

Herbs First - HCG ezTrim Diet Protocol
801-228-1901 - <http://www.HCGezTrim.com>

What is HCG?

HCG (Human Chorionic Gonadotropin) is a natural hormone produced in large quantities during pregnancy to ensure proper nutrients to a developing baby. HCG is what triggers the hypothalamus to mobilize stored fat into the bloodstream to be used as energy, or "food". It is believed to reset your metabolism and to protect your body's good fat and keep muscle tissue from breaking down, which occurs in other low calorie diets without the use of HCG.. Our product is a professional grade homeopathic HCG weight loss product that is made in the USA.

Please read carefully as these instructions are vital to your success.

Pre-Diet Cleansing - Phase - Highly recommended

Candida Cleanse - <http://herbsfirst.blogspot.com/search/label/Candida> - if you have uncontrollable sugar cravings you have Candida. It is amazing to do this cleanse and have the sugar cravings at zero. Many health issues are due to Candida overgrowth. If you have ever been on antibiotics and have unexplained health issues, as well as sugar cravings, start with this cleanse.

Complete Cleanse - Liver, Kidney, Blood Stream & Bowel cleanse using Dr. Christopher's cleansing kit Removes the built up toxins from the system..

Heavy Metal detox using Dr. Christopher's Heavy Mineral Bugleweed Formula, people with amalgam fillings or that have been exposed to heavy metals, add this formula to your cleanse.

Use a rebounder twice a day which exercises the lymphatic system and moves the toxins out of the body

Walk an hour every day and do resistance training.

Eliminate refined foods, MSG, artificial sweeteners, trans fats, nitrites, farm raised fish, meats and dairy products with growth hormones and antibiotics, microwaved foods, skin care products and soaps with propylene glycol, sodium lauryl sulfate and mineral oil, genetically modified foods and carbonated drinks.

Drink 1/2 gallon to 1 gallon of filtered water every day.

Mentally prepare yourself to go on the **HCG ezTrim** diet, to stick to it exactly, plan meals, and follow through with all of the phases to raise your metabolism and lower your setpoint. It is very helpful to have a friend on the diet to talk to and encourage each other in their weightloss.

If you choose not to do the cleansing at this time, and find that you aren't losing weight as you had hoped, then please go back and do the Complete Cleanse above. If you find that you have incredible sugar cravings, then definately do the Candida Cleanse. Toxins are stored in the fat and if you haven't cleansed, then the fat will want to stay because it is protecting your body from the toxins.

HCG Weight Loss Phase I

First 2 days - 30 minutes before each meal take 10 drops **HCG ezTrim** under the tongue, three times a day don't eat or drink anything for at least 15 minutes. Indulge yourself with any fatty food you want for 2 days. Loading days are very important energy building days to help with the transition into the 500 calorie intake days.

On the third day, 30 minutes before each meal take 10 drops **HCG ezTrim** under the tongue 3 times a day and start the 500 calorie diet. Weigh yourself daily. **Note that you can also take 15 drops twice a day.** Plan out your diet! You need to put together a plan for a 500 calorie a day diet from the foods listed further below. Only eat the foods that are listed, no other foods are allowed. Go to hcgrecipes.blogspot.com for recipes. The diet can be delicious and is filling because the **HCG ezTrim** pulls from the abnormal fat in your body and turns it into energy. Most people do not feel hungry. If you are hungry, then increase your drops by one or two drops each time until you find your optimum HCG dosage.

1- DO NOT start the diet right before or during menstrual cycle. Stay on the drops during your period,

2- DO NOT Eat anything outside of the diet, if you are hungry add a few more drops of **HCG ezTrim**.

3- DO NOT do strenuous exercise such as cardio and weightlifting, strenuous exercise requires carbs which are against the diet plan. Yoga, Pilates, stretching, Tai Chi, light rebounding and walking for an hour a day are the perfect exercise while on this diet.

