscle and structural fat; you will not lose any of the abnormal fat deposits in the problem areas. Your body will not be reshaped and re-sculpted. When you finish the diet your metabolism will be lower than before and your hunger higher than before. You will not have achieved the results you want.

### **Can I start the program with Phase 2 without doing any of the things in Phase 1?**

Yes. However, if you do not do Phase 1 to at least some degree, you will not be handling and addressing many of the new causes of your overweight condition. Doing as much as you can of the Phase 1 steps will accelerate the process and make permanent weight loss easier to achieve. In today's world, the steps outlined in Phase 1 absolutely are recommended if you want to eliminate food cravings, increase metabolism, reduce hunger, and keep the weight off forever.

### **Do I have to do Phase 3?**

Yes. Phase 2 and Phase 3 are, in fact, the original Simeons "[weight loss cure protocol](#)." Phase 3 is necessary to stabilize your weight and reset the hypothalamus so that the weight does not come back. It is vitally important that you follow Phase 2 and Phase 3 exactly as described. You must strictly adhere to Simeons' instructions in Phase 2 and Phase 3.

### **My doctor says that this won't work and is not safe.**

Find another doctor. If your doctor has not personally treated patients using the Simeons weight loss cure protocol" exactly and precisely as instructed, how would he know whether the protocol was effective and safe? Thousands of

medical doctors around the world over the last thirty years have treated hundreds of thousands of patients. The success rate is almost 100%. There has never been a single patient that has been reported to have any negative side effects during or after the Simeons "weight loss cure protocol" was administered. The safety and efficacy of this protocol is absolutely without question. There is not one bit of evidence showing that even a single patient has had any negative side effects as long as they have done the Simeons "Weight Loss Cure Protocol" precisely and accurately as described. Thousands of medical doctors all can't be wrong. Hundreds of thousands of patients all can't be hallucinating about their successful fat reduction and weight loss. I personally did this program and, like hundreds of thousands of other successful patients, can attest that everything about it is true.

### **Are there doctors and clinics using this treatment now?**

Yes. I have personally talked to numerous medical doctors around the world who are currently treating patients with the Simeons "weight loss cure protocol." Because of the overwhelming desire by the pharmaceutical industry, food industry, and various government agencies to suppress the truth about this obesity cure, most of these doctors asked not to be mentioned by name in this book. Doing so would subject them to persecution and possible prosecution for curing obesity in patients. One fearless doctor using this method is Dr. Daniel Belluscio, M.D. For most of Dr. Belluscio's medical career, he has been devoted to the study of hCG and the Simeons method for weight loss. He spent many years at the Bellevue Klinik in Switzerland, an institution with one of the most impressive records of using hCG in the treatment of obesity. He has traveled extensively, lecturing on hCG and obesity in the U.S.A., Sweden, Italy, Germany, and Israel. He has published several reports on the method for health care practitioners and articles on the subject for the general public. In 1987, Dr. Belluscio founded the hCG Research Clinic, an institution for obesity research. Records show that the clinic has used the hCG approach on over 6,500 patients to date. This reliable and effective method for obesity management has been validated by appropriate double-blind studies.

### **Isn't 500 calories a day too low to be safe?**

No. Research now confirms that eating very low calorie diets actually increase overall health, have anti-aging effects, and increase lifespan. This was reported recently in The New York Times. Most importantly, however, is when you are doing the diet combined with the hCG, your body is being flooded with over 2,000 calories of nutrition from the releasing of the abnormal fat reserves. This is one of the reasons that during Phase 2, consisting of the diet and hCG.

### **Have any changes been made to the original Simeons "Weight loss Cure Protocol"?**

Phases 2 and 3 are, in fact, the original instructions as described in Simeons' manuscript Pounds and Inches: A New Approach to Obesity. There are two exceptions. Simeons used 125 IE of hCG. He suggested that taking larger amounts do not improve results, but rather have the opposite effect. Doctors in the 1970s and 1980s began dealing with patients who had many more issues and causes of abnormal hypothalamus activity than Simeons dealt with. Therefore, after Simeons' death in 1970, doctors began researching with slightly higher amounts of hCG. It was found that between 175 and 200 IEs were the optimal daily doses. Remember, this is an incredibly small amount of hCG. During pregnancy women are flooded with over 300,000 IEs of hCG on a daily basis. Doctors routinely administer 6,000 or more IEs of hCG to patients with various medical conditions. Taking 125 to 200 IEs daily for three to six weeks is an incredibly small amount. How much you should take should be determined between you and your doctor. The minimum is 125 IEs, as Simeons originally instructed, and the maximum should be no more than 200 IEs.

The second modification to Simeons' original protocol is the exclusion of melba toast, or an Italian grissino breadstick with lunch and dinner. It has been found that by eliminating the small melba toast or grissino breadstick from the lunch and dinner meals speeds up the fat burning process. Simeons also did not include Phase 1 or Phase 4 of the current protocol. This is because all of the issues that are addressed in Phase 1 and Phase 4 did not exist in the 1950s and 1960s when Simeons was treating patients.

### **Why was the Simeons "weight loss cure protocol" kept a secret and why don't food companies, drug companies, and the government want us to know the truth about its effectiveness and safety?**

It was kept secret because the doctors who are using the treatment successfully know full-well that they will be criticized, debunked, persecuted, and prosecuted for curing people of their obesity. Remember, the more overweight, fat, and obese people there are, the more money the drug companies, the food companies, and the diet industry companies make. It's pure economics. It's all about money and profits. These companies will go to the greatest lengths of deception and fraud

