

Here are the best hCG diet plateau breaking tips that have been found to be very effective when following the hCG Diet Protocol. Many of the plateau breakers listed can be utilized in both Phase 2 and 3.

NEW! Cantaloupe Plateau Breaker: At bedtime, eat half of a medium sized cantaloupe (make sure to cut it yourself) and drink 1 full glass of water right before you lay down to sleep. You should lose between 0.5-3 pounds the following morning. Eating cantaloupe assists in pulling water out of the fat cell and this action works best while you are asleep. For dieters on the 500 calorie protocol, the 1/2 cantaloupe at bedtime will be your second fruit of the day. For dieters on the 800 calorie protocol, the 1/2 cantaloupe at bedtime will be your third fruit of the day. There is a 99% success rate for both protocols in P2. It really works!

NEW! Take Calcium pyruvate 3000 mg daily in the morning with food. Pyruvic acid is a natural substance already made in the human body. Higher levels of pyruvic acid in the bloodstream assist in calorie and fat burning and helps to boost metabolism for the entire day. For P2 and P3.

NEW! Ask your prescribing hCG diet weight loss physician to increase your hCG dosage by 25 IU's daily until you lose weight and then resume the original dosage once the plateau has been broken. Do not increase your hCG dosage without the permission of your prescribing doctor. For P2.

NEW! Drink Oolong, Black and Green Tea as they are made from the Camellia sinensis plant. There are only 3 types of real tea that have significant health benefits - black, green and oolong,

all which increase metabolism and burn fat. For P2 and P3.

NEW! Get enough sleep. Many dieters have reported that not enough sleep has reflected little or no weight loss on the following day. The reason this occurs is if you do not get at least 7 hours of sleep each night, especially on phase 3 when the body is stabilizing your metabolic rate, the body will increase the production of the hormone gherlin which increases appetite and slows down metabolism. For P2 and P3.

NEW! Intense exercise is not needed for success on the HCG diet. If you are on the 500 calorie protocol and have been lifting weights, consider limiting your workouts to just walking on a treadmill for 30 minutes a day. Resistance training builds lean muscle mass. Lean muscle weighs more than fat and may skew your weight loss on the scale. Dieters following the 800 calorie hCG diet protocol may participate in some light resistance training or 30 minutes of low impact aerobics only as tolerated. However, it is best to wait until you have finished the Phase 2 HCG therapy. For P2.

Increase your fluid intake to 3 quarts per day. Additional fluids will assist in promoting adequate digestion, help prevent constipation and may help to flush out toxins and fat. If you are not drinking enough water daily, your body will store water as a means of protection. For P2 and P3.

Try increasing your protein by half an ounce. You may not be eating enough calories per day.

Avoid consuming less than 500 calories daily because your body may store fat or you may not lose any weight. In some cases you may actually gain. For P2.

Limit eating red meat to only 1 or 2 times per week. Red meat digests slowly in the bowel and may slow down weight loss. For P2 and P3.

Make sure you are not using garlic salt or salt substitutes. Garlic powder and sea salt are acceptable. Products such as Mrs. Dash and No Salt are forbidden. For P2.

Do not mix green vegetables. For example; do not mix asparagus and cabbage together. However, you can mix vegies in your salad such as lettuce, tomato, and onion. Just remember that green vegetables should not be mixed. For P2.

Discontinue Grissini bread sticks, Melba toast and Wasa crackers. For P2.

Do not eat the same protein, vegetable or fruit more than once in the same day. For example;

do not eat tilapia for lunch and dinner or half a grapefruit for breakfast and the other half for lunch. Metabolism increases when the body has different foods to break down and digest. For P2 and P3.

Make sure there are no antibiotics, flavor enhancers or added rib meat in your chicken or other protein sources. For P2 and P3.

Do not eat any canned food products. Many canned food products contain high fructose corn syrup, preservatives and flavor enhancers that may slow down weight loss. For P2 and P3.

Make sure you buy your proteins raw and without any marinades. For P2 and P3.

For women, your menstrual cycle may cause a water weight gain of 2-5 pounds. Be aware of the date of your last menstrual cycle and never begin the hCG diet right when you start your period. For P2.

If you are not having regular bowel movements, a fiber supplement such as over the counter Senna is highly recommended to be taken daily. It is possible to hold 5 or more pounds of stool in the colon. High protein low fat diets most often will cause constipation. If you have not had a bowel movement for 5 days, an over the counter laxative suppository should be taken. If you do not experience relief then please contact your doctor's office for further instruction.

Raw Unfiltered Organic Apple Cider Vinegar is the star condiment on this diet. If you suffer from acid reflux or just dislike the taste, consider taking Apple Cider Vinegar Capsules found at most health food stores. ACV has been scientifically proven to release fat within the body and contains similar properties that have been found in grapefruit. For P2.

Dr. Simeons "apple day". Reduce your fluid intake by 1 quart and eat 6 apples throughout the day. This method typically eliminate excess fluids in the body and most dieters will lose about 2 pounds. This method is not recommended to be followed on a regular basis. For P3.

Dr. Simeons "steak day". Drink as much fluid as possible throughout the day and then enjoy a large steak for dinner. You may have 1 tomato and an apple with your steak. Many dieters have reported a weight loss of about 2 pounds the following day. For P3.

About the Author

Sonia E. Russell, LPN is a licensed nurse and a professional hCG diet coach for over 4 years. Sonia has authored several books on the new medically revised 800 calorie hCG diet protocol that is safer, more tolerable and removes many health concerns. The new physician approved and peer reviewed 800 calorie protocol was developed based on successful weight loss results from patient trials and internal studies over a 3 year period.

Click the link(s) below to obtain the pdf versions of each.

HCG Diet 800 Calorie Protocol - developed for the HCG drops dieter

<https://www.ebookit.com/books/0000000680/HCG-Diet-800-Calorie-Protocol.html>

The Best Diet You Have Never Heard Of - developed for the prescribing practitioner

<https://www.ebookit.com/books/0000000349/The-Best-Diet-You-Have-Never-Heard-Of---Physician-Updated-800-Calorie-hCG-Diet-Removes-Health-Concerns.html>

The Best Diet's Ultimate HCG Recipe Cookbook- 156 Phase 2 and 3 recipes and dieting tips

<https://www.ebookit.com/books/0000000377/The-Best-Diets-Ultimate-HCG-Recipe-Cookbook.html>

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