



Consult a Naturopath

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Body Revive

Greetings and welcome to the Body Revive Program at Stevens Naturopathic Center. We hope this program will be an avenue to facilitate a positive shift in your overall health.

It is an unfortunate reality in the United States today that the majority of people are obese or overweight. Two-thirds of Americans are now too heavy for their own good. The United States is the third fattest country in the world behind only American Samoa and Kiribati (another Pacific Island nation). The reasons for this are complex and multi-factorial. It is our hope that through this program you will find a clearer understanding for the reasons for obesity and a proven solution to overcome this problem.

Most of us know the long term health consequences of being overweight. There are also various social and emotional components as well and we hope to address these through this program. We would like to be a support for you as we go forward, while you may become a support for other people in the program at the same time.

We will set up a private consultation with you to teach you the basics of the Body Revive HCG protocol and to take measurements. After that, we will check in weekly for further information and assistance. At the end, we would like to have a second brief visit to take your measurements again to assess progress and assist with your future goals.

Thank you for putting your trust in us and we look forward to taking this journey with you.

Sincerely,

Consult a Naturopath Team

Body Revive

Phases of the Body Revive Program

1. **Phase 1** – a highly recommended, but optional pre-round detox/cleanse
2. **Phase 2** – the active weight loss protocol with administration of HCG and calorie restriction.
3. **Phase 3** – stabilizing the weight loss. A crucial part of the program. Lasts for 3 weeks and involves daily weighing, avoidance of sugars and starches, and quick correction of any weight changes up or down.
4. **Phase 4** – gradually re-introducing starches and carbs and continuing weight stabilization until next round or to maintain for life, once goal weight is reached.

Disclaimer – These weight reduction treatments include either oral Human Chorionic Gonadotropin (HCG) or an injection of HCG, a drug which has not been approved by the Food and Drug Administration as safe and effective in the treatment of obesity or weight control. There is no substantial evidence that HCG increases weight loss beyond that resulting from caloric restriction, that it causes a more attractive or “normal” distribution of fat, or that it decreases the hunger and discomfort associated with calorie-restrictive diets.

Common Uses of HCG – HCG is presently relied upon as a medication for fertility and it is also used to safely promote the production of testosterone in males. It is not approved by the FDA for weight loss.

HCG Side Effects – The HCG side effects one will have to keep an eye out for include the onset of headaches, irritability, restlessness, slight water retention, tenderness of breast tissue, swelling of the injection site, and depression. There are some rare, severe side effects as well which include the development of ovarian hyperstimulation in females. The latter condition requires immediate medical treatment and is accompanied by the following symptoms: tremendous pain in the region of the pelvis, swelling of feet, legs and hands, abdominal pain, abdominal swelling, difficulty breathing, diarrhea, vomiting, nausea, a diminishing of urination, and weight gain. If a user of HCG notes any side effects it is recommended that he or she cease using the products immediately and that he or she seek out the assistance of a physician.

As with any weight loss program, there are no guarantees for individual weight loss. Information provided herein is based on historical research, studies, and results from the many thousands of former HCG weight loss clients. Individual success is dependent upon a variety of factors.

Body Revive

Phase 1

- **Phase 1:** Refers to a highly recommended, but optional detox protocol before a round. Dr. Simeons did not include phase 1 in his protocol, but modern programs have often added it. Perhaps this is because of increased toxicity in our age has given rise to problems during rapid weight loss.
 - Phase 1 can help minimize problems during a HCG round
 - Phase 1 is optional, but highly encouraged. It can be especially useful to do between rounds, before another round is begun.
- **Symptoms of needing to do Phase 1 before next round** (symptom may be present in Phase 2, 3, or 4)
 - Need of colon cleanse: constipation or diarrhea, gas/bloating, undigested food material in stool, very foul smelling stool, floating stool, stomachaches
 - Need of liver cleanse: Headaches, skin rash, brain fog, itchiness, joint pain, pale stools, upper right quadrant pain, fatigue, nausea, allergies, high cholesterol, history of lots of medication use, fibromyalgia symptoms, migraines
 - Need of a kidney cleanse: water retention, high or low blood pressure, kidney stones, heavy diuretic use, chronic bladder infections
- **Basic Protocol for all cleanses**
 - Drink lots of water – at least ½ gallon or more per day
 - Eat lots of whole fruits and vegetables
 - Increase fiber in diet. This can be done with lots of fruits, vegetables, and whole grains. We recommend a fiber supplement called Blue Heron that we sell with several different fibers, some digestive calming herbs, and some probiotics. Dose is 3-6 capsules, 2x per day with at least 8 oz of water.
 - Take fish oils. The HCG program will deplete essential fatty acids, so we highly recommend taking at least 1 tsp or 4 capsules of fish oil per day during phase 1, 3, and 4. We recommend a pharmaceutical fish oil like Pharmax (what we sell) or Nordic Naturals or Natural Factors (at Pilgrims or Super Supplements).
 - Take a green food product. We stock a good tasting one called Greens First or any formula with spirulina/chlorella/wheatgrass/barley greens or combination will be good. This helps to replace trace nutrients lost.
 - Colon hydrotherapy – we recommend 1-3 times per week. Colon hydrotherapy definitely will be beneficial for weight loss maintenance. Colon hydrotherapy helps to take some of the burden off of the liver, colon, and kidneys to allow them to function better.
 - Massage, sauna, sweating, dry skin brushing, exfoliation, hot Epsom salt baths, deep breathing, and light exercise are great supportive adjunctive treatments for detoxification.

