

Fort Collins Chiropractic Offices ***"The weight is over....."***

Weight loss today...and forever!

Welcome to a weight loss plan that has a new tag line: Results Are Typical!!

You are about to embark on a wonderful journey that will make you smile and jump for joy. I've struggled, you've struggled; it's time to conquer our weight issues once and for all!

The HCG program is real and it works—no smooth talk, no slick advertising, and no exaggerated claims of success. The HCG program produces results that are typical in the majority of individuals.

Education and Commitment—that's all it takes. So let's get started!

HCG stands for human chorionic gonadotropin. It is a hormone that is produced in large quantities in pregnancy. (Both men and women have male and female hormones, so this program is just as successful for men!)

HCG is responsible for making the abnormal fat reserves of the body available to be burned as fuel. In pregnancy it is used to protect the nutritional health of the growing baby; however, in conjunction with this program, it is used to rid the body of the abnormal fat deposits. Rest assured that the HCG helps to stave off any hunger pangs that a restricted diet may cause. With the introduction of HCG, thousands of extra calories begin to flood the system from the abnormal fat being metabolized. For this reason, HCG diets are easier to stick to than a traditional healthy diet that simply restricts calories. When a program is easy to stick to, success is the end result!

Dr Simeon's Plan for Success:

Dr. Simeon's research in the 1950's concluded that there are 3 different types of fat stored in the body:

1. Structural (visceral) Fat (in and around muscles, cushioning organs, padding of bottoms of feet, etc.)
2. Normal Fat (dermal fat which is directly under the skin's surface and provides the soft cushioning between the skin and frame of the body)
3. Abnormal (adipose) Fat (under the dermal fat and not available for use by the metabolism until the other 2 kinds of fat are reduced)

Abnormal Fat can be viewed as "famine fat." It is stored by the body for emergency famine. Yo-yo dieting contributes to the storage of this type of fat because the body begins to question the availability of fuel (food). When calories are restricted, the body stores all the fat it can to save up for the lean times!

Dr. A.T.W. Simeon's research produced a plan that results in an average weight loss of 0.5 to 2 lbs a day of Abnormal Fat when accompanied by a VLCD (very low calorie diet).

- VS. -

Most calorie reduction diets will not produce the best results for those individuals with an abundance of Abnormal Fat stores because their bodies will begin by burning the wrong kind of fat. When a low caloric diet is introduced to the system, the Normal reserves of fat are used up first. As a result, most people look gaunt and drawn after a reduced caloric diet. The normal reserves of fat have been reduced; however, the abnormal fat remains intact. Without using HCG in a reduced caloric diet plan, the body will burn Structural and Normal fat.

HCG works to release the abnormal fat stores and make them available to be used as fuel. By following the protocol precisely, the body will "burn" the abnormal fat, while preserving muscle, normal fat, and structural fat.

Ready for the best part? Dr. Simeon called it a CURE!

The HCG will help to release the Abnormal Fat reserves in the body. But what about keeping that extra weight off? This is where commitment comes into play. Commitment to all phases of this plan will retrain the hypothalamus to be the food/fat gatekeeper that God intended it to be!

Re-setting the Hypothalamus

The hypothalamus is located just above the brain stem. It is known as the master gland and is a supervising center in the brain that links the body's two control systems—the nervous system and the endocrine system.

The hypothalamus controls body temperature, hunger, thirst, blood pressure, heartbeat, gastric reflexes, maternal behavior, immune responses, carbohydrate and fat metabolism. The hypothalamus is responsible for the control of food intake.

The hypothalamus is responsible for the control of food intake!!

It may sound amazing, but it is the hypothalamus' job to make the body salivate for an apple, rather than a piece of chocolate cake. If the hypothalamus is working normally, then a person will be more inclined to crave a nutritionally, well balanced diet! Food that is void of the nutrition needed will not have the same pull or crave-producing impact. That is why some people can have one bite of their chocolate cake, push it to the side, and say, "That was enough."