THE DURATION OF TREATMENT

Dieters who need to lose 15 pounds or less require 26 days treatment - 2 loading days, 21 days on 500 calorie diet with drops, and 3 days on 500 calorie diet without drops. Only then are the dieters free to eat anything they please except sugar and starches for the next three weeks. This is a very essential part of the treatment where the body is resetting the metabolism and set point.

Dieters who need to lose 34 pounds or more can start out with a 47 day cycle, 2 loading days 42 days on 500 calorie diet with drops, and 3 days on 500 calorie diet without drops. However, they must NOT begin the next cycle sooner than six weeks after the first cycle ends. The regimen is the same. If extra weight loss is necessary, three, four or five cycles, it is completely safe to do so, but extra time is required between each cycle. Dieters must omit HCG one day a week to keep from becoming immune to it if they are doing a longer cycle.

For the following 6 weeks between the **HCG ezTrim** Weight Loss Phase all foods are allowed except starch and sugar in any form, be careful with very sweet fruit such as bananas & mangos. After six weeks start the **HCG ezTrim** Weight Loss Phase again and note to add 2 more weeks to the six for every weight loss cycle done.

The HCG ezTrim 500 Calorie Daily Intake Diet

Breakfast: Yerba Mate or Chamomile tea in any quantity, drink this throughout the day. Only one tablespoonful of milk allowed in 24 hours. Use Xyletol or stevia. Chamomile aids in digestion and bowel problems and is invigorating and strengthening to the body. Yerba Mate raises metabolism, suppresses appetite, and helps the body burn calories through its 'thermogenic' effect. It contains B vitamins, minerals, and 15 amino acids and is a powerful source of antioxidants. Yerba Mate increases energy, stimulates

digestion and cleanses bowels. **If you don't use one of the teas then use either the Lower Bowel Formula, Quick Colon or Colon Cleanse Formula as this diet tends to be constipating.**

Lunch: 100 grams of organic veal, beef, chicken breast, ocean caught or freshwater white fish, lobster, crab, or shrimp. 4 oz. non-fat cottage cheese.. All visible fat must be carefully removed before cooking, and the meat must be weighed raw. It must be boiled or grilled without additional fat. Salmon, eel, tuna, herring, dried or pickled fish are not allowed.

One type of vegetable only to be chosen from the following organic vegetables: spinach, chard, chicory, beet-greens, green salad, tomatoes, celery, fennel, onions, red radishes, cucumbers, asparagus, cabbage, zuchinni,. **2 cups of each except 1 cup of tomatoes or onions.**

One breadstick (grissino) or one Melba toast.

An organic apple or orange, or a handful of strawberries or one-half grapefruit.

Dinner: The same four choices as lunch. Use a different protein for lunch & dinner.

The juice of one lemon daily is allowed for all purposes. Salt, pepper, vinegar, mustard powder, garlic, sweet basil, parsley, thyme, marjoram, etc., may be used for seasoning, but no oil, butter or dressing.

Tea, coffee, plain water, or mineral water are the only drinks allowed, but they may be taken in any quantity and at all times.

Drink 2 to 4 quarts of water per day.

The fruit or the breadstick may be eaten between meals instead of with lunch or dinner, but not more than than four items listed for lunch and dinner may be eaten at one meal.

No variations other than those listed may be introduced. All things not listed are forbidden, and the patient is assured that nothing permissible has been left out. The 100 grams of meat must be scrupulously weighed raw after all visible fat has been removed. There is no problem in breaking up the two meals. For instance having a breadstick and an apple for breakfast or before going to bed, provided they are deducted from the regular meals. The whole daily ration of two breadsticks or two fruits may not be eaten at the same time, nor can any item saved from the previous day be added on the following day.

HCG ezTrim Diet Vegan Protocol (keep to 500 calories)

Breakfast: Tea in any quantity without sugar. Only one tablespoonful of milk allowed in 24 hours. Stevia may be used as a sweetener.