to increase their profits. A prime example of the deceit and fraud these companies partake in is the recent initiative brokered by former president Bill Clinton with soft drink manufacturers and school systems. President Clinton announced that he had brokered a deal with the soft drink manufacturers that would help fight obesity and promote health in school children. His announcement was that the soft drink manufacturers would no longer be selling soft drinks in schools through vending machines and at school lunch programs. This was supposed to help reduce the large consumption of sugar contained in soft drinks. This sounds like a wonderful thing. It was made to appear that the soft drink companies were losing profits and were sincerely interested in helping fight obesity in school age children. This is a great lie and deception. What they didn't tell you is that the number of soft drink vending machines in the schools continues to increase. The number of soft drink dispensers in school lunch programs continues to increase. The most significant thing they did not tell you was that diet sodas will continue to be sold and served to our children! This is a huge profit windfall for the soft drink manufacturers. Soft drink companies want to sell more diet sodas than regular sodas. Why? Diet sodas are cheaper to make and are more profitable. Diet sodas contain artificial sweeteners, including NutraSweet and Splenda that are physically and chemically addicting. Diet sodas also increase depression and obesity. Diet sodas are being called the new crack. Soft drink manufacturers are popping the Champagne over this initiative. They are like crack cocaine dealers, selling their product to young school children, getting them physically and chemically addicted and creating a life-long consumer who cannot stop consuming their products. The drug companies, food companies, and the diet industry do not want you to know the truth about the safety and effectiveness of the Simeon's "Weight Loss Cure Protocol" because it absolutely will cost them huge profits. They are so fearful about this information becoming accepted that they are paying lobbyists tens of millions of dollars to get lawmakers to enact legislation that will stop this information being disseminated and used by the masses. Additionally, this information is blowing the whistle and exposing the dirty secrets about how the food industry is purposefully designing and creating food that makes us physically and chemically addicted, increase our hunger and appetites, and actually make us fat! Exposing how the food companies are purposefully creating the obesity epidemic, is putting great fear in the executives who could face massive multibillion dollar class action suits from angry citizens who have been duped, lied to, and deceived by these multinational publicly traded corporations.

### **Isn't obesity just caused by overeating?**

No. Dr. Simeons states in his manuscript that most obese patients do not suffer from compulsive overeating; they suffer genuine hunger. This real, gnawing, torturing hunger has nothing to do whatever with compulsive overeating. Sudden desires for sweets are a result of Candida yeast overgrowth and from the subconscious knowledge that highly refined food will relieve the hunger faster than any other kind of food. Compulsive overeating differs fundamentally from the obese patient's actual genuine hunger and real greater need for food. Compulsive overeating can be a frightening, ugly spectacle to behold. The mechanisms causing this reaction are entirely beyond the patient's control. These eating frenzies are also caused by the mental triggers and hypnotic suggestions implanted in our minds by the food companies' coercive television, radio, and print advertising. The solution to this condition is a comprehensive Candida cleanse, a complete and comprehensive colon cleanse, liver cleanse, parasite cleanse, and heavy metal detox. The Purification Program is also a required course of treatment that will help alleviate the physical and biological causes of this disorder. Handling nutritional deficiencies via whole food supplementation is also required. Stress reduction by taking 5HTP/ GABA. and listening to stress reducing CDs also are needed. Using an Alpha Stim you can control anxiety, insomnia, and or depression without drugs in 20 minutes every other day. Deprogramming the mind by reading books that expose the coercive nature of advertising is an effective solution to the hypnotic triggers that we carry with us. In Simeons' time people suffering from compulsive eating disorders constituted less than 2% of patients. Today estimates vary between 30% and 50% of all obese individuals suffer from this disorder.

### **Could it be that I actually have a fear or reluctance of losing weight?**

Dr. Simeons stated that some patients are consciously or unconsciously deeply attached to their fat and cannot bear the thought of losing it. Some people have subconsciously worked out a pattern in life in which their obesity plays a determining role, and then become subconsciously reluctant to upset this pattern and face a new kind of life which will be entirely different when their bodies have become normal and very attractive. This condition can be corrected.

### **Does the weight loss cure protocol get rid of cellulite?**

In most cases, absolutely yes! If you are very strict and fully commit to all of the dos and don'ts in Phase 1, complete a full course of treatment in Phases 2 and 3, and partake in all the suggestions in Phase 4, cellulite can vanish completely in a one- to six-month period of time.

### **Must I gorge for the first two days in Phase 2?**

Excerpts are taken from the Book "The True Weight Loss Cure" by Kevin Trudeau

Yes. Dr. Simeons states that a person will not be comfortable on the 500 calorie diet unless his normal fat reserves are reasonably well stocked. It is for this reason that in every case a person must eat to capacity the most fattening food they can get down for the first two days in Phase 2. It is a fundamental mistake to start the 500 calorie diet as soon as hCG doses are started as it seems to take about three days before abnormal fat deposits begin to get released and circulate, thus becoming available to the body as fuel.

### **How do I measure the 100 grams of protein?**

Use a highly accurate small kitchen scale. Always weigh the protein raw.

### **Can I substitute smoked fish, pickled fish, or deli meats?**

Absolutely not. Nothing smoked, dried, or pickled. Never use deli meats. The meats must be of the leanest variety, trimming off any and all visible fat. The meat must be 100% organic otherwise it will contain growth hormone, antibiotics, and other animal drugs which slowdown or stop the fat burning process. Farm raised fish should never be used as these are loaded with man-made chemicals and food dyes which will slow down or stop the fat burning process. Simeons was very specific that grass fed beef and veal be used, otherwise the animals were fed genetically modified grain and animal parts, creating an abnormally high fat content and fat marbling of the beef and veal. Eating beef and veal that is not grass fed and 100% organic will slow down or stop the fat burning process. The amounts must be extremely accurate. One hundred grams is 100 grams!

### **Can I mix vegetables?**

No, with one exception. You can make a salad consisting of various organic lettuces, organic cabbage, organic spinach, organic celery, organic onions, organic cucumbers, organic radishes, and organic tomatoes. Season with organic raw apple cider vinegar, or the juice of one-half an organic lemon. Add sea salt, black pepper, crushed garlic, in any amounts of dried or fresh organic herbs. It's delicious and filling!

### **Can't I change some food items on the diet?**

No. You must be very strict in following the diet exactly if you want to achieve results. Simeons was very particular in his research about how even the smallest change or variation would slow down or stop the fat burning process completely. He said that the diet used in conjunction with the hCG must not exceed 500 calories per day. He also stated that the way these calories are made up is of the utmost important. He pointed out that if a patient dropped the apple and had a little more protein he would not be getting any more calories, but he would not lose weight. There are a number of foods, particularly fruits and vegetables, which have the same or even lower caloric values than those listed as permissible. However, when substitutions are made Simeons found that they interfere with the regular loss of weight under hCG. This is due to the nature of their chemical compositions. Simeons also noted that beef in Europe was quite different than beef from America. If it's not on the list do not eat it.

