



# Holistic Bio Spa

## hCG Weight Loss Diet Program

Keep this in your kitchen so you won't forget which foods to enjoy and which foods to avoid!



- ✓ hCG is not an artificial appetite suppressant, it is a naturally occurring hormone called Human Chronic Gonadotropin.
- ✓ You can drop 1 – 2 kg of “bad” fat each day with this diet plan.
- ✓ hCG has been proven safe and effective for over 60 years.
- ✓ hCG is the quickest weight loss method without losing muscle mass.
- ✓ hCG eliminates food cravings, works even for diabetics, balances your hormonal levels, blood pressure, and blood sugars.
- ✓ You will feel younger and boost your natural energy levels.
- ✓ Eliminates that stubborn fat with ease.
- ✓ hCG is an effective long-term fat loss program with the added benefit of resetting your metabolism.
- ✓ The hCG diet empowers you to program your body to burn “abnormal” fat (unwanted fat around the hips, thighs, belly, buttocks...) and lets you live comfortably on a reduced calorie diet.

**WE ARE HERE FOR YOU!**

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# Suggested Foods

A quick reference to our suggested foods and calories.



## FISH (avg. 98 calories)

- Cod (3.5 oz) – 83 cal.
- Crab Meat (3.5 oz) – 100 cal.
- Flounder (3.5oz) – 90 cal.
- Haddock (3.5 oz) – 88 cal.
- Halibut (3.5 oz) – 110 cal.
- Lobster (3.5 oz) – 98 cal.
- Red Snapper (3.5 oz) – 110 cal.



## VERY LEAN BEEF ( avg. 152 cal.)

- 93/7 Lean Ground Beef (3.5oz) – 150 cal.
- Cube Steak (3.5oz) – 160 cal.
- Sirloin Tip Side Steaks (3.5oz) – 130 cal.
- Top Round Steak (3.5oz) – 166 cal.
- Tri-Tip Steak (3.5oz) – 154 cal.



## CHICKEN

- Chicken breast (3.5oz) – 110 cal.



## VEAL

- Veal Sirloin (3.5oz) – 110 cal.
- Veal, loin chop (3.5oz) – 117 cal.



## FRUIT

- Apple (small) – 55 cal.
- Apple (medium) – 72 cal.
- Apple (large) – 110 cal.
- Orange (Navel) – 69 cal.
- Orange ( Florida) – 65 cal.
- Orange ( Cal.ifornia) – 59 cal.
- Strawberries, 12 large - 72 cal.
- Strawberries, 20 medium – 80 cal.
- Pink Grapefruit (Cal.ifornia) – 92 cal.
- Pink Grapefruit ( Florida) - 74 cal.



## BREAD

- Grissini Breadstick (3g) – 12 cal.
- Melba Toast (3 g) – 12 cal.
- Melba Toast (5g) – 20 cal.
- Gluten Free Pretzels (3 g)–12 cal.
- Gluten Free Pretzels (5 g)–12 cal.



## VEGETABLES

- Asparagus (3.5oz) – 20 cal.
- Asparagus (2" tip) – 1 cal.
- Asparagus (small spear) – 2 cal.
- Asparagus (medium spear) – 3 cal.
- Asparagus (large spear) – 4 cal.
- Broccoli (3.5 oz) – 15 cal.
- Broccoli ( 1 cup – 88g) – 30 cal.
- Broccoli ( 5" spear – 31 g) – 11 cal.
- Beet Greens (1/2 cup) – 11 cal.
- Celery (3.5 oz) – 15 cal.
- Celery (medium stalk) – 6 cal.
- Cabbage (3.5 oz) – 15 cal.
- Cabbage (1 cup shredded) – 17 cal.
- Cauliflower (3 flowerets) – 12 cal.
- Chard (1/2 cup) - 20 cal.
- Cucumber (3.5 oz) – 12 cal.
- Cucumber (small) – 19 cal.
- Cucumber (medium) – 24 cal.
- Cucumber ( large) – 34 cal.
- Cucumber (English long) – 60 cal.
- Fennel (2 oz) – 10 cal.
- Lettuce, all varieties (3.5oz) – 20 cal.
- Lettuce, all varieties (1 cup) – 8 cal.
- Lettuce, all varieties ( small head) – 32 cal.
- Red Radishes ( 3.5 oz) – 12 cal.
- Red Radishes ( one medium) – 1 cal.
- Spinach, raw (3.5 oz) – 20 cal.
- Spinach, raw (1 cup) – 7 cal.
- Spinach, frozen (3.5 oz) – 23 cal.
- Spinach, frozen (1 cup) – 41 cal.
- Spinach, cooked (3.5 oz) – 31 cal.
- Spinach, cooked ( 1 cup) – 48 cal.
- Tomato (3.5 oz) – 20 cal.
- Tomato (cherry) – 3 cal.
- Tomato (plumb) – 11 cal.
- Tomato ( small) – 16 cal.
- Tomato ( medium) – 22 cal.
- Tomato (large) – 33 cal.
- White, red, brown onions raw 2oz – 20 cal.
- White, red, brown onions raw 4 oz – 40 cal.