Lunch: Choose one item from each:

- 1) 1 serving of Ezekiel bread OR 1/2 cup cooked quinoa OR 28 grams raw brown rice protein powder
- 2) One type of vegetable only to be chosen from the following: spinach, chard, chicory, beet-greens, green salad, tomatoes, celery, fennel, onions, red radishes, cucumbers, asparagus, cabbage.
- 3) An apple or an orange or a handful of strawberries or one-half grapefruit.

Dinner: The same four choices as lunch

Managing Plateau's

If you reach a plateau (where you don't lose weight for two days in a row) do not be discouraged. This is very common. Your body is simply adjusting to a new, lower calorie diet and body weight. We suggest doing one or all of the following:

- Drink more water. Water intake should be between 2/3 to one gallon a day.
- **Dr. Simeons suggests an apple day. For one whole day eat up to six apples.**
- Take more **HCG ezTrim** drops to help break the plateau and kick your weight loss back into gear.

Phase II, 3 weeks - Stabilizing your new body weight

This is the most critical part of your weight loss program. Over these three weeks your body will lock in its new "set-point." This is where you can comfortably maintain your new weight with a healthy diet and regular exercise. Begin to add more food back into your diet, just **be sure to avoid sugar and starch for three more weeks.** It is best to add foods back in one at a time so you can see how your body reacts to each item. You can now have dairy, fats and oils, nuts, etc. Beware of extra sweet fruit like bananas and mangoes during this phase.

It is very important to continue to weigh yourself every morning during this time, as your body stabilizes at your new weight. You need to stay within 2 pounds of the lowest weight you reached in Phase I. If you go over 2 pounds, you must have a "steak day" to return to your low weight.

A "**steak day**" is where you don't consume anything all day except water. For dinner, you will eat a large steak. Later that evening you can either have 1 apple or 1 tomato. That's it. The following morning, you should be back within 2 pounds of your lowest achieved weight. This is how you will keep yourself from gaining back all the weight you lost in Phase I. If you gain more than 2 pounds during Phase II, you have been eating food that wasn't allowed (food containing sugar and starch), or your body had a bad reaction to a food that you reintroduced, causing intestinal swelling and water retention that manifests itself as a weight gain. It is during this phase that you will learn what foods your body doesn't digest well, and should be avoided.

This three week period is vital to help your body become comfortable with its new lower weight.

Phase III, 3 weeks - Final Transition & Maintenance Phase

After you have successfully stabilized your weight, you are ready to add all normal foods back into your diet, including bread and other starchy foods like potatoes, as well as food containing sugar, like mangoes, bananas, and sweets (in moderation, of course). You will have developed a taste for healthy foods, and it will be much easier for you to make good eating decisions at this point than it used to. You must continue to always weigh yourself in the morning, if you ever go 2 pounds above your lowest achieved weight, a steak day will put you back within your range, but it is important to do the steak day on the same day as the gain. Otherwise it is not as effective. You can maintain your new weight forever by following this system.

If you still need to lose more weight then start a new weight loss **Cycle**. It is up to you how many weight loss **Cycles** you go through. For each additional weight loss **Cycle**, *add 2* more weeks to **Phase III** to give the body more time to do a final adjustment to each new lower weight. **This is the HCG injection instructions, we have found people can diet longer with the HCG ezTrim drops, take breaks when needed for a few weeks, and then go back to the diet with great success**

****Be sure to read the original Dr. Simeons protocol if you have any health concerns, or would like to read about the HCG diet in more detail. We recommend following Dr. Simeons guidelines exactly to obtain the best results; the only modification is that instead of taking 1 injection of HCG per day, you will be taking 10 drops of HCG under your tongue 3 times per day. Sublingual drops have been found to suppress your appetite even more than the shots because the dosage is spread out though out the day instead of being administered all at once. If you are still hungry increase the dosage by one or two drops until you find your correct dosage. **The book The Weight Loss Cure, "They" Don't Want You to Know About by Kevin Trudeau is very a very good book to help people understand more about how the foods that we eat cause the hypothalamus imbalance and the inability to lose weight.**

FREQUENTLY ASKED QUESTIONS

Will I feel hungry while using HCG ezTrim? Because **HCG ezTrim** is mobilizing your stored fat, your body will be constantly fed by the broken down fat. Most dieters report a feeling of being satisfied while using **HCG ezTrim** even though their actual food intake is only 500 calories.