### **Can I eat lamb, pork, shellfish, duck, or venison while on the 500 calorie Phase 2 diet?**

No.

### **Will I be hungry during this protocol?**

During Phase 1 you can never be hungry because there is no restriction on the amount of food you eat. In Phase 2 you may have slight hunger between one and seven days. This will depend on how much of Phase 1 you did. During Phase 3 you cannot be hungry because there is no limit to the amount of food you consume. In Phase 4 you can never be hungry because the hypothalamus has now been reset, lowering your natural hunger and there are no limits to the amount of food you consume. Do not be fearful of this program because you are horrified at the thought of enduring torturous hunger. Like the hundreds of thousands of other people who have gone through this protocol, you will find the process enjoyable and relatively easy.

### **Can I use artificial sweeteners while on this protocol?**

No. You should never use any artificial sweeteners ever again for as long as you live. All artificial sweeteners, including NutraSweet and Splenda, should never be consumed. They increase depression, are physically, chemically addicting,

and they make you fat.

### **Can I use MSG (monosodium glutamate)?**

No. You should never eat anything with MSG in it ever again as long as you live. It is a deadly, dangerous excitotoxin. It increases depression, increases appetite, and makes you fat.

### **Can I swim or use hot tubs?**

Although swimming is fantastic exercise, I do not recommend it because almost all swimming pools today are loaded with deadly chlorine. All tap water is loaded with chlorine and fluoride. Swimming pools and hot tubs have additional chlorine and other poisonous chemicals added to them. The skin is the largest organ in the body. Being in a swimming pool or hot tub means you are flooding your bloodstream and body cells with deadly chlorine, fluoride, and other poisonous chemicals. These chemicals, once on your skin and in your body, create hormonal imbalances leading to a host of problems including depression, PMS, digestive disorders, and obesity. I have a swimming pool and hot tub; however, no chlorine or any chemicals are used. The water has been filtered through ultraviolet light, granular activated charcoal impregnated with silver, and other organic filtering material. It is kept clean, with infusing of ozone and oxygen. It is actually super healthy to drink the water, never mind swim in it! Swimming in the ocean or lakes is highly beneficial and recommended. Watch out, however, as certain natural water sources can be heavily polluted.

### **While on the protocol can I use gum, mints, lozenges, or cough syrup?**

No, no, no, no!

### **If I'm not hungry while doing Phase 2, do I still have to eat everything as described?**

Yes. Whether you're hungry or not, you must eat the lunch and dinner in their complete form. You cannot have one big meal per day. You may take the apple from either lunch or dinner and eat it at breakfast. No other changes or substitutions are allowed as they slow or stop the fat burning process.

### **What if I cheat on the diet during Phase 2?**

If you do cheat for a meal or for one or two days in a row, all it means is that the weight loss process will stop for a few days or a temporary slight increase in weight may occur. Immediately start the diet again at the next meal and carry on. If you cheat on a meal every other day, you are wasting your time.

### **What if I have low energy or hunger during Phase 2?**

Some patients may be dealing with insulin resistance or low blood sugar. The solution is to make sure you are drinking Eleotin tea as the instructions dictate. Make sure at breakfast you drink organic Yerba Mate decaf tea. Drink several cups of organic Yerba Mate decaf tea throughout the day. Also, take the apple from either the lunch or dinner meal and eat it for breakfast. Low energy could also be caused by a hypoactive thyroid, Candida yeast overgrowth, poor circulation, or parasites. If you did the steps in Phase 1, low energy should not be a major concern. It is extremely rare that low energy persists for more than a day or two during Phase 2. It has never been reported that low energy ever reaches the point of being de-habilitating. If you are experiencing low energy, know that the condition is temporary, and will be addressed by following Phases 3 and 4.

### **Can I drink juices while doing the protocol?**

During Phase 2, since juices are not on the list, you cannot drink them. However, in Phases 1, 3, and 4 you may drink juices. Ideally, you want to drink made fresh at home with a Juicer. Use organic fruits and vegetables and drink the juice within an hour after juicing. There are "magic juices" that I recommend called goji, mangosteen, acai berry, noni, and aloe vera. Note that almost all juice purchased that comes in a bottle, carton, can, or any container should be 100% organic. Most of these juices have been pasteurized. This means they have been heated to over 180 degrees for thirty minutes, killing all the living enzymes and concentrating the sugar levels making them highly refined or super highly refined. Many

juices have sugar added even though they claim on the label that there is no added sugar. Drinking juices purchased from the supermarket, therefore, is not ideal.

### **What about human growth hormone, testosterone, or other hormone treatments?**

Receiving any hormone replacement therapy such as injections of human growth hormone or testosterone can produce increased muscle mass, increased energy, and fat reduction. There are many anti-aging benefits. However, once you start taking hormones your body shuts down its normal hormone production. This means you are actually making the condition worse in the long run. You will be a slave to taking the hormone injections for the rest of your life. This is serious business and you should strongly consider all options before taking such drastic measures. There are, however, homeopathic substances which stimulate the body to produce human growth hormone naturally.

### **Can I take apple cider vinegar tablets instead of the liquid?**

Organic raw apple cider vinegar in liquid form is the best. However, it is better to take apple cider vinegar tablets than taking nothing at all. I personally take apple cider vinegar tablets on the occasions where it is inconvenient to take the liquid form. Remember, organic raw apple cider vinegar has almost miraculous health enhancing effects, as well as helping reduce fat deposits in the body.

### **May I eat breakfast as well as eating six times per day?**

Yes. Dr. Simeons stated that one of the causes of obesity was eating infrequently and having extremely large meals. The human body's digestive system is designed to eat smaller meals every few hours. The body is designed to handle food that is raw or unrefined. The human body's digestive tract is similar to primates; it best operates with continual nibbling. It is not suited for gorging followed by long periods of time without food. Thus, skipping breakfast, eating a light lunch, and a huge dinner places a great unnatural burden on the digestive system and intestinal tract. In today's society we eat large meals which contain more food than the body requires at the moment in order to tide us over until the next meal. This food has been produced to be easily digestible, is highly refined, and floods the body with nourishment and calories for which it has no immediate need and cannot physically handle. The body must store this surplus somehow somewhere, thus creating fat deposits. This is why experts agree that eating breakfast, a snack mid-morning, lunch, a snack mid-afternoon, dinner, and a snack in the evening, is one of the healthiest, best long-term approaches for weight management and better health.

