

Dr. Simeon's Weight Loss Protocol

QUICK START GUIDE

Instructions & Tips



**Losing Pounds & Inches with
Dr. Simeon's**



Healing Power Within

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Dr. Simeon's Pounds & Inches Introduction

The HCG diet began with Dr. Simeon's in the 1950's. Simeon's treated thousands of patients using HCG, or human Chorionic Gonadotropin, in the course of developing his amazing weight loss diet. In 1954 he published *Pounds & Inches: A New Approach to Obesity*, which describes the weight loss protocol and is still the final authority on the diet today. The protocols described in this guide are based entirely on Dr. Simeon's book.

Dr. Simeon's believed that during the HCG diet, stored fat moves into the bloodstream where it is made available for metabolism. The breakdown of fat provides plenty of nutrients plus thousands of extra calories for energy, enabling a person to successfully stay on a very low- calorie diet. When the treatment plan is properly followed, the result is rapid weight loss and an improved, healthier body after treatment.

More than fifty years later the HCG diet has become increasingly popular due to its ability to offer great weight loss results.

Another reason for the growing popularity of the diet was the invention of homeopathic HCG drops, a non-prescription, inexpensive version of HCG that could be administered via drops under the tongue.

Healing Power Within offers TWO different products that are designed specifically for use with the HCG diet protocol. They both contain unique superior blends of proprietary ingredients which support dieting, including remedies that assist with energy, detoxification, headache, irritability, blood sugar, cravings, mood, nutritional regulation, and fat metabolism.

With both products we recommend Dr. Simeon's diet plan, which remains largely unchanged. However we also provide an optional, higher calorie plan with the **Ideal Weight Formula** called the Flex Plan, which allows those who feel their metabolism, lifestyle or other needs may benefit from the added flexibility in the program.

Ideal Weight Formula can also be used with other diet programs as well or used as a maintenance tool after you have lost the weight. We have found that it works most effectively by following either the Classic or Flex Diet Plan.

What Results Can I Expect?

Most participants report an average of approximately ½ to 1 pound loss per day (averaged over the entire course of Dr. Simeon's diet protocol, not just a few days). That means some days you might lose 1 or more pounds, other days less or none. Individual results and weight loss patterns may vary.

It is best to consider the entire protocol calculating your entire average, and not get concerned about day to day fluctuations as the body adjusts.

Note: As you begin your treatment plan your body may react to the big adjustment in eating, as this may be a completely different diet than what your body is used to. People react to this change differently. As an example, some people may feel hunger for the first 7-10 days as their bodies adjust; others may never feel hunger from the beginning. Initial headaches are common, but they seldom last more than a week. Try to be patient and allow your body to adjust to these changes

Do I have to Follow a Special Diet Plan?

YES! Particularly with the HCG drops, as this is imperative for best results. You must follow the diet protocol as indicated in this guide, which is based on Dr. Simeon's manuscript "Pounds & Inches: A New Approach to Obesity". The drops help mobilize your stored fat, but the fat does not become available to be burned for energy or nutrition *until calories are restricted*. In addition, if you were to follow the diet without the drops, you'll simply be starving yourself. It is important that both the drops and the diet together are required.

Yes it is that Easy!

If you follow the protocol exactly as outlined you will have amazing results. This is personal individual weight loss plan that anyone can do if they follow the guidelines. This is the beginning of a more healthy you!

When should I start the Weight Loss Protocol?

You can begin the protocol anytime. However it is recommended that you first speak with your Physician or Health Care Provider prior to starting any weight loss plan, or taking any dietary, nutritional, herbal supplements, homeopathic or any other products.

Who Can use this Treatment Plan?

The treatment works for almost everyone, young, old, male, female. You can use our formula if your BMI value is not lower than 20. Do NOT use our formula if you are pregnant or nursing. Young children under 18 years of age should first speak with their physician.

THE 2 WEIGHT LOSS OPTION PLANS

We offer you two basic dieting options:

1. **The Classic Plan** which is the main plan using either the **HCG drops or the Ideal Weight Drops**.
2. **The Flex Plan** which is the more flexible plan using only the Ideal Weight Drops but **NOT** the HCG drops.