The hypothalamus is much like peripheral vision. When driving on the highway, even though the driver may not always be looking straight ahead, his peripheral vision assists him in making the tiny adjustments in steering to keep the car in between the lines on the road. The hypothalamus, when functioning normally, works in the same way. It assists the body by steering the appetite and promoting more effective metabolism to keep the body at a certain weight, or "set-point," just like the lines on the highway.

For those who have a hypothalamus that is not functioning properly, it is like their peripheral vision has become distorted. The lines on the highway, so to speak, become wider and wider, or not visible at all. The body's hunger becomes more and more intense; more food is craved and eaten; more fat is consumed and stored. Now, the body's "set-point" has risen on the scale to a new high and isn't coming down. Sound familiar?

Using Dr. Simeon's plan, it is now possible to lower the body's "set-point" and retrain the hypothalamus to make the necessary adjustments to keep it there, forever!

THERE IS ANOTHER PIECE TO THE INTRICATE PUZZLE:

In the body there is a hormone called leptin. Leptin is like a messenger between the hypothalamus and the fat stores. When your body gets to the point where it has stored enough fat, leptin runs to the hypothalamus, and yells, "STOP!!!! We've stored enough fat!!!!"

In a normally functioning hypothalamus, it would understand leptin's message and stop storing extra fat on your body. When the hypothalamus is not functioning properly; however, it is as if it did not hear or understand what leptin was trying to tell it. So the hypothalamus thinks that it still needs to store excess fat. And it does. It keeps storing and storing because it has not gotten the message that there is already enough fat on your body. This is called Leptin Resistance. The more important part of this equation is that leptin is produced by the abnormal (adipose) fat!

It is clear why it is so crucial to rid the body of the abnormal (adipose) fat. Once the pounds of fat begin to reduce, the amount of leptin can begin to return to normal levels. This will start the process of healing the broken system of communication between the fat stores and the hypothalamus. When the communication is restored, the hypothalamus will once again prompt the body to decrease food intake through appetite and increase energy output to burn up any extra calories eaten.

It is for this reason that most weight reduction programs fail their participants. If the body doesn't get rid of the adipose fat, the high levels of leptin in the body will keep the hypothalamus confused. In its confusion, the message is to continue to store fat and keep the appetite elevated.

THE EATING PLAN

Phase 1 – Cleansing

Kevin Trudeau, author of The Weight Loss Cure They Don't Want You To Know About, suggests that phase 1 of this program should involve cleansing. He recommends yeast, colon, gallbladder, and liver cleanses. Most individuals have just as much success moving on to Phase 2 without the above-mentioned cleanses. It is up to the individual to determine what, if any, cleanses should be completed before the start of the HCG program.

Phase 2 – VLCD (very low calorie days) while taking the HCG

Breakfast: Herb tea in any quantity without sugar. Black tea and coffee are also permitted. You may sweeten these teas with Stevia, a natural sweetener which is available through health food stores. (Do not use aspartame, Nutrisweet, acesulfame, sucralose, Splenda, or any other chemicalized sugars.)

Lunch and Dinner:

100 grams of lean meat: 3-1/2 ounces (raw) / 3 ounces (cooked) of beef, veal, chicken breast, fresh white fish, lobster, crab, or shrimp.

Substitutions: You may use 4 eggs (1 whole plus 3 whites) or ½ cup fat free cottage cheese occasionally as your protein.

Bread: 1 Melba toast or 1 Grissini Bread Stick

Fruits and Vegetables: Pick one fruit and one vegetable for each meal.

Fruits: One item per meal (one handful)

- One apple (not two small apples)
- One orange
- Handful of strawberries
- ½ Grapefruit

Vegetables: One item per meal (one handful)

- Radishes
- Cucumbers
- Celery
- Fennel
- Cabbage
- Tomatoes
- Onions
- Spinach
- Lettuce
- Chard
- Asparagus
- Beet Greens

Phase 3 – Ending the HCG

After the diet is completed, you may now eat anything you please EXCEPT sugar and starch, provided you are faithful to following one rule. This rule is that you must weigh yourself every morning.