### **Can I eat salt?**

During all the phases salt may be consumed, however, always choose sea salt or Himalayan salt. Ideally, use salt in minimal amounts and use approximately the same amount of salt each day. A sudden increase in salt intake during Phase 2 will be followed by a corresponding temporary increase in weight. It does not influence the loss of fat however. It will only create retention of water, which will show up as increased weight on the scale. Therefore, during Phase 2 keep your salt intake close to the same every day.

### **The instructions in all the phases call for a large consumption of water and decaf teas. Is this necessary?**

During all the phases you should drink a minimum of one-half gallon of water per day, up to a maximum of one gallon. In addition to the water intake you should be drinking several cups of the recommended decaf teas. This is, in fact, a large amount of liquid. It is important in the treatment of the obesity condition. The importance and benefits of adhering to the water and decaf tea intake cannot be overemphasized. It is absolutely vital in order for the protocol to work effectively.

### **Must I eliminate cosmetics, moisturizers, lotions, and creams during Phase 2?**

Yes. Dr. Simeons stated that most people find it hard to believe that the fats, oils, creams, and ointments applied to the skin are absorbed into the body and interfere with the weight reduction by hCG just as if those ingredients were eaten. This almost incredible sensitivity to even such very minor increases in nutritional and caloric intake is a peculiar feature of the hCG method. Simeons found that persons who habitually handle fats, such as workers in beauty parlors, masseuses, butchers, etc. never show a satisfactory loss of weight when using hCG unless they avoid all contact with the skin of such

fats and various products. Simeons illustrated this important point with two cases. A lady who was following the protocol perfectly suddenly increased half a pound. No dietary error was made and she used no face creams of any kind. Menses was not an issue as she was already past menopause. This puzzled the doctors. Finally, she realized that she had bought herself a new set of makeup, pots, and bottles. She used her fingers to transfer her large assortment of cosmetics to the new containers. This was enough to create absorption through the skin, which in turn adversely affected the hCG weight reduction results. Another case concerned a man Simeons treated who was twenty pounds overweight. From the first day of Phase 2 he did not lose weight at a satisfactory level. He followed the program exactly, but still without the anticipated one pound per day weight loss. In questioning, the patient explained to Simeons that he had a glass eye. He changed and cleaned the eye daily, putting a very special ointment into his eye socket. The patient was told to stop using the ointment immediately. From that day forward his weight loss became satisfactory and consistent.

Many modern cosmetics contain hormones which interfere with endocrine regulations in the body and must be avoided. Remember, whatever you put on the skin is absorbed into the body just as though you ate it.

### **What about abdominal exercises and aerobics?**

Aerobic exercise has many health benefits. In terms of resetting the body weight set point, walking one hour per day outside is much more effective. In terms of increasing metabolism and flushing the body of toxins, yoga and rebounding is more effective. In terms of increasing muscle mass, strength, and tone, as well as getting the body to release anti-aging hormones, resistance training such as weight lifting is more effective. Aerobic exercise is extremely healthy and beneficial and should be engaged in by everyone at any level you desire.

Abdominal exercises or fancy abdominal exercise machines do, in fact, strengthen and tone the abdominal muscles. They will not, however, burn fat around the waist, midsection, or stomach. They will not eliminate the "love handles." They will never flatten the stomach. I have been in the TV infomercial and direct response industry for over twenty years. I know most of the people selling these abdominal products. The joke in the industry is that "These products are for selling, not for using!". The advertisements for these products are all false and misleading. I should know because I was involved in the production of many of them. If you want to get a flat stomach and eliminate the fat around the waist and midsection you must do "The Weight loss Cure Protocol" in its entirety. If you want stronger, more defined abdominal muscles, then abdominal exercises are effective. But, you'll never see those defined abdominal muscles unless you get rid of the layer of fat that is covering them!

### **What if I have problems sleeping?**

Getting seven to eight hours of deep sleep is important for health and makes you lose weight. This research comes from Dr. Neal Kohatsu from the California Department of Health Services. He states, "Even a modest increase in sleep duration has shown to have a clinically significant affect on weight." Sleep disorders are caused by nutritional deficiencies, MSG, and other excitotoxins, artificial sweeteners, the massive amounts of caffeine and other stimulants consumed on a daily basis, trans fats, toxic ingredients in the products you put on the skin, chlorine and fluoride in the water you shower and bathe in, parasites, and several other factors. If you do all the steps in Phase 1 and Phase 4, your ability to fall asleep and sleep fully and deeply the entire night should be normalized within ninety days. Studies show over 50% of Americans deal with some kind of sleep problems at least two to three times per week. Another cause of sleep disorders is non-prescription and prescription drug use. Most common over-the-counter non-prescription and prescription drugs actually cause sleep issues.

Non-prescription and prescription sleeping aids are one of the most profitable market segments for drug companies. Like obesity, the food companies and drug companies are specifically designing products and food that cause sleep disorders. This is done purposely so that more sleeping pills will be sold and corporate profits will continue to skyrocket. Isn't it interesting that fifty years ago virtually no one had a hard time falling asleep and staying asleep? Isn't it bizarre that today almost everyone has a hard time falling asleep even though they are physically exhausted? This condition has been created by the food companies and the drug companies themselves! When you go through all four phases of this protocol your sleep disorders will be corrected.

### **What about all these diet pills, patches, and products that claim to burn fat, reduce hunger, increase metabolism, block carbs, etc.?**

Repeat after me...scam, scam, scam, scam! They are rip offs and do not work! Remember, I know most of the people who sell these worthless products! For years I was involved in the production of the labels and advertising of these products.



Everything about these products is false, misleading, and deceptive. They absolutely, categorically do not work. Do not waste your money. In some cases they will temporarily, slightly reduce hunger or increase metabolic rate. However, when you stop taking the product your hunger comes back stronger than ever before, and your metabolism is lower than before! You will gain all the weight back, plus ten pounds! None of these products allow you to burn or release the secure problem area fat reserves. When you use them, any weight you lose will be either muscle or important structural fat. If a product is ever invented that actually works I will personally endorse it and give all my endorsement royalties to charity!