The **CLASSIC PLAN** used with **either HCG drops or Ideal Weight Formula** is the original Dr. Simeon's protocol.

Protein	2 per day
Vegetables	Unlimited
Fruit	2 per day
Starch	2 per day

The **FLEX PLAN** used with the **Ideal Weight Formula** allows for more flexibility so you can eat more protein per day

Protein	3 per day
Vegetables	Unlimited
Fruit	2 per day
Starch	2 per day
Protein Shake	1 per day

***All food choices on both plans must come from the list of approved foods described in the following pages.**

Which Plan is Right for me?

We are all different and may all not respond the same way to a dieting plan. Everyone has a different metabolism, lifestyle, and needs. Millions of people have been successful following the Classic Plan, however some prefer the higher calories and therefore do better on the Flex Plan. If you cannot decide what plan is the best to start with, we generally recommend the Classic Plan. You can always switch plans later.

How to Get Started

Weigh Yourself

Begin your first day of protocol by weighing yourself first thing in the morning after emptying your bladder.. Thereafter, weigh yourself every morning after emptying your bladder, ideally with no clothes on, or wearing the same thing each time you weigh. It is good to write down your weight daily

Take Your Measurements

On your first day of protocol take your measurements. This is best done either nude or with undergarments only. Make sure to wear the same undergarments each time you measure which should be once a week throughout the course of treatment. Do not pull tight.

Measurements

- **Chest/Bust**-Nipple line around chest
- **Waist**-Navel line
- **Hip**-Measure at largest area of hip
- **Belly**-Between waist and hip
- **Inner thigh**-Highest point of thigh
- **Biceps**-Largest part of arm above
- **Knee**-Above the Knee
- **Buttocks**-Around middle of buttock

Special Instructions for Women

In Dr. Simeon's original protocol, women were instructed to stop taking the HCG during menstruation. However we have found with the HCG drops that this is not an issue, and women may continue taking the drops during their cycle, and may increase their protein by 1-2 oz if they feel they need the additional increase.

Dr. Simeon's treatment plan is divided into 4 Phases

1. P1-Phase 1 Loading phase (2-3 days). During the first 2-3 days you will begin taking the diet drops while eating "High Fat" foods. This is called the "Loading Phase". Some individuals who have had a history of low fat diets do well to load for 3 days. Even if you have been eating a high calorie, high fat diet prior to the treatment plan, it is imperative that you saturate your bloodstream with quality high fat foods while you are taking in the drops. (Some skip this important part and end up very hungry or not able to stabilize).

- **Drops.** Begin taking the drops on the morning of your first load day
- **Loading.** Eat plenty of quality high fat foods which could include; nuts, butter, avocados, cream, cheese, milk (if tolerated), eggs, bacon, salmon, coconut oil, olive oil. Focus on high fat foods, not on sugar or carbohydrate laden foods.
- **Weigh-In/Measurements.** On the morning of your first day, record your weight and your measurements.

2. P2-Phase 2 (Diet Phase) 23-60 days This is when you will begin the specific VLCD (very low calorie diet). You should now have enough stored fat in your blood stream to fill your body's energy requirements to begin the diet phase.

- **Length 23-60 days-** The minimum amount of days on protocol is 23 days which includes the 2-3 days of loading. You can stay on protocol for up to 60 days, depending on how much weight you would like to lose. **however if you begin to feel signs of immunity after 40 days, including fatigue, lethargy, overly hungry, craving for fats, etc. then it is time to take a break.*
- **Drops-** Continue taking the drops 3 times a day in between meals
- **Diet-** Begin eating the VLCD (very low calorie diet)
- **Weigh in-** Continue to weigh yourself each morning and record it. Do not be concerned with day to day fluctuations. Look at the overall weight loss. Some lose more inches than weight.