- **Protocol for Colon Cleanse**
 - Follow basic protocol plus the following:
 - Digestive enzymes. This can be helpful when getting back onto more foods after Phase 2 or anytime before a next round. Some people do better with more stomach acid support while others need more pancreatic enzyme support. Talk to one of the doctors for what is right for you.
 - Optional – If you have a long history of stomach and digestive problems, consider a bottle of GI Repair Nutrients to give your digestive tract the nutrients it needs to heal.
 - Length of time: 1-3 weeks

- **Protocol for Liver Cleanse**
 - Follow basic protocol plus the following:
 - Colon hydrotherapy – we recommend 1-3 times per week. Colon hydrotherapy definitely will be beneficial for weight loss maintenance. Colon hydrotherapy helps to take some of the burden off of the liver, colon, and kidneys to allow them to function better.
 - Liver Cleanse by Thorne: take 2 capsules, 2x per day with food or some other liver herb formula containing herbs like milk thistle, artichoke, turmeric, dandelion, burdock, etc.
 - Detox Tea by Yogi teas or Traditional Medicinals available at Pilgrims, Super 1, or Fred Meyer. Drink 3 cups or more per day.
 - Duration: 1-3 weeks.

- **Protocol for Kidney Cleanse**
 - Follow basic protocol plus the following:
 - Colon hydrotherapy – we recommend 1-3 times per week. Colon hydrotherapy definitely will be beneficial for weight loss maintenance. Colon hydrotherapy helps to take some of the burden off of the liver, colon, and kidneys to allow them to function better.
 - Kidney Support Tea. We like Uriseptic tea by Wise Woman Herbals or you could find other kidney support teas. We also have some kidney herbal formulas in pill form, but teas are best for kidneys.
 - Duration: 1-3 weeks.

- **Other options:**
 - We sell a hypoallergenic protein powder called Bio-Cleanse that is designed to support the body through detoxification. It is best blended with frozen fruit.

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How to Administer HCG

How to Inject HCG:

Note if you get HCG pre-drawn from our office, it may only be at 15 line (0.15 ml), this is because we mix at different strength in office due to bottle size. The dose is still the same at 200 iu per day.

1. Wipe area of skin to inject with alcohol swab and let dry completely. The easiest location is in the thigh about 6 inches below hip and about 1 inch to the outside of the midline of the thigh. Other spots for injection include stomach or outer part of hip.
2. Pinch a roll of fat tissue and press needle through skin.
3. Press plunger all the way down. Release your pinch of skin and then pull needle out.
4. Dispose of needle and syringe in a sharps container.

Note: If you pick up your injections in our office, disregard the instructions below

How to Reconstitute HCG:

1. Take caps off of HCG and Bacteriostatic Water Vials
2. Wipe top of both bottles with alcohol swab.
3. Open 5 ml syringe and needle packages. Twist needle onto syringe.
4. Draw syringe back to 5 ml to put an equal amount of air into vial as water you are drawing out. Carefully insert needle into Bacteriostatic Water vial, push in 5 ml of air, and then draw out 5 ml of water. It is best to have vial on firm surface and push needle straight down into the vial, then turn syringe and vial upside down to draw the liquid out.
5. Remove needle and syringe carefully insert needle into HCG vial. Often the vacuum seal will pull the water in, if not slowly push water into the HCG.
6. Remove needle and dispose in sharps container.
7. Gently invert the HCG vial a few times to dissolve all of the powder. Keep vial in the refrigerator after reconstituted. Keep medicine in the dark – either in a dark bag or wrap vial in foil.

How to draw HCG into Insulin syringes:

1. Using an alcohol swab, wipe top of bottle of HCG and let dry completely.
2. Open an insulin syringe with needle. Remove cap.
3. Pull back on syringe to 0.2 ml or the 20 line on syringe. We need to put an equal volume of air into vial as liquid we are going to remove to prevent vacuum from forming.
4. With vial on firm surface, insert needle straight down. Press plunger down to put air into vial. Turn vial and syringe upside down and draw out medicine to 0.2 ml or to the 20 line on syringe. Often it helps to overdraw and then push back to the proper line. Avoid any bubbles or air pockets in syringe.

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How do I get started with Phase 2?

Suggested Shopping List:

- A bathroom digital scale (best if measures to the 0.1)
- A food scale to measure 100 grams
- Grill (ie. George Foreman Grill) and Steamer for food preparation
- Spices without oil, sugar or seeds
- Teas, any teas; Yerba Mate Tea is good appetite suppressant
- Water; filtered or spring is recommended, mineral is okay as long as there are no calories or artificial sweeteners
- Organic Vegetables, fruits and meats; highly recommended
- Oil free lotion, bath wash, or shampoo
 - Vaseline Intensive Care and Corn Husker's lotion is okay
- Apple Cider Vinegar – No balsamic or wine vinegars; white vinegar is okay
- Stevia – preferred natural no calorie sweetener found in health food section; “Sweet Leaf” makes a variety of flavors, also “NuStevia” is good, “TruVia” has been known to stall some people

Avoid: Artificial ingredients (sweeteners/flavors/colors), Worcestershire, liquid smoke, balsamic vinegar, rice vinegar, asian seafood seasoning, Lawrey's seasoned salt, and garlic salt.