### **What about all these doctors and celebrities who endorse weight loss products or various food products?**

Celebrities, doctors, and everyone who endorses products does so for three reasons. Money... money... and money. It's always all about the money. These endorsers will say anything about the product as long as they get the check. I should know because I hired celebrities and doctors to endorse products I was involved with over the last twenty years. I can tell you that if you heard what these people say about what they truly think of these products it would make you sick. When you see them on television looking so sincere, and telling you how wonderful their life is because of this product, drug, or food, you must know that they are simply reading a script. They are professional actors doing what they do best...acting! If you saw the outtakes, and heard their comments after the filming is completed, you would see that you are being misled and lied to. In most cases the celebrities and doctors endorsing products do not even use the products they are endorsing. Remember, these doctors and celebrities are paid millions of dollars to endorse, recommend, and help companies sell their products. This is nothing more than deceptive and fraudulent advertising at its highest.

### **After I do Phase 1, 2, and 3 should I continue weighing myself every day?**

Yes. Because you have dealt with the obesity condition for so long, it is important to weigh yourself every day to make sure that you are maintaining your new lower weight. This will help keep you focused on doing the steps in Phase 4, thus making sure your bad habits do not return and the weight stays off permanently.

### **Will this protocol restore structural fat that may have been lost during years of severe yo-yo dieting?**

Yes. Dr. Simeons discovered a curious condition that was common among patients who have engaged in severe on and off dieting for years. These patients had sagging skin and an unbearable pain in their heels which they feel while standing or walking. When the heels of the feet were examined the patients were found to have less than normal structural fat around the bones. This created great pain while standing or walking. This showed that the patients lost important structural fat during their past dieting episodes. Even when these patients ate to capacity and gained weight, these structural fat deposits did not return to normal. Even with rapid and large weight gain, there was no improvement in the painful heels. In all patients tested, Simeons found that within twenty days of the hCG protocol, as outlined in Phase 2, the pain completely disappeared. In follow-up over many years, no reoccurring pain ever was recorded. This Simeons believed was further proof that the hCG, plus specific diet protocol, not only removes abnormal secure problem area fat deposits, but actually permits the body to replace important structural fat in needed areas. This occurs in spite of the low caloric intake of food.

### **Will I gain the weight back?**

If you go back to eating fast food, restaurant food, and food containing trans fats, high fructose corn syrup, super highly refined food, artificial sweeteners, meat, poultry and dairy with growth hormone and antibiotics, etc., etc., etc., you will, in fact, mess up your hypothalamus again and regain the weight. If, however, you follow the dos and don'ts in Phase 4, the weight should never return. It is interesting to note that Simeons' patients of the 1950s and 1960s very rarely, if ever, gained the weight back. This is because fast food, trans fats, high fructose corn syrup, etc. was not in widespread use. Today, however, because the food industry is on a mission to create an obese world, it is more difficult to avoid all of the new things that cause obesity. Follow the steps in Phase 4 and you should be able to keep the weight off forever.

### **If the weight comes back can I do this protocol again?**

Yes. If you lose a substantial amount of weight and a year later find you have gained some weight back, do the protocol as often as you desire. I know of many people that have lost sixty pounds or more who find themselves gaining ten to fifteen pounds over a year's time. Rather than let their weight gain get out of hand, they do Phase 2 of the protocol for three weeks each year to lose the weight because they have found it is the easiest and most effective way to lose abnormal fat and has the best long-term effects.

### **What if the food label says "all natural"?**

Today, the phrase "all natural" means absolutely nothing! Major food manufacturers have lobbied congress allowing new laws to be passed defining what can legally be called "all natural." Even if the food contains thousands of chemicals and is heavily processed, it is still legal to use the phrase "all natural." This is deceptive. If the food is labeled "all natural" the company is trying to deceive you. You must read the ingredient list on the food. Look for 100% organic.

### **Should I buy food that says "diet", "lite", "low fat", "low carb", "fat free", etc.?**

No. These are marketing ploys and scams designed to deceive you. Always read the ingredient list on the product labels. Always look for 100% organic.

### **What if I'm skeptical and nervous about using this protocol?**

Dr. Simeons found that patients were often skeptical about the claims that this protocol could be done without hunger and would deliver fast and long-term results. He overcame this by letting new patients spend some time in the waiting room with patients who were currently engaged in the protocol. The existing patients would always explain to the potential new patients, with evangelical zeal, the ease and spectacular results they were achieving. When new potential patients heard firsthand and saw with their own eyes the results, skepticism, apprehension, and anxiety was always relieved. I would encourage you to visit [www.hcgoobesity.org](http://www.hcgoobesity.org) and view before and after photos of actual patients who have engaged in this protocol. Also go to [www.naturalcures.com](http://www.naturalcures.com) and look under the weight loss section. Read Dr. Simeons' manuscript Pounds and Inches: A New Approach to Obesity for yourself Read actual patient testimonials from real people who have done this protocol. Do not listen to doctors or the news media that have a direct financial interest in keeping the truth about this protocol hidden. Do not listen to any government official, medical doctor, journalist, reporter, or individual who has not personally done the exact original Simeons "Weight Loss Cure Protocol" exactly as outlined. If they haven't actually done it themselves they cannot possibly give a legitimate opinion?

### **Do I really need to eat organic grass fed beef, organic poultry, and organic milk, cheese, and dairy products?**

Yes. Unless it is 100% organic, the animals and dairy products will be loaded with growth hormones, antibiotics, and other animal drugs. When you consume meat, poultry, and dairy you are, in fact, consuming these animal growth hormones and drugs. This causes health problems in the body, depression, and leads to obesity. If the animals are not raised 100% organic and grass fed, they are fed genetically modified grain, man-made chemical food products, and ground up dead animals. This creates meat, poultry and dairy products that are unnatural and will, in fact, lead to obesity and other diseases.