It takes about 3 weeks before the weight becomes stable. It is during these 3 weeks that you must realize carbohydrates (sugars, rice, bread, potatoes, pastries, etc.) are, by far, the most dangerous. If no carbohydrates whatsoever are eaten, fats can be indulged in somewhat more liberally and even small quantities of alcohol, such as a glass of wine with meals, does no harm. But AS SOON AS FATS AND STARCH ARE COMBINED, THINGS ARE VERY LIABLE TO GET OUT OF HAND. This has to be observed very carefully during the first 3 weeks after the treatment is ended, otherwise disappointments are almost sure to occur.

As long as your weight stays within two pounds of the weight reached on the day of the last HCG, don't worry about what you are eating. But the moment the scale goes beyond two pounds, even if this is only a few ounces, you must skip breakfast and lunch and drink plenty of water. In the evening, you must eat a huge steak with only 1 apple or a raw tomato. This should bring your weight back down near your last HCG weight and you can begin eating normally (still no sugars or starches) the next day.

Once you have maintained your last HCG weight for 3 weeks, you are then able to return for another round of Phase 2 (VLCD with HCG). If you have met your weight goal, you then move to Phase 4.

Phase 4 – Maintenance

The next 3 weeks in Phase 4 will require that you continue to weigh everyday and, again, maintain your last HCG weight. Steak days will be needed if your weight rises by more than 2 pounds, just like in Phase 3.

During this phase, you will start introducing sugars and starches back into your diet. This will train your hypothalamus to accept your weight, no matter what you eat! Hopefully, by this time on the program, you will have a much better sense of what your body likes in terms of food and you will not revert to eating processed, empty caloric, non-nutritious food!

Life

Eat what you want, when you are hungry. Stop when you are satisfied and STOP THINKING ABOUT YOUR WEIGHT!

IMPORTANT POINTS

Meat: Make sure that the meat is very lean with no fat. All visible fat must be removed before cooking. All meat must be weighed uncooked. A food scale will assist in getting weight correct. The meats can be cooked by broiling, grilling, or boiling with no additional fat or oils. A George Foreman Grill works great.

Seasonings: With each meal the juice of one lemon or lime is allowed. Salt, pepper, vinegar, mustard powder, sweet basil, parsley, thyme, marjoram, and most other herbs and spices are fine to use as seasonings.

No oil, butter, or dressings of any kind can be used.

The items allowed per day may be eaten in two meals (1 of each: protein, veggie, fruit, starch) or spread out through the day. But two of the same items (i.e., two fruits or two proteins) may not be eaten together (i.e., at the same time).

Diabetics or those who are prone to hypoglycemia may divide the daily amount of allowed foods into smaller meals throughout the day to control blood sugar.

****REMEMBER: Only eight items may be eaten each day...**

WHAT TO AVOID?

Oils:

- All digestible oils (sunflower, olive, coconut, sesame, Vitamin E, fish oils). (Mineral Oil acceptable in moderation.)
- Shampoos, lotions, toothpaste, makeup, deodorant, and other bathroom items that contain digestible oils, seed oils, etc.
- Bathroom items that contain digestible oils, seed oils, etc.

Ladies: Only use mineral-based cosmetics. No liquid makeup (contains oil).

Massage: Avoid massages while on the diet (oil and lotions are heavily used).

Sunbathing: Avoid getting a sunburn. Sun is great to produce natural Vitamin D; however sunburns produce water retention.

Exercise: Moderate Exercise. If you aren't losing as you would like, stop exercising while on the diet.

Where to begin (items you will need):

1. Bathroom scale that weighs in .2 pound increments.
2. Food scale that weighs in grams/ounces.
3. "HCG Weight Loss Cure Guide" by Linda Prinster (order from link on www.FortCollinsChiro.com).
4. Read Dr. Simeon's manuscript, "Pounds and Inches" on www.FortCollinsChiro.com.
5. Check your calendar and choose a period of time that will allow for a restricted eating plan. If you have:
 - 10 to 20 pounds to lose: Choose 23-day HCG plan.
 - 20 to 50 pounds to lose: Choose 40-day HCG plan (multiple rounds if needed).
6. Homeopathic HCG: 2 bottles for 23-day round, 3 bottles for 40-day round. Order by calling Fort Collins Chiropractic Offices at **970-493-0611** or e-mailing HCG@FortCollinsChiro.com.
7. Stevia, if sugar has been a coping mechanism, and Smooth Move Tea, Dieter's Tea, Dr. Miller's Holy Tea, etc. (Beginning load days can create mild constipation. Use as needed throughout the course of the HCG program.)
8. High fat content foods for the two "load" days at the beginning of each round: Avocado, peanut butter, mayonnaise, whipping cream, cheese, etc.