- **Exercise-** Vigorous exercise is not recommended with the HCG drops. Light exercise is recommended, including walks, yoga, swimming, light resistant weight training. Do not over do it. Listen to your body and energy levels.
- **Water-** Drink a minimum of 8 full glasses of water a day. Not including coffee or tea as these act as diuretics

48 Hours before you complete the Diet

You must maintain the VLCD (very low calorie diet) for an additional 48 hours after your last dosing of drops to allow it to be eliminated from the body.

3. P3- Phase 3 Stabilization Phase (21 days)

This phase allow the body to stabilize at the new weight. Discontinue HCG drops but you can continue with Ideal Weight drops as a maintenance tool if you choose.

- **Diet-** You may begin increasing your food intake including more protein, good quality fats, nuts, dairy, variety of low starch vegetables, and low glycemic fruits. Eat until full. No Sugars or artificial sweeteners, or Carbohydrates allowed. Careful with sweet fruit as it has too much sugar.
- **Weigh in-**Continue weighing in each morning. You must stay within 2 pounds of the weight you were on the last day of your VLCD. Do not try and lose additional weight during this phase, as this is the time you should be focused on maintaining your losses.
- **Correction Day-** If you exceed the 2 pound limit, then you would need to do a correction day which would involve eating only a large steak with a tomato for the entire day, nothing else. This usually corrects the gain, and you can resume on the diet the next day. You can repeat this correction anytime you go above the 2 pound gain

- **4.P4 Phase 4 Maintenance Phase (21 Days minimum)**

The goal of this phase is to maintain your new weight while resuming a healthy lifestyle & diet, noticing by any gains where your body may have issues with certain foods. You can use the Ideal Weight Drops to help you maintain.

- **Length-** This final phase lasts **21 days**
- **Diet-** You may now increase your food intake to a level that allows you to stay at your ending weight. You may resume eating a well balanced diet of protein, vegetables, fruits, dairy, healthy fats and nuts. Slowly and gradually add starch and grains in small quantities one a day, as guided by your morning weigh ins. If you have a fluctuation after consuming a specific food, then eliminate that food for a few days to see if you are having a response to it. Continue keeping your sugar intake as low as possible. Be cautious of slipping back into old eating habits that could cause you to gain the weight you diligently worked to release. Greatly reduce or completely away from fast foods, trans fats, nitrites, and sugar containing food and beverages.
- **Weigh in-** Continue to weigh yourself each morning as this will help you maintain your new weight. By monitoring your weight you will be able to correct any gains immediately. If you do have small gains you can do the correction day. Some people like to follow the stabilization rule of monitoring the 2lb gain, and correcting immediately will keep your weight in check long term.
- **Exercise-** Find fun activities that will engage and fulfill you for a long term healthy lifestyle, and to help maintain loses, establish a routine of activity that you enjoy and keep you moving.
- **Restart diet-** If you need to lose more weight you can begin another round at this time starting from the beginning with the Loading Phase.

Getting Healthy is not a Destination, rather an everyday effort!

DR. SIMEON'S DIET- ALLOWED FOOD CHOICES:

Eat just one 3.5 oz serving of protein per meal (do not double up) (use food scale for accurate weight) Meat can be cooked by broiling, grilling, or boiling-do not use ANY oil or fat.

- **Beef and Veal.** You can use 85% or 95% fat beef. Buffalo meat is very low in fat
- **Chicken.** Boneless, skinless chicken breast, remove all skin and fat.
- **Fish.** Crab, crayfish, lobster, shrimp, or any fresh white fleshed fish. (No Salmon, eel, tuna, mackerel, herring, dried or pickled fish.
- **1 Vegetable per Meal. (unlimited serving)** Asparagus, beet greens, cabbage, celery, chard, chicory greens, cucumber, fennel, green leafy vegetables, onion, red radish, spinach, or 1 med tomato. (some do ok with broccoli & green beans, you can experiment. Don't mix veggies
- **1 Fruits per serving** Apple, orange, handful of strawberries, grapefruit (no canned fruits)
- **Starches.** Grissini or melba toast (many do better without this)
*The fruit or the breadstick may be eaten between meals instead of with lunch or dinner, but **not more than four items** listed for lunch and dinner may be eaten at one meal.
- **Lemon.** The juice of one lemon per day
- **Milk.** One teaspoon of non fat milk per day
- **Seasonings.** Salt, pepper, vinegar, mustard powder, sweet basil, garlic, parsley, thyme, marjoram, and most other herbs and spices that have no fillers added.
- **Drinks.** Tea, coffee, plain or mineral water are the only drinks allowed, you should drink about 2 liters of these per day.