### **Why are fast food, and regional and chain restaurants so bad?**

All restaurant food is designed to make you fat: The worst offenders are fast food chains. All regional and national chain restaurants should also be avoided. Virtually all restaurants have their food produced by the same small group of multinational food companies. Almost all restaurant food comes pre-made, premixed, pre-seasoned, freeze dried, frozen, or in jars and cans. Restaurants today do not cook food from scratch. They are not using fresh organic ingredients. Most food served in these kinds of restaurant are simply reheated! The food sold in fast food restaurants, regional and national restaurants, and most other restaurants are loaded to the highest degree with the specific ingredients that cause obesity. These include super highly refined sugars, such as high fructose corn syrup, corn syrup, sucrose, and dextrose; trans fats, such as hydrogenated or partially hydrogenated oils; artificial sweeteners, including aspartame and sucralose; meat, poultry, and dairy loaded with growth hormone, antibiotics, and other animal drugs; virtually no food with any fiber; food that is super highly refined and extremely high on the glycemic index; monosodium glutamate and other excitotoxins; and meals that are massively high in calories. This situation permeates American culture and is spreading all around the world. Wherever these kinds of restaurants spring up, and this kind of food is sold, obesity springs up as well. We know that smoking cigarettes causes cancer. The tobacco companies lied about this known fact for fifty years. We now know that eating food from fast food restaurants, regional and national chain restaurants, and most other restaurants, absolutely causes obesity. These companies have done this purposely and are lying to us now about this true fact.

### **Are there any recipes that work with the protocol?**

Yes hcg diet cookbooks and recipes are available on the internet.

### **What if I show no weight loss four days in a row while on Phase 2?**

Dr. Simeons discussed at length daily weight fluctuations or reaching weight plateaus. He explained that at times there may be no drop of weight at all for two or three days, which is then followed by a sudden large drop which reestablishes the normal daily average of about one pound per day during Phase 2. Weight fluctuations occur more so in women than in men. If a person weighs themselves and notices that the weight stays the same for four days in a row, the patient is told that after weighing on the fourth morning, to only eat six organic apples for that day. The patient is told to drink nothing except a small amount of water, just enough to quench their thirst when needed. Two cups of corn silk tea should be consumed. The next morning there should be a drop in weight. If not, do not be concerned. It is important to note that because this protocol is synthesizing and releasing so much abnormal fat, the body may retain excess water in order to rid the system of this excess released fat and accompanying toxins. This at times results in no apparent weight loss on the scale, however, you must know that the body is still being reshaped, and massive fat loss is still occurring.

### **Can I do Phase 1 for longer than thirty days?**

Yes. You can do the items in Phase 1 for as short or as long as you want. Doing it for a minimum of thirty days immediately before starting Phase 2 is ideal. Some people have done the steps in Phase 1 for forty-five, sixty, even ninety days before starting Phase 2. This was mainly due to the fact that Phase 1 has no restrictions on the amount of food you can consume. Patients found doing Phase 1 was easy and they saw consistent weight loss; therefore, because they were apprehensive about doing Phase 2, they simply continued with doing the steps in Phase 1. This is entirely acceptable. In actual fact, if you were to do all the steps in Phase 1 with strict adherence for ninety to 120 days in a row you would actually begin to reset the body's weight set point and correct the abnormal hypothalamus condition. Weight loss would be slow, but you would in fact be releasing abnormal secure fat deposits. This is another alternative for those who do not want or are unable to do the hCG protocol. If you do Phase 1 for an extended period of time you should do a Candida cleanse, as well as a liver cleanse and a parasite cleanse, to achieve the full results of resetting the hypothalamus.

### **Can I stay on Phase 2 longer than six weeks?**

Simeons found that the body has a tendency to create an immunity to hCG. Therefore, staying on Phase 2 for longer than six weeks is not advised. You must take at least a six-week break before you start the hcg and protocol of Phase 2 again. This is important, as once your body starts developing immunity to hCG you will no longer be burning abnormal fat reserves, but rather start burning structural fat and muscle. Therefore, if you complete six weeks of Phase 2, and still desire to lose more weight, you must then do Phase 3 for six weeks. Then, do Phase 2 again up to a maximum of six weeks. If you still have more weight you wish to lose, then do Phase 3 for eight weeks. Then, do Phase 2 again for up to a maximum of six weeks. If you still have more weight you wish to lose, do Phase 3 for ten weeks. Then, do Phase 2 again for a maximum of six weeks. Continue adding two weeks to Phase 3 for as long as you need. When you have reached your desired weight during Phase 2, continue by doing Phase 3 for three weeks, then continue to Phase 4.

### **What if I'm really stressed?**

Stress plays havoc with your hormones and will lead to obesity and other health problems. Good methods of stress reduction include laughing, giving and receiving hugs, playing with pets or children, singing, dancing, drinking small amounts of alcohol, playing a musical instrument, massage and other types of body works, reflexology, acupuncture, listening to stress reducing CDs, walking outside, Trace Minerals, B-complex, and Alpha-Stim. The more you reduce stress the easier weight loss will be. Alpha-Stim is available at Anyana-Kai.

### **Is buying food in bulk a good idea?**

No. Research shows that buying in bulk causes people to eat more frequently, and larger quantities of food. Ideally, keep little food in your home. Buy food on a daily basis for daily consumption. This allows you to buy fresher, more nutritious food, as well as reducing the quantity and frequency of food you consume.

### **What about homogenized dairy products?**

The best dairy products are 100% organic and raw. Raw means the dairy products have not been pasteurized or homogenized. Pasteurization and homogenization of dairy products changes their chemical compositions, making them hard to digest and creating excess mucus in the body. If you can only get homogenized and pasteurized dairy products, limit their use.

### **Why are the majority of children today fat starting at birth?**

There are many factors causing the majority of children to be classified as overweight, fat, and obese. During pregnancy the mother is releasing secured fat reserves which nourish the child. Because of all the toxins consumed by the mother before conception, these fat reserves are loaded with toxicity, which is transferred to the unborn fetus. What the mother eats transfers to the unborn fetus as well. This means the unborn fetus is being flooded with residues of non-prescription and prescription drugs, herbicides, pesticides, trans fats, artificial sweeteners, and thousands of other chemical compounds. When the child is born, the likelihood that the hypothalamus has already been overtaxed is very high. Not breast feeding and using formula that has been microwaved worsens the condition. Early and massive use of vaccines and antibiotics also cause the hypothalamus to become abnormal, thus creating obese children. School lunch programs and "kids meals" are loaded with the highest amounts of super highly refined food and sugars, lack of fiber, high fructose corn syrup, trans fats, nitrites, and MSG. The kids don't have a chance. Obesity will continue to rise as this is what the food industry wants.