Are there side effects from using HCG ezTrim? Slight headaches are rarely reported as a mild side effect from using HCG but usually go away after the first week.

Can I take HCG ezTrim while using birth control? **HCG ezTrim** has not been shown to interfere with birth control.

What does homeopathic mean? Homeopathy is the second most widely used medical system in the world. The United States has seen a great rise in popularity as more and more dieters turned to more natural forms of treatment. Homeopathy is effective, natural and safe without danger.

What is the difference between HCG ezTrim drops and HCG injections? **HCG ezTrim** drops are taken under the tongue and directly absorbed into the body. Our homeopathic HCG does not require a prescription. HCG injections must be prescribed by a doctor and are administered by a shot .

Should women start taking HCG ezTrim when on their period? The best time for women to start the HCG weight loss program is immediately after their period or menstruation cycle. Homeopathic HCG can be taken every day of the month.

How do I keep my goal weight once I stop using HCG ezTrim? Don't think of **HCG ezTrim** as just a diet. The **HCG ezTrim** program helps reset your metabolism and your fat regulation system so your body no longer is triggered into storing unneeded fat.

Should I have a prescription and doctor involved while using HCG ezTrim? Whenever considering a weight loss program, consult with your healthcare provider. With that said, **HCG ezTrim** homeopathic drops do not require a prescription.

Can vegetarians use HCG ezTrim for weight loss? Yes, vegetarians can use **HCG ezTrim** for weight loss following the Vegetarian protocol.

Can HCG ezTrim be used while breastfeeding? It is best to ask your healthcare provider though it is known that **HCG ezTrim** is naturally produced by women during pregnancy and menstruation.

Can men use HCG ezTrim for weight loss? Yes, men find great success in using HCG for weight loss.

How can I only survive on 500 calories a day? HCG releases 1500 to 4000 calories (from your stored fat) with the additional 500 calories that you are eating is equal to a 2000 to 4000 calorie diet which is why dieters do not feel hungry while on the **HCG ezTrim** Diet.

Wouldn't I lose 1 to 2 pounds without HCG if I was eating only 500 calories? If you attempted to lose weight by only eating 500 calories it would eventually back fire because your body would think that you were starving and would begin to store additional fat.

Makeup and Skin Care

Certain lotions, creams and ointments and fats are absorbed through the skin and will interfere with weight reduction. Below are listed some of the products that work on the HCG diet.

Cosmetics: Oil free base/foundation, Max Factor Pancake, Bare Minerals, *Mineral type makeup, concealer-coverderm plus powder, Maybelline Oil Free foundation*

Deodorants: Baking Soda, Thai Deodorant Stone, Thai Deodorant Stick.

Face Soaps/Make Up removers: Neutrogena Oil Free Cream Cleanser, Witch Hazel, Neutrogena Oil-Free Acne Wash

Skin/Lip Moisturizers: Alba Oil Free Facial Moisturizer, Aloe Vera 100% Gel, Corn Husker's Lotion, Curel Continuous Comfort, Fragrance Free, Neutrogena Oil Free Facial Lotion, St. Ives Vanilla Lotion,

Soap: Baking Soda, Dial, Ivory, Jason's, Zest

Toothpaste: Baking Soda, Tom's of Maine Toothpaste, Dr. Christopher's Herbal Tooth Powder

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