READ LABELS! WATCH FOR SUGARS, OILS AND SEEDS.

Other Worthy Details:

- The juice of one lemon is allowed every day
- Caffeine is allowed
- Alcohol is not allowed
- The foods may be spread out as long as the overall quantity doesn't change. You may NOT want all the allowed food at one time however! Do NOT combine the whole daily allowed fruits at one time.
- Meat must be measured raw with all visible fat removed (pre-weigh and portion out in single serving baggies, then either refrigerate or freeze until ready to use)
 - Shortcut: 100g of raw chicken converts to 84g of grilled chicken
- Spices may be used, as long as there is no oil or butter, or anything artificially derived.
 - The term *spices* on a label usually represents artificial flavoring
- Many restaurants are willing to prepare a “protocol” meal if you ask in advance
- Your HCG should be taken at the SAME TIME each day
- Keep a food, weight, and thought journal. Write in it every day! Bring your journal to have it reviewed if you like
- Upon rising, empty bladder, and weigh ONCE. Record weight in journal, daily.

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Load/Gorge Days

For the first 3 days of HCG dosing, you need to load/gorge

- Dr. Simeons explained that the reason for this is to rebuild your normal fat stores
- From experience, those who don't do this generally lose less weight and are more hungry than those who do
- Any weight gained (and it is good to try and gain at least a pound or more) will quickly be lost in the first few days of the low calorie diet
- In addition, HCG takes a few days to build up to therapeutic doses in the body, so your body is not ready for calorie restriction yet
- It seems contradictory, but this is a very important part of the program

Trick is to focus on high fat foods

- Many people do eat lots of fast foods on these days because they have high fat contents
- Other healthier suggestions include:
 - Olives, avocados
 - Heavy cream, cheese, butter, cream cheese, sour cream
 - Beef, sausage, bacon, liverwurst
 - Nuts (almonds, macadamia nuts, walnuts, pecans)
 - Cheesecake (not really healthy, but a favorite of many)

Make sure to eat your favorite foods/treats

- You won't be able to eat these foods for the next portion of the diet
- Try to gain weight in this portion, again, it will come off. When else in life do you get to truly indulge without any guilt? Enjoy yourself!

Most people find it hard to continue to gorge on the third day

- Usually by the end of Day 3, most people do not feel like eating much anymore. This is a sign that the HCG is now building in the system and the body is ready for the low calorie diet to begin
- Some protocols call for a 5 day gorge. Usually this is on sublingual protocols, which take longer to build in the system, or with a diet history of severe calorie restriction. If you are still very hungry at the end of day 3, consider doing one more day.

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Phase 2 Daily Schedule and Menu

Morning:

- Weigh yourself (preferably after eliminating)
- Take HCG
- Drink Tea or Coffee
- Drink water (at least 16 oz).

Breakfast:

- Optional Ultralean Protein Shake
- Otherwise only tea or coffee without milk, cream or sugar

Lunch:

- Eat a protein, veggie, and fruit
- Drink Tea, water, or coffee

Dinner:

- Eat a protein, veggie, and fruit
- Drink tea, water, or coffee
- All food eaten before 6:00pm

Miscellaneous:

- Allowed: raw apple cider vinegar, unsweetened rice wine vinegar, juice of 1 lemon per day, spices, stevia (natural sweetener), yellow mustard, hot sauces (check for sugars).
- Drink at least ½ gallon water, 2 cups of tea.
- Optional oil: MCT oil - up to 2 T per day maximum.

First 3 days:

Eat as much food as possible especially high fat foods to build up stores of normal fats.

Proteins

(100g raw or 84g cooked – trim all fat before cooking)
Chicken Breast
Crab
Shrimp
Halibut/Cod
Sole/Tilapia
Other whitefish
Buffalo/Elk/
Venison/Yak
Grass-fed Sirloin
1 cup nonfat cottage cheese
Eggs-4 whites/1yolk

Veggies

(One Handful)
Spinach
Chard
Beet greens
Green salad
Tomatoes
Celery
Fennel
Onions
Red radishes
Cucumbers
Asparagus
Cabbage

Fruits

(One serving)
Apple
½ Grapefruit
Orange
Strawberries (handful)
Bread
(optional)
2 Melba Toast
or
2 Grissino
Breadstick

Teas

(Unlimited)
Green tea
Yerba mate
Any herbal

Fats/Oils

None allowed except optional MCT oil – max of 2 T per day

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Date: _____ Injection #: _____ Weight: _____ Daily Loss: _____ Total Loss: _____

Daily Diet Log:

Breakfast: _____

Lunch: _____

Dinner: _____

Snack (if not eating fruit with lunch/dinner): _____

Hunger: 1 2 3 4 5 6 7 8 9 10

Water (8oz glasses): 1 2 3 4 5 6 7 8 9 10+

Journal Notes:

Date: _____ Injection #: _____ Weight: _____ Daily Loss: _____ Total Loss: _____

Daily Diet Log:

Breakfast: _____

Lunch: _____

Dinner: _____

Snack (if not eating fruit with lunch/dinner): _____

Hunger: 1 2 3 4 5 6 7 8 9 10

Water (8oz glasses): 1 2 3 4 5 6 7 8 9 10+

Journal Notes:

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Additional Information

- Avoid Lotions and oils while on the program as these contain high amounts of fats that are absorbed from the skin and can interfere with weight loss.
 - Okay lotions include: Oil free moisturizers (Trader Joes has good facial moisturizer), MCT oil topically, Corn Huskers Lotion for hands, Small amount of Petroleum based lotion – Vaseline Intensive Care, Curel, Eucerin, etc.
- Aspirin and ibuprofen are allowed if absolutely necessary.
- No suntan lotions or oils are allowed so be careful in the sun. Water based spray sunblock is okay.
- Massage is highly discouraged because of the lotion or oil they use. MCT oil if used, is okay.
- The fruit can be used at times other than the two meals.
- Medications:
 - If there are on any medications you take as needed, try to avoid them as much as possible during the program.
 - If there are any medications you've been prescribed to take regularly, you should remain on them during the program. Talk to one of the doctors if you have any questions.
- Duration of program
 - People with less than 15 lbs to lose should do a 23 day protocol. This is the minimum length needed to “reset the hypothalamus” so we never do less than 23 doses of HCG.
 - People with more than 15 lbs to lose can do up to a 43 day protocol. The program is stopped once a person has lost 34 lbs (40 lbs for morbidly obese patients) or reached 43 doses of HCG, whichever comes first.
 - On the 23 day program, HCG is taken daily. On the 43 day program, HCG is taken 6 days a week with one day off, which stretches the program to 50 days. The diet is maintained on the off day.
- Further Courses: a second course can be started after a 6 week break. If additional rounds are needed, a longer period of waiting is required between courses.
- Plateaus: Often during the course, weight loss may stall for anywhere from 1 day to 1 week. There are various reasons for this (see Stalls and Plateaus). Continue the program and weight loss should resume.

Additional Information for Women

- Do not take any HCG on days you are menstruating. Continue the 500 cal diet on these days. The best time to start a course is right after a period. There should be at least 10 days from the start of course until the expected onset of the period.
- No cosmetics other than lipstick, lip/eye pencil and/or powder as many contain fats. Liquid based concealers are especially problematic. Mineral makeup and powder are okay.
- Birth control medications may be used while on the protocol. HCG is used in higher doses for infertility, so there are no reported stories of women becoming pregnant on the program.

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Optional Support

- **Ultralean protein powder** – a low calorie, good tasting protein powder that can be used by some people for a breakfast drink. Contains fibers and nutrients to support in weight loss. Most have found it speeds up their weight loss, a few have had the opposite experience. Comes in chocolate, vanilla, vegan chocolate or vegan vanilla.
- **MCT Oil** – Medium Chain Triglyceride Oil. A fat made from coconut oil that the body cannot store and promotes weight loss. Maximum of 2 Tbsp per day. Available at Super Supplements, Mother’s Cupboard, or other health food stores.
- **Homeopathic Evaluation and Treatment** – an hour long visit with Dr. Jeremiah to come up with a homeopathic medicine to help with the emotional aspects of eating. See “Hello and Welcome to Lake City Naturopathic Care” letter for an explanation of homeopathy and how it can benefit you.
- **Colon Hydrotherapy** – not recommended during active program, but is a great detox tool for before and after to help the liver and digestive tract better deal with rapid fat breakdown.
- **Bloodwork** – we can order bloodwork before or after (or both) your program. Examples include cholesterol, blood sugar, triglycerides, thyroid, liver function, kidney function, etc. Cost varies depending on tests.
- **Additional Testing Available**
 - **Food allergy testing** – often food allergies can be at the heart of weight gain. Measures blood antibodies to 96 foods from a single fingerstick.
 - **Hormone testing** – using saliva samples, we test for estrogen, progesterone, testosterone, DHEA, cortisol, and others. Cost varies depending on what is tested.
 - **Digestive analysis** – using stool samples, we can test for parasites, harmful bacteria, inflammation, poor digestion, poor absorption, and other problems that contribute to poor health and weight gain. Cost varies depending on test.
- **B-12, B-complex, MIC (Methionine, Inositol, Choline) treatments** – using these nutrients we can help support your body and your liver through the rapid breakdown of fat stores. Can help with low energy, headache, detoxing feeling some people experience.

If you have any questions about any of these or any other services we offer, speak to one of the doctors to see if these would be right for you. Remember the program can be done without these, but they can assist and help you through the experience and to assist with your long term health goals.

Body Revive

Stalls In Weight Loss

Dr. Simeons described 4 types of stalls or plateaus which are normal. There can be stalls that are due to a dietary or lifestyle indiscretion. This article will explore both of these. Italics are quotes taken directly from Dr. Simeons "Pounds and Inches".