### **Any suggestions for eating in restaurants?**

Eating in restaurants is a nightmare. The food is heavily processed, loaded with trans fats, high fructose corn syrup, MSG, and lacks fiber. It is almost never fresh. The portions are outrageously huge. The environment in restaurants creates massive overeating, and eating food that is specifically designed to make us fat. On one occasion I was in a restaurant eating breakfast. I noticed on the menu a "fresh fruit salad." I asked the waitress if the fruit salad was fresh. She said yes. When it arrived it was obvious that it was canned, loaded with heavy sugary syrup. I told the waitress that the fruit salad appeared to be canned. She said yes. I was surprised. I asked her, "Didn't you say it was fresh?" She replied, "It is fresh; we opened the can this morning." On another occasion I asked if the chicken wings on the menu came premade and frozen. The waitress said yes, but they were "all-natural." I asked if I could see the bag so I could read the ingredient list. There were over seventy-five ingredients in these chicken wings, including monosodium glutamate, high fructose corn syrup, and trans fats. It's hard to eat restaurant food. This is why you must consistently do the various cleanses throughout the year to get poisonous toxins out of your system. An effective technique that I use when eating in restaurants is this: knowing that the portions will be enormous, I normally tell the waitress to take half of my food and put it in a "to go bag," and only serve me a half-size portion. This is always more than enough food and makes it so I don't have to use willpower to stop eating. I also order one main course and share it with my dinner companion.

### **What if I have only ten pounds to lose?**

If you do all the steps in Phase 1 you may lose all the weight you need to. However, the Simeons "[Weight Loss Cure Protocol](#)" is designed to reshape and re-sculpt the body and release abnormal fat deposits. If you are on Phase 2 and lose all the weight you need before the minimum three weeks has been completed, simply double the amount of food on the diet.

### **When the FDA, AMA, or FTC says a medical treatment or drug is effective and safe, or ineffective and dangerous, aren't they usually correct in their statements?**

No. These organizations have repeatedly said that thousands of drugs are safe and effective. Later, these drugs, like Vioxx, need to be pulled off the market because so many people are dying or developing major medical conditions. The FDA's history of emphatically claiming a drug is safe, then pulling it off the market because it becomes proven to be unsafe, is full of thousands of such cases. Whistle-blowers who work for the FDA claim that the FDA's statements of safety and effectiveness of surgical procedures can never be trusted. Conversely, when the FDA says that something is not effective and unsafe, they are often proven in court to be lying or making such statements without any substantiation or documentation. There are hundreds of examples where courts have proven that the FDA and various medical boards make statements claiming that certain natural products and procedures are dangerous when there is absolutely no substantiation. Statements made by the AMA, FDA, FTC, and various medical boards can never be trusted. This comes directly from whistle-blowers who are working, or who have worked, directly for these agencies.

### **Do medical boards, the AMA, FDA, or other organizations really suppress effective cures that could help people?**

Yes. This has been proven in hundreds of documented cases all around the world. The most recent example is two Australian medical doctors who claimed to have discovered that bacteria lives in the stomach which can partially be responsible for ulcers. For over 100 years, the established medical community has known the fact that bacteria does not, and can not, live in the stomach. These medical doctors were ridiculed, harassed, discredited, and almost lost their licenses. After ten years of persecution, "science" finally proved that these two doctors were correct with their discovery. The entire medical establishment was wrong for over 100 years. The doctors received a Nobel Prize for their discovery. Suppression of effective, safe cures is widespread around the world.

### **Do thoughts play a role in obesity?**

Yes. Remember, you become what you think about. The pictures you have in your mind, what you think about, and what you say with your mouth all have powerful effects on the physiology and can contribute greatly in creating obesity or creating a thin, lean, healthy body. Two effective techniques that can help you use these facts to your advantage are as follows. Write down the phrase "I weigh pounds." Put your goal weight in the blank. Put this card everywhere you can see it, such as on your computer screen, on your TV, on the dashboard of your car, on the mirror in your bathroom, on your refrigerator, etc. Carry it with you at all times. Look at this card as many times as possible throughout the day and say the words out loud. This will help program your mind to create your ideal weight. Another effective technique is to use a computer software program to put your face on a picture of the body that you desire. Put this picture, or pictures, everywhere you can see it throughout the day. Look at this picture as many times as possible. This will help create the picture in your mind that will cause it to be attracted into your life. Thoughts are, in fact, *things!*

### **Is the media really biased?**

The media is very biased and has major conflicts of interest, which means it can never have objective journalism. All major television networks are owned by multinational corporations that in turn own thousands of companies around the world. The large corporations, therefore, use the television networks to promote their other business holdings. A perfect example is Fox News Network. Fox News is owned by News Corp., which is owned by Rupert Murdoch. News Corp owns Harper Collins book publishers. All of the Fox News TV anchors get books published by Harper Collins. They are told to use their television shows to promote their books. Fox also uses its TV network to promote other books sold by Harper Collins. It also uses its network to bash and discredit books published by other publishing companies, such as mine. This happens with every television network. TV news shows are nothing more than commercials promoting products sold by the group's other companies, and discrediting products sold by competitors. Because I expose the drug companies and the fast food industry, most news shows will never have me on as a guest. Because I expose what the news channels are doing and how they deceive the public, I am constantly bashed and discredited by news organizations. Another example is the Larry King Show on CNN. I was scheduled to appear on Larry King because I had the biggest selling nonfiction book in America. Every major author has been invited as a guest on Larry King. When the executives at CNN heard that I was going to be a guest, they immediately ordered Larry King to cancel my appearance. They gave no rational explanation. My insiders at CNN tell me that the executives are petrified that I will expose the CNN news network, its drug company sponsors, and food company sponsors. Because the Larry King Show is live, I could not be edited. The major advertisers and senior executives do not want me to educate the public about their unhealthy products. As you can see, there is no objective journalism.