# Phase 1

Weigh yourself in the morning immediately after going to the bathroom and without clothes.

Take your dose of HCG as recommended and make sure it is the first thing you digest in the morning.

Take half a gallon of water during the day, preferably with calcium.

## **BREAKFAST:**

ONLY

Organic decaffeinated coffee or green tea, yerba mate, yerba mate, chamomile, etc. You can have anything you want throughout the day with plain water (only organic and no tap water).

OR IF DIABETIC:

Two eggs and a slice of toasted Ezekiel bread. (This will help stabilize your blood sugar)

## **FOOD:**

100g. Meat or seafood, preferably organic. (The more raw the better)

A green vegetable salad, but no more than one handful.

And an apple, grapefruit or organic strawberries (only one handful).

**Remember: Do not choose the same foods more than once per day, it must vary.**

## **DINNER:**

The same choices of food. This should be done for 45 days, you should weigh yourself every day in the morning, naked and after using the bathroom and should lose 1-1 ½ Kg. From daily fat.

Vegetables:

- Celery
- Green salad
- Asparagus
- Pumpkin
- Tomatoes
- Cucumbers
- Cabbage
- Lettuce
- Onion
- Pore
- Radish
- Spinach
- Meat or seafood

LUNCH AND DINNER:

Meat or seafood 3.5 ounces or 100 grams

- Beef
- Chicken breast
- White fish
- Prawns
- Lobster
- Crab
- Preferably grilled.

**Repeat this process, every day, for four weeks.**

Do not forget to weigh yourself naked, after going to the bathroom every morning.

# Phase 2

This is the exact Dr. Simeons protocol to treat weight loss and has been used by hundreds of thousands of patients around the world for over thirty years with spectacular permanent results. A new approach to obesity.

## DAY 1 -2:

Take the drops hCG (the hormone chorionic gonadotropin) take in the morning as indicated and during the day.

Take half a gallon of water during the day is ideal calcium.

Eat what you want food of your choice.

Take any of the foods allowed in Phase 1.

Foods allowed (Preferably grilled, if cooked):

- Small apple
- Celery
- Green Salad (only one handful)
- Grapefruit (Orange is not allowed)
- Asparagus
- Tomatoes
- Bread: Ezekiel toast.
- Cabbage
- Lettuce
- Onion
- Pore
- Radish
- Spinach
- Cucumbers

LUNCH AND DINNER:

- Meat or seafood 3.5 ounces or 100 grams.
- Beef
- Chicken breast
- White fish
- Prawns
- Lobster
- Crab.

## DAY 3:

Weigh yourself in the morning naked and immediately after going to the bathroom.

Take your dose of HCG as recommended and make sure the first thing in the morning you digest.

Take half a gallon of water during the day, preferably with calcium.

## BREAKFAST:

Only Organic decaffeinated coffee or green tea, yerba mate, chamomile everything is organic, can take anything you want, throughout the day with plain water, not tap.

Two eggs and a slice of toasted Ezekiel bread. (Diabetics: This will help stabilize your blood sugar)

## FOOD:

100g. Meat or seafood, preferably organic. (The more raw, the better)

A green vegetable salad, but only what grips with one hand.

