

HCG DIET PHASE 1 –Reversing the underlying causes of obesity.

Do for 30 days to prime the body for a more effective PHASE 2 (sculpting the body)

PHASE 1 prepares you for PHASE 4 to keep the weight off. Check all that you are already doing and pat yourself on the back. Then make a goal to incorporate one more each week or month, depending on your comfort level of trying new things. You may not achieve all of these, but do as many as possible creating a lifestyle that supports a healthy fit and trim body. Taken from pages 76 to 90 from Kevin Trudeau's book *The Weight Loss Cure*. This is meant to peak your interest and is not a substitute for reading this book yourself. This is something so important to incorporate the lifestyle changes that will keep weight off and so I have created this summary. The lifestyle you are practicing now has created your over-weightness. It is time to create the lifestyle that supports your thin self.

- **Water**- One large glass immediately upon rising. One-half to one gallon through out the rest of the day, depending on how much teas you drink. Spring or distilled water. Chlorine from tap water is not good for your body.
- **Eat large breakfast**- Ideally from organic protein sources: eggs, smoked salmon, beef, chicken, wild fish, and organic fruits and veggies: asparagus, tomatoes, potatoes, apples, pears, strawberries, etc. and raw butter and organic extra virgin raw coconut oil....
- **Eat six times a day** to reset metabolism and release abnormal fat reserves.
- **Walk**- one hour daily at a steady pace, preferably outside. Do not over exert yourself. You should be able to talk.
- **Extra Virgin Raw Coconut Oil**- 2 teaspoonsful daily. I use to fry my eggs at breakfast.
- **Apples**- two organic apples every day, preferably for breakfast or snack between meals.
- **Grapefruit**- two organic grapefruits every day, preferably at breakfast or between meals as a snack.
- **Raw Organic Apple Cider Vinegar**- 1 Tablespoonful three times a day. (in salads and cooking)
- **Green tea**- Minimum one cup per day, preferably Wu Long. www.wulongforlife.com
- **Chamomile tea**- to reduce stress. One cup per day minimum.
- **Whole food Supplements**- www.qnlabs.com Garden of Life Living Multiple, Mega Food, Healthy Habits Maximum Health Maxis.....
- **Coral Calcium**- sachet can be added to your water. www.ericssonscoral.com or www.trycoral.com.
- **Acetyl L-Carnitine**- turns fat into fuel increasing metabolic rate.
- **Krill oil**- omega 3's
- **Vitamin E**- Use only natural sources: 4 Spectrum E from calling 1-800-581-8906 or Unique E at www.acgracego.com or www.qnlabs.com
- **Alpha Calm**- One capsule twice a day to reduce stress and mental fatigue. 1-800-554-6051
- **Fiber**- Organic Triple Fiber Max www.advancednaturals.com or 1-800-690-9988

- **Colonics**- a clean colon dramatically reduces food cravings, gas, bloating and constipation. See a licensed professional. Personally I would try a citrate of Magnesia laxative before a colonic. But I am not the expert.
- **Colon Cleanse**- recommended products: The Almighty Cleanse, The Seven-Day Miracle, Dual Action Cleanse, and The Pure Body Institute Cleanse. www.tryalmighty-cleanse.com, www.qnlabs.com, www.drnatutura.com, www.dr-schulze.com, www.pbivcom.com.
- **Heavy Metal Cleanse**- Pectasol Chelation Complex available at www.advancedbionutritionals.com or similar product at www.scienceformulas.com, www.qnlabs.com, or www.rxvitamins.com
- **Parasite Cleanse**- do during Phase 4
- **Liver Cleanse**- do during Phase 4.
- **Candida Cleanse**- Recommended product: Threelac. www.123candida.com.
- **Probiotics**- www.mercola.com , www.qnlabs.com
- **Insulin correction**- Eleotin tea or capsules. www.eastwoodcompanies.com

- ❑ **Eat dinner before 6 pm.** Ideally 3 1/2 hours before bed.
- ❑ **Eat protein before bed-** 100 grams of organic beef, chicken, turkey, fish. Decreases water retention.
- ❑ **Sleep-** Ideally go to bed at 10 pm and rise at 6 am. Between 11pm and 2 am, our body releases certain healing hormones supporting longevity, eliminate depression, etc.

- ❑ **Hot Peppers-** increase metabolism and reduce appetite. Eat organic in salsa as often as possible.
- ❑ **Cinnamon-** regulates insulin and blood sugar. And helps release fat reserves.
- ❑ **Salad with lunch and dinner-** raw organic vegetables before your meal stimulates digestion, adds fiber, which regulates blood sugar and appetite, adds vital enzymes and nutrients that stimulate the release of stored fat.
- ❑ **Organic meat and dairy-**
- ❑ **100% Organic food-**
- ❑ **Natural sweeteners-** stevia, raw organic agave nectar, raw organic honey and sugar cane

- ❑ **NO Trans Fat!**
- ❑ **NO HIGH FRUCTOSE CORN SYRUP**
- ❑ **NO ARTIFICIAL SWEETNERS**
- ❑ **NO MSG**
- ❑ **NO NITRITES**
- ❑ **NO FARM RAISED FISH**
- ❑ **NO MICROWAVING**
- ❑ **NO FAST FOOD**
- ❑ **NO Lotions or creams unless ORGANIC, NO mineral oil, NO Propylene glycol, NO sodium Laurel sulfate.**

- ❑ **LIMIT Carbonated drinks-** they limit calcium absorption and are made with high fructose corn syrup. Try 100% organic carbonated drinks or drink water, tea, or fresh juice or coffee.
- ❑ **LIMIT Ice Cold Drinks-** cold drinks slow metabolism and increase hunger.
- ❑ **Reduce Air conditioning-**
- ❑ **Avoid fluorescent lights-** they produce chemical reactions in the brain that produce fatigue and depression, which leads to food cravings.

- ❑ **Infrared saunas-** to eliminate toxins. Sweat 20 minutes per day if possible.
- ❑ **SUN-**best source of vitamin D, www.solarhealing.com for sun benefits.
- ❑ **Exercise on a rebounder/ mini trampoline-** stimulates and exercises every cell in the body simultaneously
- ❑ **Massage-** 1 –2 per week. The more the better.
- ❑ **YOGA**
- ❑ **Shower Filter-** Remember the skin is the largess organ of the body. Water could be contaminated with chlorine, fluoride, and other contaminates. www.ewater.com, www.wellnewwfilter.com.
- ❑ **Electromagnetic Chaos Eliminator-** www.ewater.com, www.clarus.com, www.bioprotechnology.com.
- ❑ **Breathe-** reduces stress. www.u-cure.com, www.breathe2000.com, www.oxywise.com, www.tbfin.com, www.breahing.com, www.bestbreathingecercises.com.
- ❑ **De-stress CD's-** www.u-cure.com. Reducing stress reduces hunger and increases metabolism....
- ❑ **Lift weights-** increase muscle mass and metabolism.
- ❑ **Drugs-** www.naturalcures.com