### **Do electromagnetic frequencies really affect our cells and cause weight gain?**

Yes. All wireless devices, and all electrical wiring, create electromagnetic fields which adversely affect the cells in the body, creating hormonal imbalances leading to fatigue, depression, and weight gain. If you've ever been in your home when the electricity went out you would notice how amazingly quiet everything becomes. You will notice that you begin to feel calmer and more relaxed almost instantly. This occurs when people go camping and sleep in a tent or log cabin without electricity. Without all the electromagnetic fields, the body dramatically relaxes and normalizes. This is why you need some kind of device that can neutralize EMFs.

### **Do governments and corporations really work together to make us fat?**

Yes. This is not a conspiracy theory. This is pure economics. Governments are pressured by corporations to write laws and do things that protect and increase corporate profits, even at the expense of citizens. Governments around the world have passed laws making corporations legal entities with all the same rights and privileges as human beings! In America, in airports and interstate highways, governments passed laws allowing only fast food restaurants like McDonald's and Burger King to be the exclusive food providers for travelers. Virtually nothing is homemade. This unholy alliance between

governments and corporations is not new. Big Tobacco has paid off politicians, allowing cigarettes and other tobacco products to be the only item in America where the ingredients do not have to be listed! This was done because the tobacco companies did not want to show the hundreds of poisonous chemicals put in cigarettes. Ingredients do not have to be listed on food sold in restaurants for the same reason. Some of you may have watched the movie *The Aviator*. I recommend the movie. It shows how Pan American Airlines was paying off politicians to get laws passed giving Pan Am a monopoly for transatlantic travel. The bill that was promoted by the senator from Maine was actually written by the executives of Pan American Airlines! This goes on all the time. A company called Halliburton received massive construction contracts from the government without any other company allowed to bid. It is estimated that Halliburton has overcharged the government in excess of \$100 billion in just the last few years! Corruption between corporations and governments continues to rise. One tragic example is when corporations and the super wealthy of the world paid off U.S. politicians to write laws allowing stocks to be bought and sold without exposing the owners. This was because the corporations and super wealthy wanted to be able to buy and sell stocks on inside information without their identities being revealed. The day before the 9/11 tragedy these secret individuals or entities sold massive amounts of airline stocks hoping their value would go down. When 9/11 happened, the airline stocks crashed, and these anonymous individuals and corporations made hundreds of millions of dollars in profits. They obviously knew that the World Trade Center would be attacked by airplanes in this terrorist activity. The government could have easily required that the identities of those who profited be revealed. The government will not do so because it is more concerned about protecting the profits of these corporations and individuals than in protecting American citizens.

### **Can you define "homemade" or "made from scratch"?**

Making things from scratch means you start with single basic ingredients. Some people are confused about what making something from scratch means. As an example, I had a friend who said she was going to make a pie from scratch. She went out and bought a pre-made pie crust, bought canned pie filling, and bought Cool Whip topping. This is not making something from scratch. Making a pie from scratch means using flour, water, eggs, salt, and butter to make your crust. It means getting fresh fruit, organic raw sugar, cinnamon sticks, and fresh lemon juice squeezed from a real lemon to make your filling. It means getting fresh organic raw cream and whipping it into whipped cream for your topping. This is making something from scratch. Cookbooks today teach people how to open up cans of soup, use premixed products, and making them believe they are cooking from scratch. These cookbooks are a joke. Because it's so hard to get good food in real life, I suggest doing what I do. I almost always make my own lunch, put it in a lunch bucket, and take it with me. It's easy, it's cheaper, and makes you feel fantastic knowing you're eating food with the best quality organic ingredients, made from scratch!

### **Do food companies really lie to us about their products just to make money?**

Yes. McDonald's said they were taking trans fats out of their food; they have not. They lied to us for years about the fact that they were using beef fat to make their French fries. They lie to us now about the fact that they put sugar on their French fries. One food manufacturer had a pudding it called "lite." The label proudly said "One-third the calories of our regular pudding!" They were deceiving everyone, because what they didn't tell you was it was the exact same pudding, but the containers were one-third the size! Arby's makes a sandwich with something it calls roast beef. It is not roast beef at all. They actually had to payoff politicians to rewrite the laws which allowed them to call their artificial man-made product "roast beef." Companies deceive us with labels that say such things as "Made with real juice." We are led to believe that the product is real juice. It is not. The product is made WITH real juice. This means they can put in a drop of juice and the rest can be chemicals! The examples go on and on. Companies like Arthur Daniels Midland Company makes billions of dollars selling genetically modified, manufactured food products around the world. One of the largest privately held corporations is the international food giant Cargill, which is trying to monopolize how food is manufactured, sold, and distributed around the world. Their goal is to make local farms, fresh fruits and vegetables, and fresh meat and poultry a thing of the past! They want everything mass-produced, preseasoned, prepackaged, and made in such a way that these food products can be stored for years and years. In restaurants and in the food we buy, the ingredients listed are bad enough, but imagine all of the things that are not listed, such as over 15,000 chemicals, herbicides, pesticides, chlorine, and fluoride. These do not have to be listed on the label. The food can be genetically modified, pasteurized, micro waved, irradiated, gassed, or filled with other poisons, none of which have to be listed on the label. All of these things lead to obesity.

### **Do drugs really make us fat?**

Yes. All nonprescription over-the-counter and prescription drugs cause disease and obesity. As an example, all decongestants, even those found in cough syrups, create high blood pressure. High blood pressure itself leads to obesity. High blood pressure medication creates dehydration and dry mouth syndrome. This also leads to obesity. All drugs have a

cumulative effect by continually leaving trace toxic residue in fatty tissues in the body. This leads to obesity and other health conditions. This is why cleaning these toxins out of the fatty tissue by doing The Purification Program is so vitally important.

All of the recommended products, supplements and services can be found at:

Bassetts Health Food Store            419-531-0334

Anyana-Kai                                419-720-2972

3344 Secor Rd. Toledo, Ohio 43606

\*\*\*We are taking excerpts from the book “The Weight Loss Cure” by Kevin Trudeau. However we would like to add we **do not** recommend coming off any medications with out medical supervision and to try to limit your consumption of fish due to their overwhelming high level of mercury.