* see following page for Vegetarian options (pg 13)

Not allowed: Fat, Oil, Commercial Dressings-even fat free as these contain sugars, Sugar, Aspartame, or any sugar substitutes except stevia (not stevia in the raw) always read labels carefully.

- **Protein Drink Substitution.** Protein drink must not contain any sugars. Protein drink must have at least 20 grams of protein, less than 130 calories, no more than 2 grams of fat, and no more than 2 grams of carbs. Be very cautious as most protein drinks do not meet these requirements. We can help you pick an appropriate protein drink. Always read labels
- **Vegetarian Options and Substitutions.** Your vegetable, fruit and starch options will remain the same as the main protocol, however you may substitute your protein with one of the following;
 - 1 serving of an allowed protein drink
 - 1 soy patty, no more than 110 calorie
 - 1 whole egg plus 3 eggs whites
 - 3 1/2 oz of fat free cottage cheese
 - 8 oz of fat-free milk

***Please note that using vegetarian options may result in slower weight loss than following the original diet protocol. However, vegetarians can still have a successful weight loss program. Do not skip or reduce your protein servings. Protein is very important for maintaining muscle. If you don't eat enough protein, you may retain water, resulting in a plateau.**

Multivitamins are allowed as long as they do not contain any sugar, fillers, binders, carbohydrates, gluten, soy, fats or oils. We offer a variety of approved nutritional supplements.

Be cautious with fats & oils in your skin care products including lotions as they are metabolized through the skin. Mineral makeup is approved. Most lipsticks, eyebrow pencils, mascara, and powder may be used.

Do NOT stop taking any medications without your Doctors approval.

Keep a Food Journal know what works for your body and what causes stalls

Phase 2 Shopping List

NOTE: Using organic and pure water is Highly Recommended

Vegetables (Organic suggested):

Spinach, Chard Beet greens, White, yellow, or red onions

Red radishes, Cucumbers, Asparagus, Cabbage, Green leafy Lettuces of any kind, Tomatoes

Meat & Fish: Organic grass fed suggested

Beef, Veal, Chicken breast (skinless), Wild Chilean sea bass

Flounder, Sole, Halibut, Fresh White Fish, Lobster, Crab, Shrimp

Fruit (Organic suggested):

Apple, Grapefruit, Strawberries, Orange

Seasonings (Organic suggested): Lemon (*juice of one daily*)

White or Black Pepper, Sea salt, Garlic, Basil, Parsley, Thyme,

Marjoram, Raw Organic Apple Cider Vinegar, or any other herb or organic herb

Tea Options(Organic suggested) & Water (pure suggested):

Green tea, Wu Long tea, Yerba Mate tea, Chamomile tea, Water - 1/2 to 1 gallon daily

Starch: (Most people do better without these)

Melba Toast, Grissini

Other: One Tablespoon of milk daily

One juice of Lemon or Lime daily

Dosing Instructions

To begin, you will need to activate your bottle. Hold the bottle in one hand and slap the bottom of the bottle with the other hand 10 times. You only need to do this once.