Normal Plateaus

1. **Normal Water Weight Fluctuations:** *After the fourth or fifth day of dieting, the daily loss of weight begins to decrease to one pound or somewhat less a day, and there is a smaller urinary output. Men often continue to lose regularly at that rate, but women are more irregular in spite of faultless dieting. There may be no drop at all for two or three days and then a sudden loss which reestablishes the normal range. These fluctuations are entirely due to variations in the retention and elimination of water, which are more marked in women than men.*

There are normal fluctuations in water weight when the body is losing fat tissue. This may show up as a stall for a few days or so (usually no more than 2-3 days) as the body is adjusting the water balance. If this is the case, first try drinking more water to help flush the body of water.

2. **The Plateau:** *The second type of interruption we call a "plateau". A plateau lasts 4-6 days and frequently occurs during the second half of a full course, particularly in patients that have been doing well and whose overall average of nearly a pound per effective injection has been maintained. Those who are losing more than the average all have a plateau sooner or later. A plateau always corrects itself, but many patients who have become accustomed to a regular daily loss get unnecessarily worried and begin to fret. No amount of explanation convinces them that a plateau does not mean that they are no longer responding to normal treatment.*

Recall that the average weight loss is about 1 lb. per day. If someone has been losing more than this, often the body will correct back to average by a plateau. This is a completely normal process and as long as the person is not hungry, it is nothing to worry about. The body is still responding to HCG. If psychologically this is difficult for you (which is often the case), Dr. Simeons recommended trying either an apple day or a diuretic.

3. **Reaching A Former Level:** *The third type of interruption in the regular loss of weight may last much longer – ten days to two weeks. Fortunately, it is rare and only occurs in very advanced cases, and then hardly ever during the first course of treatment. It is seen only in those patients who during some period of their lives have maintained a certain fixed degree of obesity for ten years or more and have then at some time rapidly increased beyond that weight. When then in the course of treatment the former level is reached. It may take two weeks of no loss, in spite of HCG and diet, before further reduction is normally resumed.*

Sometimes when someone was at a stable weight for many years and then had another weight gain, when they reach the original weight, the HCG diet will stall. It is useful to keep going, but can take up to 2 weeks to get back to losing. Stick to it.

4. **Menstrual Interruption:** *The fourth type of interruption is the one which often occurs a few days before and during the menstrual period and in some women at the time of ovulation. It must also be mentioned that when a woman becomes pregnant during treatment – and this is by no means uncommon – she at once ceases to lose weight. An unexplained arrest of reduction has on several occasions raised our suspicion before the first period was missed. If in such cases, menstruation is delayed, we stop injecting and do a precipitation test five days later. No pregnancy test should be carried out earlier than five days after the last injection, as otherwise the HCG may give a false positive result.*

Menstruation and pregnancy will stop weight loss. Some women will also stop losing at ovulation.

Stalls Due To Dietary Errors:

Any interruption of the normal loss of weight which does not fit perfectly into one of those categories is always due to some possibly very minor dietary error. Similarly, any gain of more than 100 grams is invariably the result of some transgression or mistake, unless it happens on or about the day of ovulation or during the three days preceding the onset of menstruation, in which case it is ignored. In all other cases the reason for the gain must be established at once.

The patient who frankly admits that he has stepped out of his regiment when told that something is wrong is no problem. He is always surprised at being found out, because unless he has seen this himself he will not believe that a salted almond, a couple of potato chips, a glass of tomato juice or an extra orange will bring about a definite increase in his weight on the following days.

Troubleshooting Questions If You Are Stalled:

1. Did you use any oils or lotions on your skin?
2. Did you get any fats on your skin while preparing meals for others?
3. Did you eat chicken that is not breast meat or ground meat that has fillers or fat?
4. Did you eat any kind of turkey, any smoked meat or fish, or wrong types of fish?
5. Did you drink any alcohol, juice, or soda?
6. Did you eat a meal that might have had some unknown/hidden fat or sugar?
7. Are you cooking with Pam? Even though it is calorie free it has stalled some people.
8. Are you using nutrasweet (aspartame), splenda (sucralose), or powdered stevia packets that have maltodextrin or lactose in it?
9. Are you getting at least 8 hours of sleep at night?
10. Did you take any pills that could have additives in them or sugar coatings?
11. Are you weighing your proteins carefully for each meal?
12. Are you drinking at least 2 liters/64 ounces of water daily?
13. Are you eating any foods not on the HCG diet approved list?
14. Is it close to your menses or ovulation?
15. Are you at a weight that you maintained for an extended time in the past?
16. Are you using protein powder or MCT oil? This can stall some people?

Suggestions To Break A Stall:

1. Drink more water
2. Try walking a little during the day
3. Only eat organic
4. Check spice labels for hidden calories/fats
5. Try drinking a couple teaspoons of apple cider vinegar in water (can use stevia to sweeten) 1-2 times per day
6. Try eating earlier in the day
7. Vary your fruits and vegetables
8. If drinking over a gallon of water per day, cut back to 2 L.
9. Try an apple a day: An apple-day begins at lunch and continues until just before lunch of the following day. You get six large apples to eat in a 24 hour period and you can eat one whenever you feel the desire, though six apples is the maximum allowed. During an apple-day no other food or liquids except plain water are allowed. Only drink just enough to quench an uncomfortable thirst, if eating an apple still leaves you thirsty. Most patients feel no need for water and are quite happy with their six apples. Needless to say, an apple-day may never be given on the day on which there is no injection. 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 the patients resume their normal 500-calorie diet at lunch, and on the following days they continue to lose weight satisfactorily.