Plan Overview:

1. Days 1 and 2 are your "load" days. Take your Homeopathic HCG 3X daily on these days.
2. Days 3 through 23 or 40 are your VLCD (Very Low Calorie Days). Take your HCG 3X daily throughout this phase.
3. Days 24, 25, 26 (or 41, 42, 43) are VLCD **without** taking Homeopathic HCG.
4. Days 26 or 44 are the beginning of Phase 3! Phase 3: Three weeks enjoying more food but no sugar and no starches.
5. Return to Phase 2 if you have not met your goal weight. Continue on to Phase 4 if you have met your goal weight.

E-mail questions to: HCG@FortCollinsChiro.com.

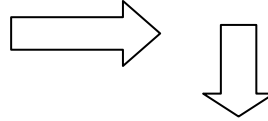
Here's to a new you!

Dr. Kenna D. Venekamp
www.FortCollinsChiro.com

Flowchart of the Four Phases

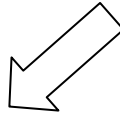
Phase 1

Read Dr. Simeon's manuscript
Check with physician
Purchase HCG and HCG book
Purchase food and weight scales



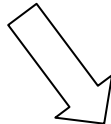
Phase 2

Take HCG 3X daily
"Load" on Days 1 & 2
No fats or oils on Days 3 thru 23 or 40
Follow 500 calorie diet
Track weight loss



Phase 3

No HCG
Read up on limitations of Phase 3
Follow 21 days of maintenance
Add fats and oils back into diet
Maintain weight loss

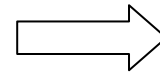
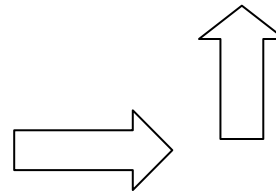


Phase 4

No HCG
Read up on Phase 4
Follow 21 days of maintenance
Add sugars and starches back into diet
Maintain weight loss

Round 2

Return to Phase 2
if you have more weight to lose



Life

Eat what you want, when you want, and
Stop worrying about your weight

Directions for Homeopathic HCG Use

Homeopathic HCG is a unique blend of frequencies* that include HCG, Hypothalamus gland, Pituitary gland, Thyroid gland, Liver, Gallbladder, Kidney and Adrenal support.

The base solution of Homeopathic HCG is helpful for inflammation and liver detoxification. With the added frequencies of the above-mentioned, Homeopathic HCG becomes a very effective nutritional support for anyone seeking to benefit from Dr. Simeon's Pounds and Inches protocol.

To maintain the highest level of homeopathic properties during use, it is important to succus (tap bottom firmly on the heel of the hand in rapid succession 5 to 8 times) before placing the solution under the tongue 3 times per day. The succusion reactivates the homeopathic frequencies for optimum potency. Failure to succus the Homeopathic HCG bottle could result in increased hunger.

Dosage Steps:

1. Refrain from eating or drinking for 15 minutes.
2. Succus the Homeopathic HCG on the heel of the hand.
3. Squeeze .75 ml into the syringe.
4. Swallow hard or spit to rid the mouth of excess saliva.
5. Squeeze the .75 ml solution under the tongue and hold for 2 minutes.
6. Refrain from eating or drinking for 20 minutes.
7. Repeat 3 times daily.

During times of excessive hunger (during the first week or during menses) it may be helpful to add one or two additional doses of .25ml between the morning, midday, and evening doses of HCG.

***** Please purchase ***** Linda Prinster's book on Amazon.com entitled, "HCG Weight Loss Cure Guide." It is a great resource for all questions related to Dr. Simeon's protocol.

Here's to your success!

Dr. Kenna D. Venekamp
www.FortCollinsChiro.com

*All frequencies are added to balance, not over-stimulate, the above-mentioned glands and organs.