

# PHASE 2 TIPS & TRICKS



BECOMING NEW AGAIN

- When you begin, your brain might be used to too much glucose and you may not be able to concentrate. Try [L-glutamine](#), the amino acid, which helps you focus and is an appetite suppressant.
- Personal care products. Check out safe options in our [store](#)
- If you are having trouble going to the bathroom, you can try Magnesium Citrate purchased from a local drug store. Follow the directions on the package. Regular doses of 400mg to 800mg [Magnesium capsules](#) works great to keep you regular.
- If you are not actually constipated, but are concerned about not moving the bowels, you can try a salt water flush. It has the same effects of a colonic, but it costs nothing (or as much as sea salt). Sea salt or Pink Himalayan Salt are the best type of salt to use.
- If you are experiencing muscle twitches, you can try drinking [Calm](#) in the evenings.
- As strange as this may sound, exercise causes your weight loss to slow down. If you must exercise we recommend 30 minutes of walking each day. We believe you will lose the most weight if you are sedentary. Exercise builds muscle mass which can cause you to gain weight or stall. Dr. Simeon explains this in Pounds and Inches: "The muscles have a retention of water which the tired circulation cannot at once eliminate." He also advises to not exert yourself while on the VLCD.
- If something strange suddenly appears while using hCG (like rashes, acne, etc.), remember that fat cells store hormones, pesticides, and other toxins. When the body can't release the toxins through urine or sweat, it will lock the toxin into the fat cells to prevent the toxin from taking over your body. When you lose weight the abnormal fat cells are released which means that the toxins are simultaneously released into the bloodstream. If you had an experience with something in the past that gave you a problem, like a rash, it is probable that the weight loss will cause the problem to come back as the toxin (problem) is released. This is a good thing because it means the body is ridding itself of the stored toxins. Also remember that many skin disorders have their root in the colon, therefore cleansing it can alleviate or eliminate the skin disorders.
- [Potassium](#) can be used to keep your strength up during the VCLD. Dosage should range between 200-1000.
- If you believe that your hCG has lost its potency, you can test it with a pregnancy or hCG [tester](#), use 1 full dose of the hCG mixture (not your urine). If your hCG is potent, the test should show a positive result since all pregnancy tests look for hCG.
- [Apple Cider Vinegar](#) "Cocktail" can help digestion and hunger as well as burn fat. Drink one before each meal. Use 1 TBSP in 3-4oz of water with a few drops of Stevia
- To treat bad breath, you can munch on fresh parsley. As an added bonus, it has a mild diuretic effect.
- If you are a gum chewer, buy some cinnamon sticks, break them in half & chew them. They will eventually dry out & you can reuse them anytime. To always have one on hand, keep one in your car, at work, and your purse. You could also use anise seeds which are like licorice for "candy" or as a breath freshener.



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ORIGINAL PROTOCOL PROGRAM

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- The debate over menses: to inject or not to inject? Remember, Dr Simeons said not to. During a woman's menstrual cycle, she is not to continue injections. The high level of progesterone during her cycle prevents hCG from isolating fat reduction. The International Association for Physicians in Aesthetic Medicine reference Dr. Simeons by confirming that the lack of injections during menstruation does not halt weight loss. The diet should continue during the woman's cycle but injections should begin immediately after her period or extreme hunger will result. Because the amount of hCG present in your body from the injections is so small, your menstrual cycle should not change. Another reason to stop injections is the higher chance of pregnancy during that time. When injecting during your period, you have a chance of dropping more eggs under the influence of hCG, therefore being more fertile.

You should start your treatment immediately after a period (per Dr. Simeon). He goes on to say that: "Treatment may also be started later, but it is advisable to have at least ten days in hand before the onset of the next period. Similarly, the end of a course should never be made to coincide with onset of menstruation. If things should happen to work out that way, it is better to give the last injection three days before the expected date of the menses so that a normal diet can be resumed at onset. Alternatively, at least three injections should be given after the period, followed by the usual three days of dieting. This rule need not be observed in such patients who have reached their normal weight before the end of treatment and are already on a higher caloric diet."

- Water is extremely important for the Protocol to work; if you are not a water drinker you can add a few drops of flavored stevia. You can purchase [Stevia drops](#) (best brand without additives is Sweetleaf). They have great flavors like root beer, watermelon, orange, vanilla cream.....
- Many people have difficulty getting the last shot out of the glass vial. Pull the needle out of the bottle so that only the opening of the needle is touching the solution. That helps you take in the remaining mixture.
- To maximize weight loss, you need to remember your entire wellbeing. Don't forget stress reduction, sleep, and toxin reduction
- Keep in mind that everyone loses weight at different intervals. Some people set their expectations too high and feel like a failure (which is completely NOT true). Average weight loss on hCG is 1/2 a pound a day, if you are losing more you are one of the lucky ones. You will find that most people lose the majority of weight on their first few rounds. As you get closer to your goal weight and have less abnormal fat to, your weight loss will slow down. Many lose at a slower rate, just remember to not give up. Let your body lose at the speed it needs to, and keep your eyes on the goal. You will reach your goal.
- Stalls and memory weight. At some point you will find yourself in a STALL for days or a week. Stay calm and stay POP (Perfect on Protocol). This is normal and it is either your body's way of adjusting to the rapid weight loss or you have hit a memory weight. A memory weight is a weight from your past, pre-hCG life, where you spent a long amount of time. Your body likes this weight. When you stay POP you will break through the memory weight and stabilize at a new weight in P3. [Read more on stalls.](#)
- For those who don't want to share their diet secrets (the hCG Protocol) with family and friends, due to questions and criticisms, you can tell them you are on a cleanse and eating clean, whole foods with no sugars, dairy, gluten, or preservatives. This should keep them off your case for the long haul!



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