1. Dosage should begin at 7-10 drops 3 times a day (If that **is** enough hCG your body will tell you because you will not be hungry). If it is **not** enough then increase your drops by 1 drop per dose until you feel no hunger. The dosage range is based on each individual's bodies needs, but sometimes less is better. Wait at least 2-3 days before changing your dosage to allow your body to become balanced.
2. Place drops on a spoon and then administer under the tongue, hold dosage under tongue for at least **30 seconds** before swallowing.
*We recommend using a spoon for dosing since it is easy to give yourself to many drops when putting it directly into your mouth. It is not harmful to have too many, but you will run out of drops sooner.
3. Take nothing by mouth 20 minutes prior to or following dosage. This includes food, drink, cigarettes, chewing gum, toothpaste, mouthwash, mints, etc.
4. Limit caffeine or nicotine in any form, such as soda, coffee, chocolate, cigarettes. If necessary, use these 1 hour after taking your homeopathic.
5. Limit breathing in strong smells, such as paint thinner, eucalyptus, cigarette smoke, menthol, joint rubs.
6. Limit raw garlic to 1 hour after taking homeopathy's
7. Alcohol sensitivity: If a person is sensitive to alcohol, put drops into a glass with 1 oz warm water. Allow 1 minute for the alcohol to evaporate by stirring with wooden spoon or chopstick.
8. Keep homeopathies out of direct sunlight, and away from x-ray's, microwaves, TV rays, computers, cell phones, blow dryers, Ipads, Ipods, or **any** electronics
9. Homeopathies may generally be taken with other homeopathies
10. There is **No expiration** on homeopathies
11. This product should be stored in a cool dry place-away from electronics. Refrigeration is **not** necessary

Plateau's

Many causes of a plateau can be determined by doing a checklist. First make sure that you have not strayed from the diet, as even small dietary errors can cause a plateau. Some other causes of plateaus could be:

- Not drinking enough water
- Condiments or seasonings containing sugars
- Switched or began using new medication(s)
- Already at your Ideal body weight
- Women (your period may be starting)
- Not eating all of you protein
- Chicken has sugar injected into it
- Over exertion too much exercise
- Lack of Sleep (8-9 hours is essential)
- Stress

Dr. Simeon's says that a plateau lasts 4-6 days and frequently occurs during the second half of a full course, particularly when they have been doing well and whose overall average of nearly a pound per effective day has been maintained. Those who are losing more than the average all have a plateau sooner or later. **A plateau always corrects itself**, but for purely psychological reasons one can choose to do an apple day, but **only** if the weight has been stationary for at least four days or more without any dietary error.

Apple-Day: An apple-day begins at lunch and continues until just before lunch of the following day. You are allowed six large apples, eat one whenever you feel the desire, though six apples is the max allowed. During an apple-day, no other food or liquids except plain water are allowed, drink just enough to quench an uncomfortable thirst. Most people feel no need for water and are quite happy with their six apples. The apple-day produces a gratifying loss of weight on the following day, chiefly due to the elimination of water. This water is not regained when you resume the normal 500-calorie diet at lunch, and on the following days you should continue to lose weight.

Mistakes or Cheats Get back on track right away you can recover and still have a successful weight loss program. You may have a minor stall or gain, but just continue on with the treatment, you will look back at your final losses and be glad you did not give up.

Constipation: Experiencing constipation while using the HCG protocol is not uncommon. Some remedy options are **Natural Calm, Smooth move types of teas , Magnesium citrate, Pro- Biotics.** We offer a variety of supplements on our website to help with Constipation.

Hunger: Although most do not feel hunger at all with the drops, others feel mild hunger or more at some point on the diet. Usually hunger disappears after the first days or the first week as your body adjusts. This hunger can be diminished or avoided by proper high fat loading. Hunger the first week is usually the result of improper loading. During the first week and beyond, it is important to recognize the difference between feeling hungry, or feeling empty. During the low calorie diet, the volume of food you eat is small, and your stomach will sometimes feel empty. However, actual hunger pangs will be mild or absent due to the amount of calories circulating in your system from the large amounts of fat being released. You may find that even small servings will begin to satisfy you.

Keep in mind that it is normal to feel hunger for a period of time right before a meal. This may be a challenge for some to adjust to when you are used to snacking between meals. As you experience this new healthy phase of your life you will be able to discern true hunger.

Spinach/Strawberry Smoothie; If you feel like you need "something" we like to recommend having this delicious smoothie. This consists of 2 cups of spinach, 1 handful of strawberries, two cups of cold water, blend into a great satisfying smoothie.