And an apple, grapefruit or organic strawberries (only one handful).

## DINNER:

Same food choices.

**Remember: Do not choose the same foods more than once per day, it must vary.**

This should be done for 45 days, you should weigh yourself every day in the morning, naked and after using the bathroom and should lose 1-1 ½ Kg. From daily fat.

## ADVICE:

Sit down to eat it properly at the table. Take your time.

Do not eat in front of the TV, in your car or any distracted eating environments.

Eat slowly and chew food well.

Listen to soothing music while you're eating.

Take small bites and pause between bites.

# PHASE 3

This is an important phase of the treatment. This is also part of the original Simeons protocol. Successfully following the instructions in this phase should result in a resetting of the body weight set point and hypothalamus. This is the phase that resets metabolism to a high normal state, eliminates future intense and constant hunger, and prevents the abnormal future storing of fat in the problem area fat reserves in the body.

This phase is relatively simple. For twenty-one days immediately following the last day of the Phase 2 restricted diet you are allowed to eat as much food and any type of food you choose.

## The exceptions areas follows:

- No sugar, dextrose, sucrose, honey, molasses, high fructose corn syrup, corn syrup, or any sweetener.
- No starch, including breads, pastas, any wheat product, white rice, potatoes, yams, etc.
- No artificial sweeteners, including aspartame, sucralose, NutraSweet, Splenda, saccharin, etc.
- No food from fast food restaurants.
- No trans fats, including hydrogenated or partially hydrogenated oils.
- No nitrites.
- Limit non-prescription and prescription drug use.
- Limit ice cold drinks.
- Limit exposure to air conditioning.
- Limit exposure to florescent lights.

## Additionally, doing as many of the following activities is highly suggested and recommended:

- Drink one-half to one gallon of pure spring water daily, ideally with calcium.
- Walk for one hour per day.
- Eat a minimum of two organic apples per day.
- Eat a minimum of one organic grapefruit per day.
- Take a teaspoon of raw organic coconut oil twice per day.
- Take 1-3 teaspoons of raw organic apple cider vinegar per day.
- Continue to take Bitter Orange Capsules or Charantea, as the directions suggest.
- Take Jarrow Sacchromyces Boulardi / New Chapter Probiotic Colon as directed.
- Drink organic decaf green tea, organic Yerba Mata decaf tea, organic Wu Long decaf tea, and organic chamomile decaf tea daily in any quantities you desire.
- Use stevia as the sweetener of choice.
- Sleep 7-8 hours per night, ideally going to bed at approximately 10 p.m. and arising at 6 a.m.
- Eat a large breakfast.
- Eat six times per day.
- Finish your dinner three and one-half hours before bedtime.
- On occasion eat 100 grams of organic chicken, turkey, veal, beef, or fish before bedtime.
- On occasion take Acetyl L-Carnitine.
- Take digestive enzymes with food.
- Take probiotics daily.
- Take a whole food supplement daily.
- Take Vitamin E daily.
- Take omega 3's daily.
- Use a rebounder five to ten minutes twice per day.
- Sweat twenty minutes per day in an infrared or conventional sauna.
- Get twenty minutes of sun daily.
- Get additional colonics as recommended by a licensed colon therapist.
- Do yoga as often as you can.
- Do not use the microwave.

- Continue wearing a Q-Link or E-Pendant and use Biopro on your cellular phone.
- Add hot peppers to food.
- Add cinnamon to food.
- Always eat a big salad with lunch and dinner.
- Avoid lotions, creams, and body care products with propylene glycol or sodium laurel sulfate.
- Avoid monosodium glutamate.
- Avoid farm-raised fish.
- Add fiber from flax seed, oat bran, and acacia daily into your diet.
- Continue to listen to stress reducing CDs daily.
- Do resistance exercise such as weight lifting.
- Take 5HTP / GABA daily.
- Buy and use a shower filter.

Excerpts are taken from the Book "The True Weight Loss Cure" by Kevin Trudeau 11



## Holistic Bio Spa



Your journey to a better you  
is our priority.

**SCHEDULE YOUR VIST!**

### GOT QUESTIONS?

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