

How to Maximize your hCG Weight Loss

Do NOT negotiate the diet!

Realize that a TRUE plateau (no weight loss) is 5 days or longer:

- Drink two glasses of green tea a day.
- Cut out beef.
- Check all condiments for any sugar. "Garlic salt" may list sugar as an ingredient. Any seasoning salt or seasoning product must be carefully checked.
- If you have been mixing vegetables, stop.
- If having trouble with constipation, add 500 mg of magnesium.
- Leave out the bread sticks etc.
- Make sure there are no additives in chicken or other protein sources- sometimes these are injected with some form of sugar.
- Think about immunity, how long have you been on the drops (longer than 30-40 days?) You may need to consider dosage. Try adding another dose or two to the program (10-15 drops equals a dose)
- For women, your menstrual cycle may be a part.
- Consider adding some light exercise.
- Try adding 2 Tbs apple cider vinegar to a glass of water, every day.
- "3.5 oz (100 gram) steak day with tomatoes" try drinking lots of water, tea, coffee, as much as you would like all day, but do not eat until dinner. At dinner have a 3-1/2 oz (100 gram) steak serving, with a serving of tomatoes.
- "Apple day" Drink water only and eat 6 large apples for the day. Every 2 hours starting at 10:00am.

Other Considerations

Dieters' should also give consideration to taking vitamin supplements on a regular basis (no oils). Vitamins B-6 & B-12 **have been added** to our product at <http://www.lose11baday.com>.

The HCG product will need to be used as specified. To overuse or abuse the product will not result in more weight loss, as many dieters falsely assume. The user of HCG weight loss products must adhere to the usage guidelines in order to derive maximum benefit. To maximize one's **HCG Weight Loss** efforts, exercise is highly recommended although it is not a must. Getting the body moving helps burn even more calories. In addition, exercising will increase one's energy levels, help rid the body of unnecessary, unwanted toxins, and will further increase one's overall well being. We only recommend brisk walking for a couple of weeks, because strenuous exercises will cause major hunger issues. If a dieter follows the above recommendations, he or she will have little difficulty reaping success from HCG use when dieting. Weight loss can be fast and dramatic with HCG use in this case.

**Medical Disclaimer: Consult with your healthcare provider when considering any weight loss program. The information contained here is not intended to replace consultation or advice from your healthcare provider regarding your specific situation. Many have had the result of losing 1 to 2 pounds per day on the hCG diet, but it is not guaranteed. The statements and products shown on this website have not been evaluated by the US Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. Those seeking treatment for a specific disease should consult a qualified integrative physician prior to using our products if possible. www.Lose11baday.com is not a medical organization and does not offer any medical advice or diagnosis. You are following the protocol at your own risk and www.Lose11baday.com accepts no responsibility for any damage or health issues as a result of following Dr. Simeon's HCG protocol or using homeopathic HCG WLF. www.Lose11baday.com, 2010