Headache: Some people experience headaches the first few days to a week. You are free to use the pain medication of your choice to treat the headache, but it may cause a temporary weight gain.

Mild Dizziness: This usually goes away the first week.

Leg Cramps: Cramps may occur due to the lack of potassium or magnesium in the diet from rapid weight loss or by consuming too much water. We recommend supplementing with a potassium or magnesium supplement to help with this issue, we offer a selection on our website.

Rash: (rare) As your body breaks down fat cells, normal toxins are released into your body. Because of the rapid speed at which your body is breaking down fat, your body attempts to remove them quickly, sometimes causing a temporary itching or a minor rash.

Hair Loss: (rare) Some individuals experience hair loss while on the protocol, don't worry, this is temporary. We offer supplements that support hair growth.

How Can We Maintain the Losses?

Congratulations! You have reached the conclusion of the diet, and now have the benefit of looking & feeling better, having greater health, happiness and quality of life. Your appetite should be reduced & your metabolism increased.

You may resume eating a regular healthy diet filled with good healthy fats, proteins, vegetables, nuts, some dairy and fruit. Although you will want to take steps to ensure that you do not regain the weight you have lost. Most importantly do not resume eating poor quality foods, as the body has a tendency to gain the weight back quickly when re-introduced to sugar and high carbohydrates.

Dr. Simeon's diet plan has given you a jump start in to a new and healthy life for the long term and has taught you great healthy food choices. On the following page are some steps that will help create a new set point, allowing your body to maintain the new weight you have achieved following this diet plan.

To Maintain your Losses-Avoid:

- Sugar (corn syrup, fructose, molasses, sucrose)
- Artificial sweeteners, such as aspartame (NutraSweet, Equal), sucralose (Splenda), saccharin (Sweet’N Low), and acesulfame-K (Sunett)
- White flour products, White pasta, White rice
- Fast food & food fried in vegetable oil or other trans fat
- Soy-based products
- High-fructose corn syrup
- Fruit juices (fresh squeezed is acceptable in moderation)
- Alcohol
- Soda

To Maintain Health you must Eat, Drink, and Think Healthy!

Practice what you have learned about food choices in P3 and P4.

Find substitutes for items that cause gains. If you are sensitive to gluten you can use almond or coconut flour, or cut out all grains.

Keep a food journal so that you can notice what foods cause you to have fluctuations in weight.

Find recipes that you love but do not cause weight gain.

Have a plan for dealing with “food” events. Know what types of events you’ll attend and plan how you will deal with them **before** the time comes, perhaps eating before you get there, or bringing your own food.

Know what restaurants and food places will serve healthy foods so when you are out you have an option, and stick with that option when you order.

Be prepared for unexpected situations. Always have something healthy to eat in the event you are out longer than expected. A fruit or protein bar are always good choices to carry with you.

Watch the scale take action immediately if you have more than a 2 lb. gain.

Move your body this increases endorphins & helps keep your weight off.

Love and accept yourself forgive yourself daily, you are worthy of health.

Make the commitment to make Health your Priority!

*Medical Disclaimer: We recommend that you consult with your medical provider before starting any new wellness/weight loss program or begin taking supplements/nutritional products/homeopathies.

Anyone utilizing the HCG protocol should consult with their physician and keep them informed of their progress.

Healing Power Within Inc. offers a Holistic Weight Loss & Wellness program that recognizes the body/mind/spirit as a whole when addressing weight loss. This specific program was designed by Dr. Simeon's in Pounds & Inches.

Healing Power Within Inc. is not a medical organization and does not offer any medical advice or diagnosis. We are certified as a Holistic Health Practitioner & Holistic Weight Loss Specialist.

This diet and information is not to be interpreted as a substitute for physician consultation, evaluation, or treatment.

You are following the protocol at your own risk and Healing Power Within Inc. accepts no responsibility for any damage or health issues as a result of following Dr. Simeon's HCG protocol or using our homeopathic products.

The products and the claims made about specific products have not been evaluated by the United States Food and Drug Administration and are not approved to diagnose, treat, cure or prevent disease.

Homeopathic products are non-refundable