

HCG Quick Review of Step-by-Step for Success

*This is a Quick Overview, and not designed to give you all the information you need.
Be sure to read Pounds and Inches by Dr. Simeons for full details.*

Step 1

Commit to when you want to begin the diet. If you have an important event coming up, using that as one of your **three sequential** fat-loading days is a good idea. Be sure to order your Miracle Noodles from www.miraclenoodles.com on hand!

Step 2

Start the hCG the morning of your first (of three) fat-loading days. Eat as much highly-concentrated fats as you can – things like fried pork, eggs, bacon, butter, pastries, cream, whipped cream, ice cream, olive oil, etc. taking your appropriate doses of hCG for three full days. If you choose, you can even rub oil, such as olive or sesame, into your skin for a fuller saturation of oil into your body. I recommend ORGANIC for all fats, as fats store toxins – both in cattle and in humans.

Step 3

On the morning of Day 4, drop down to 500 calories a day, continuing the hCG. You may feel a little tired, hungry or have a headache for the first couple of days. Use the Miracle Noodles here to tide you over if needed, and be patient - your weight loss is beginning. I've found soaking the Miracle Noodles for a few minutes in lemon juice – after rinsing – is helpful in totally removing the scent from their packaging.

Step 4

Continue the 500 calories/day and the hCG until you reach your Optimal Weight. Ladies: If you begin your period before you reach your goal, go off the hCG just until your heaviness/bloating leaves, but stay on the 500 calories/day if you can.

Step 5

The morning you reach your Optimal Weight, take your final dose of hCG. For the next 72hours, remain on the 500 calorie diet without the hCG. This allows your system to be totally free of the frequency of hCG before the next step. There is a Phase 3 program available for purchase at www.synergia.bz to support you this phase. This is the MOST IMPORTANT part of resetting your hypothalamus, so you'll want to do this phase correctly!

At the end of 72 hours, and for the following **three weeks**, eat as much protein and good fats as you wish, and begin mixing your vegetables. Avoid all starches and sugars. Weigh each day, keeping your weight within 2 pounds of your desired goal. It is important in this phase to eat plenty of protein.

Step 6

At the end three weeks, GENTLY add in starches and sugars, weighing daily to see what, if anything, adds weight back on your body. I recommend one new item every three days. Stop eating those items that are problematic.