

HCG TIPS FOR GETTING STARTED CORRECTLY

First and foremost, read Pounds and Inches “cover to cover”! You will have the most success if you follow the original protocol. We don't think anyone should undertake something like this without first getting their homework done.

You will find a lot of forums, etc. where a lot of people follow Kevin Trudeau's guide, but there are a number of things we have found don't work for everyone, so for the best result stick to the original protocol.

Keep in mind that men tend to lose 1 pounds per day and women .5 per day. A lot of people lose a lot in the first week and then taper off so don't be frustrated when you are not losing like you did in the beginning.

You may need to play with your dosage. Start at 10 drops 3x a day and increase to 20 drops 3x a day after you begin the low calorie diet. You can max out at 96 drops per day.

Before you begin hCG

It is a good idea to give your body a little cleansing. Check out the Ultimate Detox or other detox methods on the blog. <http://MiracleSkinnyDrops.com>

Load, Load, Load!

Loading is key to making this a success for you! Those who don't load correctly have hunger for the first 3-4 days while those who load well report low-to-no hunger. Make sure you take the hCG on loading days. The loading works with the hCG to prep your body for the changes coming. Begin taking the drops 10 drops 3x a day during loading and then increase as needed up to 96.

The hCG burns your abnormal fat stores for fuel does not kick in until the third dose, so eating 500 calories without this effect of hCG will cause you problems in terms of losing structural fat and being extremely hungry until it does kick in.

Dr. Simeons' Protocol states to 'eat to capacity' for those first 2-3 days on the hCG. Don't worry about the gain, if any. Most users release all the load weight plus additional weight within the first two VLCD (Very Low Calorie Diet) days, whether they load intensely or lightly. Consume foods high in fat, sugars & starches. Eat as much fatty foods as you can like avocados, almond butter, olive oil and the like. Drizzle Extra Virgin Olive Oil, Sesame Oil, Coconut Oil on everything! Eat bacon, sausage, pepperoni, and load lots of butter on veggies. Eat ice cream, real whip cream, chocolates, french fries, loaded baked potato, pizza, cream, cheese, etc. You get the idea!

Keep Records

We suggest you keep really good records of everything. Download the tracking sheet and write everything down. You would be amazed how some days you have to think how many times you did the drops. Also, keep track of the number of drops you take each time. This will help later if you are trying to figure out if you need to up or lower your dosage. Keep track of your foods so if something doesn't add up right you can go through your food list to see what might of set you back. There is a column for notes, so if you can refer back to items that may of played a role in your weight. Write down TOM (Time of Month) if you ate out, detox baths, etc. This will show a pattern to your weight loss and may help you if you plateau.

DON'T CHEAT!

It just takes away precious losing time. You may not see the effects of cheating the next morning when you step on the scale, however, you will see it show on the scale within the week and some have reported that it can take up to a week of no weight loss for just 1 cheat.

Exercise

According to P & I, you do not need to be active to lose weight. If you do physical activity you still need to keep with the VLCD. Some claim when they are over active their hunger increases.

Food Tips

Track your food daily. Use an online calorie counter such as <http://fitday.com> or <http://www.thedailyplate.com/> Keep in mind that the food you purchase may not be on these sites, so you may have to do custom foods. A good way to count calories that are used on hCG is to go to this site:

<http://www.davidwallace.com/2008/10/hcg-diet-calorie-counter/>

You will notice here how they list some foods not on the original protocol, so again we suggest you use the original protocol.

Get as close to 500 calories as you can. Eating less does not mean that you will lose more, in fact many report that when they eat less they don't lose. You can eat as many vegetables as you like as long as you stay under the 500 calories.

It's okay to use a tomato as your veggie since it's technically a veggie. Most find doing it either way doesn't affect their weight loss.

You don't need to eat your fruit for breakfast or with your meal so it might be helpful to keep an apple with you as backup emergency fuel and not eat it in the mornings.

Buy organic when possible. Back in the day we didn't have to worry about this, but now we are faced with numerous issues due to non-organic foods. Did you

know buying salad greens already bagged, while very convenient, have been treated with starch, usually potato whitener, to keep them fresh?

Grissini

There is a lot of talk about whether or not to eat grissini or Melba toast. We believe that it is in the original protocol for a reason and therefore should not be eliminated. Many have the opinion that if you avoid these carbs in P2, you'll have trouble tolerating them in P3 and 4. You can remove it if you stall, but most don't see a difference and miss the crunchy snack.

Where do I find Grissini?

You can find it at most health-based grocery stores such as Whole Foods, Sprouts, and Safeway. You can also order it online. Don't be concerned that they have EVOO in them. They had it when Dr. Simeons developed the protocol too...

Sugar Substitutes

Use Stevia for sweetening. We strongly suggest not to use Splenda.

Hunger

You may periodically struggle with hunger, however most people do not. Some people experience hunger in the beginning that is most likely a result of not properly loading.

If you are hungry then increase your water or tea. Your body will confuse dehydration for hunger so drinking liquids usually solves the issue. Adding caffeine (i.e. coffee and caffeinated teas) will cause a dehydration effect, so always follow up with water. Don't forget to drink at least 2 liters daily and more if you have caffeinated beverages. You need to drink 8oz of water for every caffeinated drink in addition to your normal 8 glasses a day.

Dry Skin

There are a few things you can do for the dry skin. Mineral oil is a life saver for the dry skin especially in the dry climate and it makes your skin glow so I highly recommend it if you are prone to dry skin. This works well applied right after a bath or shower. Cornhuskers lotion is also good and can be found at Walmart. Na-PCA is a spray with Aloe Vera and is made from the natural moisturizing factor found naturally in our skin. You can find Na-PCA spray at Whole Foods or google it for online suppliers.

Make sure you check all your cosmetics for fats and oils because there could be hidden surprises.

Detox Baths

Detox baths are a good way to start your hCG journey. It is recommended to cleanse and detox before loading. You can also do this throughout the protocol.

Pour 1 lb. of Epsom Salt into a very warm bath with 1 lb. baking soda (Arm & Hammer). Soak in tub of warm/hot water - as warm as can take water for at least 20 minutes. Don't shower off until next day.

You may feel light headed, dizzy, weak and completely drained after a detox bath, so doing it around bedtime is a good idea.. It's a symptom of weak adrenals.

Epsom Salt "detoxes" your body by drawing out the toxins and replenishing nutrients that your body needs and it make my skin feel very nice and soft. Baking soda increases CO2 levels in the blood, which dilates blood vessels and increases circulation, causing a "tired" feeling. It's sort of like chemical exercise. All the magnesium and bicarbonate are getting flooded with minerals and nutrients. Magnesium is a natural mild sedative and is great inside and out for reducing muscle spasms and strains.

Sometimes taking fresh squeezed orange juice with a little sea salt and sip during the bath can help this. You can also add a handful of dead sea salts, which will give minerals and micronutrients that will feed and improve the skin.

Take advantage of the relaxation to get a good nights sleep.

Join the online community on the blog and/or Facebook having a support group will greatly increase your success. Visit the blog for recipes, tips and the download page for any of the links mentioned above.

Thanks!
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