Note: It is useless to give an apple-day or a diuretic unless weight has been stationary for at least 4 days without any dietary error having been committed.

Overall, hang in there. As long as you are not ravenously hungry, you are still progressing. You will start to reduce again. If you do everything right, the stall will end and you will begin losing again. Sometimes, even though the scale is not changing you are still losing weight.

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Phase 3

Day Of last HCG Dose:

- Follow exactly the phase 2, very low calorie, diet on the last HCG day and for the next 72 hours (not days). Be sure to record your last HCG dose day weight
- Begin counting the 72 hours from the time of the last HCG dose
- During the 72 hours, a very slight increase in your diet, such as an extra apple, 150 grams of meat or two or three extra breadsticks may be allowed if you feel much hungrier or weak.
- You continue to follow the low calorie diet because your body is flooded with HCG and it should take about 4 days for it to leave the body

Phase 3 – Maintenance:

- Phase 3 is for three weeks and begins 72 hours (not days) after the last HCG dose
- In phase 3 you eat normally with the exception of no sugar and no starch. Continue to drink plenty of water daily
- During this period, the so-called carbohydrates, that is sugar, rice, bread, potatoes, pastries, etc., are by far the most dangerous. If no carbohydrates whatsoever are eaten, fats can be somewhat indulged in more liberally. As soon as fats and starch are combined, things are 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.
- Eat something 6 times per day. It is very important to eat a full breakfast, lunch and dinner, and have 3 snacks, ideally consisting of a minimum of 2 apples and a grapefruit a day.
- Your window weight is 2 lbs. up and 2 lbs. down from your weight on your last injection day. For example if your final weight was 150 lbs, your window weight would be 148-152. As long as you are in your window, everything is fine. If you go outside your window weight, even by a fraction of a pound, you need to correct your weight to get back in your window.
 - Only weigh first thing in the morning after eliminating
 - If you go below your window weight, you need to eat more to get back in it.
 - If you go over your window weight, you need to do a steak day, that day, to get back into your window weight. See below to do a steak day.
- The goal of Phase 3 is to maintain your new weight loss, not to lose more weight. Do not gain or lose more than 2 lbs. since your last HCG injection day weight. This is important because the hypothalamus is being reset, as is the body's "base weight", and any weight loss during this time frame is at the expense of normal fat which is easily regained later.
- Weigh yourself daily as it takes about three weeks before the weight reached at the end of the Phase 2 treatment becomes stable (ex. Does not show violent fluctuations after an occasional excess).
- After 3 weeks, we transition into phase 4, when starches and carbs are slowly re-introduced. It is important to continue daily weighing into phase 4

Steak Day

- If you are above your window weight, even by a fraction of a pound, you need to do a steak day. Ideally, the steak day should be done on the same day that the scale first shows a number above the window weight.

- To do a steak day, only drink water all day long. Then for dinner, eat as large of a steak as you can along with either an apple or tomato.
- A steak day will usually cause a weight loss of approximately 2 pounds or more. This should put you back into your window weight by the next day.
- The steak day can be done in phase 3 or 4, but never in phase 2.

Helpful Phase 3 Recommendations

- Eat a large breakfast
- Finish your dinner 3 hours before bedtime
- Daily take 1-3 teaspoons (or 2 Tbsp) of raw apple cider vinegar, diluted with water. Many resources claim extensive benefits, particularly, increased weight loss.
- No highly refined and super highly refined foods, including white sugar and white flour.
- Organic is recommended so that you avoid consuming all of the things that are designed to overtax your hypothalamus and create the conditions of obesity. Try to eat as organic as possible.

Starches To Avoid In Phase 3

- Bread
- Pasta
- Cereal
- Rice
- Beans
- Crackers
- Chips
- High sugar fruits: bananas, grapes, mango, peaches, nectarines
- High starch vegetables: potatoes, sweet potatoes, yams, carrots, corn, beets
- Milk and Dairy (cheese and butter are allowed)
- Anything with sugars added. Read Nutrition Facts labels, which will say content of sugars. Do not eat anything with more than 5g carbohydrates (unless it is all in the form of fiber) or 2 g of sugars
- Cakes, cookies, candy, pastries, etc...
- Dried Fruit
- Juice, Sodas

Foods To Focus On

- Meat/Poultry/Fish
- All fruits (except those listed above) For example: apples, oranges, citrus, berries, pears
- All vegetables except those listed above
- Nuts/Seeds
- Nut butters – almond, cashew, peanut
- Cheese
- Eggs
- Butter and vegetable oils are okay
- Can look for 'Atkins' and 'South Beach' recipes

Body Revive

Phase 4

Phase 4 begins after the 3 weeks of Phase 3

- Phase 3 is for 3 weeks and begins 72 hours (not days) after the last HCG does

- Recall that in Phase 3 you eat normally with the exception of no sugar and no starch. Continue to drink plenty of water daily

Phase 4 can either be until the next round is started or for life

- When additional courses of HCG are needed, the 3 week maintenance period of Phase 3 is ALWAYS followed by the beginning 3 weeks of Phase 4, when sugar and starch are slowly added. (This second set of 3 weeks is now commonly known as the beginning maintenance weeks of Phase 4.)
- The maintenance interval between Phase 2 courses increases incrementally as Phase 4 becomes increasingly longer with each additional HCG course. (See interval list below.)
- Because there is a possibility of developing immunity to HCG, it takes about a 6 week pause before the HCG again becomes fully effective.
- After your goal weight is reached, complete Phase 3 followed by the beginning 3 weeks of Phase 4 maintenance, which is when you SLOWLY begin to add back in sugar and starch as you follow the requirement not to gain or lose more than 2 lbs. after emptying your bladder. Going forward 'SLOWLY' is the key word to success. Afterward, you stay on Phase 4, for the rest of your life.
- If you still need to lose more weight: After completing the Phase 3 and Phase 4 maintenance interval that follows each course of Phase 2, you can then begin to use Phase 2 again. This next course of HCG rounds is commonly referred to as Round 2 of Phase 2.
- Interval List for Additional Rounds of Phase2: After each additional Phase 2 course, the maintenance interval should be made progressively longer.
 - Round 1: 6 week break (3weeks of P3 and 3 weeks of P4)
 - Round 2: 8 week break (3 weeks of P3 and 5 weeks of P4)
 - Round 3: 12 week break (3 weeks of P3 and 9 weeks of P4)
 - Round 4: 20 week break (3 weeks of P3 and 17 weeks of P4)
 - Round 5: 6 months (3 weeks of P3 followed by P4)

When you have reached your desired goal weight, and after successfully completing the maintenance interval, you continue using Phase 4, which will be followed for the rest of your life.

General process is to gradually introduce starches back into diet, always checking weight:

- Dr. Simeons recommended gradually adding starches back into diet, controlled by morning weighing
- Try one starch at a time in small amounts
- If you gain weight (especially if over 4 lb window), keep this starch out of diet until weight is lost. Can also do a steak day as in Phase 3 to get back in range.
- If this process is done carefully, it is possible to identify which starches the body is sensitive to and which you can tolerate well.

Good starches to begin with:

- Sweet potato (1/2 cup)

- Rice (preferably brown/whole grain, ½ cup)
- Beans (1/2 cup)
- Corn (1/2 cup)
- Grapes (small bunch)
- Cherries (1/2 cup)
- Banana (1)
- White potato (1/2 cup)

After you have been able to maintain for a couple of weeks, consider trying:

- Oatmeal
- Pasta
- Bread
- Dried fruit
- Occasional sweet

Warnings:

- Dr. Simeons warns specifically against the mixing of starches and fats. For whatever reason this combination seems to promote weight gain in many people.
- Beware of stress and emotional eating
- It is probably good to continue weighing daily or at least 1-2x per week to make sure the weight is not creeping back. Continue to give yourself a 2 lb. window up or down. Over time this will “train” your metabolism to this new normal.
- You cannot simply trust how your clothes fit, since regained weight may spread diffusely throughout the body. In other words, the scale will catch it prior to your jeans feeling snug.

What Is My Ideal Body Weight?

- See chart on the next page for ideal body weight ranges
- The terms small, medium, and large frame are somewhat subjective. You can estimate your frame size by putting your thumb and index finger around your wrist.
 - If your thumb and finger overlap, you have a small frame
 - If they just barely touch, you have a medium frame
 - If they do not touch, you have a large frame
- We have become used to obesity in America so these numbers may seem artificially low, but they are based on insurance estimates of longest lifespan.

WOMEN				MEN			
Height	Frame Size			Height	Frame Size		
Ft. In.	Small	Medium	Large	Ft. In.	Small	Medium	Large
4'10"	102-111	109-121	118-131	5'2"	128-134	131-141	138-150
4'11"	103-113	111-123	120-134	5'3"	130-136	133-143	140-153
5'0"	104-115	113-126	122-137	5'4"	132-138	135-145	142-156

5'1"	106-118	115-129	125-140	5'5"	134-140	137-148	144-160
5'2"	108-121	118-132	128-143	5'6"	136-142	139-151	146-164
5'3"	111-124	121-135	131-147	5'7"	138-145	142-154	149-168
5'4"	114-127	124-138	134-151	5'8"	140-148	145-157	152-172
5'5"	117-130	127-141	137-155	5'9"	142-151	156-160	155-176
5'6"	120-133	130-144	140-159	5'10"	144-154	151-163	158-180
5'7"	123-136	133-147	143-163	5'11"	146-157	154-166	161-184
5'8"	126-139	136-150	146-167	6'0"	149-160	157-170	164-188
5'9"	129-142	139-153	149-170	6'1"	152-164	160-174	168-192
5'10"	132-145	142-156	152-173	6'2"	155-168	165-178	172-197
5'11"	135-148	145-159	155-176	6'3"	158-172	167-182	176-202
6'0"	138-151	148-162	158-176	6'4"	162-176	171-187	181-207

Helpful Phase 4 recommendations:

- Eat a large breakfast
- Finish your dinner 3 ½ hours before bedtime
- Organic is recommended so that you can avoid consuming all of the things that primarily overtax your hypothalamus and create the conditions of obesity. Try to get 80% of your food organic
- Basic supplement protocol for most people to consider:
 - Whole food based multivitamin and/or Green Food Product (Barley grass, spirulina, chlorella, etc.)
 - Fish oil supplement-very important as you want to replace good fats lost in P2
 - Calcium/Magnesium supplement
 - Vitamin D supplement
- Consider a personal consultation with one of the naturopathic physicians to address other health care goals and long term health promotion/risk avoidance.

Body Revive

Food Additives to Avoid

- Hidden Sources of Sugar
 - Sucrose - table sugar, brown sugar, powdered sugar, cane sugar, corn syrup, and sorghum, honey and maple syrup.
 - Other sugars - glucose, dextrose, lactose, maltose, galactose, and fructose
 - Especially bad – high fructose corn syrup

- Other tricky ones: agave, barley malt, beet sugar, carob syrup, corn syrup solids, corn syrup, date sugar, diastase, diastatic malt, ethyl maltol, fruit juice, fruit sweetener, glucose solids, grape sugar, invert sugar, malt syrup, malto-dextrin, mannitol, maple sugar or maple syrup, molasses, raw sugar, refiner's syrup, rice sugar, sorbitol, turbinado sugar
- Artificial sweeteners to avoid:
 - Acesulfame potassium/ Acesulfame K (Nutrinova)
 - Aspartame (NutraSweet/Equal)
 - Saccharin
 - Sucralose (Splenda)
- Okay sugars to try during different phases:
 - Phase 2 and 3 only Stevia allowed
 - Phase 4 can try:
 - agave syrup
 - xylitol, mannitol, sorbitol (All of these are sugar alcohols which do not absorb in the digestive tract. Too much can cause some loose stools)
 - Try based on weight gain. Can also work in other natural sugars like molasses, maple syrup, honey, etc again based on weight gain.

An Interesting Statistic:

- In 1700, the average person consumed about 4 pounds of sugar per year.
- In 1800, the average person consumed about 18 pounds of sugar per year.
- In 1900, the individual consumption had risen to 90 pounds of sugar per year.
- In 2009, more than 50% of all Americans consume one-half pound of sugar PER DAY- translating to a whopping 180 pounds of sugar per year!

Remember it's not the quantity of food, it's the quality! Otherwise stated as, it's not the calories we eat, it's the chemicals that it's laced with. The closer we return to eating real food from the earth, not the factory, we may avoid the modern plagues of obesity, diabetes, heart disease and some cancers.

Body Revive

Hidden Names of MSG

The following substances contain the highest percentage of factory created free glutamate, with MSG containing 78%:

MSG	Gelatin	Calcium Caseinate
Monosodium Glutamate	Hydrolyzed Vegetable Protein (HVP)	Textured Protein

Monopotassium Glutamate	Hydrolyzed Plant Protein (HPP)	Yeast Extract
Glutamate	Autolyzed Plant Protein	Yeast Food or Nutrient
Glutamic Acid	Sodium Caseinate	Autolyzed Yeast
Vegetable Protein Extract	Senomyx (wheat extract labeled as artificial flavor)	

Hidden Names of Sugars

To make it easier to identify the sugars in packaged food products, here is a list of a hundred alternative names for hidden sugars

Amasake	D-tagalose	Karo Syrups	Polyglycerides
Apple Sugar	Evaporated Cane Juice	Lactose	Powdered Sugar
Barbados Sugar	Florida Crystals	Levulose	Raisin Juice
Bark Sugar	Fructooligosaccharides	“Light Sugar”	Raisin Syrup
Barley Malt	(FOS)	“Lite Sugar”	Raw Sugar
Barley Malt Syrup	Fructose	Malitol	Ribose Rice Syrup
Beet Sugar	Fruit Juice Concentrate	Malt Dextrin	Rice Malt
Brown Rice Syrup	Galactose	Malted Barley	Rice Sugar
Brown Sugar	Glucitol	Maltodextrins	Rice Sweeteners
Cane Juice	Glucoamine	Maltodextrose	Rice Syrup Solids
Cane Sugar	Gluconolactone	Maltose	Saccharides
Caramelizing Foods	Glucose	Malts	Sorbitol
Carbitol	Glucose Polymers	Mannitol	Sorghum
Carmel Coloring	Glucose Syrup	Mannose	Sucanat
Carmel Sugars	Glycerides	Maple Syrup	Sucanet
Concentrated Fruit Juice	Glycerine	Microcrystalline Cellulose	Sucrose
Corn Sweetner	Glycerol	Molasses	Sugar Cane
Corn Syrup	Hexitol	Monoglycerides	Trisaccharides
Date Sugar	High-Fructose Corn Syrup	Monosaccharides	Turbinado Sugar
Dextrin	Honey	Nectars	Unrefined Sugar
Dextrose	Inversol	Neotame	White Sugar
Diglycerides	Invert Sugar	Pentose	Xylitol
Disaccharides	Isomalt	Polydextrose	Zylose