

# HARRINGTON

## + ASSOCIATES

### Human Chorionic Gonadotropin (HCG) Diet Packet

HCG, or Human Chorionic Gonadotropin, has been used in conjunction with a sensible, low-glycemic diet safely since the 1950's and our unique diet has proven to cause:

- Dramatic loss of body fat...
  - Average loss of 12-20 pounds in the first month
  - Improved physique and body shape in just a few weeks
- Reduction in cravings
- Improved energy and mental clarity
- Reduction in bloating and gas

In addition, this diet has an incredible record of retraining your eating patterns so that when the diet is over, you can choose wisely from all different kinds of foods and have control over your portions and food choices like you never dreamed of.

#### HCG (Human Chorionic Gonadotropin) Background Info:

HCG is a natural hormone that is made in pregnancy. It is also FDA-approved as a pharmaceutical for the treatment of infertility. The maximum dose used for infertility is 10,000 IU in a single injection. For comparison, the dose used for weight loss is just a few hundred units at one time. Since it is FDA approved for one use, it is perfectly legal and ethical to prescribe HCG in this country for other uses. This is called "off-label" prescribing and virtually every physician does it every day. HCG can only be obtained in the United States under the prescription of a physician, physician assistant (PA-C), or nurse practitioner (NP). A number of Internet advertisements are now branding their weight loss supplements with the term "HCG" somewhere in the name; which is very misleading for consumers since these products are priced much lower than genuine Human Chorionic Gonadotropin and they do not contain real Human Chorionic Gonadotropin.

#### History of HCG in Weight Loss

In the 1970's and 1980's, the diet was very popular using injectable HCG. Some diet protocols resulted in great success. One study showed an average of 19+ pounds of weight loss

in the group taking HCG compared to 11 pounds of loss in the group not taking HCG. Both groups ate the same strict low-carb, low-fat diet. The group that was not taking HCG had more hunger and was less likely to finish the month without cheating.

Our suspension of the HCG hormone is taken sublingually (under the tongue). Sublingual HCG has been used for weight loss since the late 1980's. The HCG is dissolved in a liquid that is designed to allow for absorption directly into the thin-walled blood vessels under your tongue. Medication that is swallowed goes through liver metabolism first; which makes the actual absorption of the substance very unpredictable. Not all of the HCG that you place under the tongue gets absorbed and the residual that is swallowed is not absorbed much, if at all. That is why we use a slightly higher HCG dose when it is given sublingually than when it is injected.

HCG will not dissolve properly or remain stable in many liquids. There are a number of homemade preparations for sublingual HCG on the internet and most of them contain ingredients that cause the HCG to break down rapidly in solution. Our HCG supplement stayed stable in solution for 3 months, and contains a dose of vitamin B12. It can only be obtained from our office. It does not contain artificial sweeteners and has no calories. While it is not known what the optimal dose for sublingual HCG is for weight loss, the recent research has recently revealed that a dose of around 500 units twice daily seems to give better results than slightly lower doses. Our supplement contains 500 units of HCG per dose.

### How Does HCG Help Me Lose Weight?

Our HCG supplement must be taken with the prescribed diet, it is not likely to cause weight loss alone in a patient who is not eating a diet designed to maximize fat burning by the body. If the right diet is consumed, the body will favor fat burning 24 hours a day, 7 days a week. It is in this state where the HCG seems to work best to improve your compliance and give impressive results and body contouring. Before we introduce the diet, we need to explain why certain foods are on the diet and other foods must be strictly eliminated. To do this, we need to explain a few things in the next sections...

### Obesity Trends

From the Centers for Disease Control, there has been a 3-fold increase of obese individuals in each state over the past 20 years since 1990. So, what changed that has attributed to the obesity epidemic...?

- Teaching of low-fat diets by our government. This led to an overconsumption of simple carbohydrates. *(Remember, in 1990, bagels were the ideal breakfast food and pretzels were the ideal snack food because they were low in fat)*

- Microwave ovens and “Convenience foods”
- Computers, video games, “cable/satellite TV” giving us more sedentary entertainment options.
- Lack of sleep
- Increase in prescription medicines like antidepressants that can contribute to weight gain.
- Lack of emphasis on eating together as a family (Higher divorce/separation, longer commutes, more traffic, more convenience foods that can be prepared individually)
- Increase in “Fast food” availability and advertising.
- Creation and promotion of addictive, energy laden foods by the restaurant and food industry that has gotten us addicted to combinations of fat, flour, sugar, and salt. These addictive foods have destroyed our natural ability to stop eating when we are full.
- Stress

In modern society, we are afflicted with constant stressors and very little physical activity to relieve them. Food is readily available and our diet bears little resemblance to the fruits, vegetables, meats, milk, eggs, and nuts that mammals have traditionally eaten. Our appetites are not limited by our food supply running out and we consistently stay up past dark.

### Hormone Imbalance and Weight

Our practice is unique in our combination of salivary hormone testing and treatment in conjunction with our HCG diet to achieve the ultimate results. People who are hopelessly addicted to food as described above and have periods during the day consisting of mental foginess, fatigue, irritability, and general lack of energy and clarity will have a hard time following any diet. ***Patients who have these symptoms along with sleep disturbances, cold intolerance, cyclic symptoms (PMS) are recommended to complete a full hormone testing profile in both saliva and blood before doing the diet --***  
***(<https://www.harringtonplasticsurgery.com/non-surgical/hormone-balancing/>)***

Accurately knowing the imbalances that both short- and long- term stressors have caused is essential to restoring normal energy, clarity, and sleep patterns.

Balancing hormones will not result in automatic weight loss without any effort. But, balancing hormones will break down both physical and mental barriers to fat-burning and weight loss. Your HCG diet is much more likely to be a dramatic success if your hormones are balanced. After all, a body that is less stressed will not constantly try to hold on to fat and fluids for the pending emergency. If, based on your history questionnaire, we feel you can benefit greatly from this testing, we will discuss it at your initial consultation visit.

## Understanding Food Addictions

In the last section, we mentioned the dramatic increase in consumption of processed foods that are very addictive. Imagine someone puts a plate of steamed broccoli in front of you. Will you devour the food even if you are not hungry? Now let's turn that plate of broccoli into a bowl of M&M's, or fresh-baked chocolate chip cookies, or crisp, salty french fries? Did your mouth water at the simple thought of any of these foods?

How many of you can easily say that you "LOVE" a certain food. "Loving" a food is a certain sign of addiction. When you take a bite of a food, the sensory nerves in the mouth and the taste neurons on the tongue sense all aspects of the food like its sweetness, saltiness, texture, and the way the flavors blend as the food is chewed. This presents a unique "fingerprint" for a food to the brain. Most simple, elemental foods like whole fruits, vegetables, meats, eggs, milk, and nuts in their natural form transmit only a fingerprint to the taste center of the brain. More complex foods that are mixtures of fat, flour, sugar, salt, and texture can send a second impulse to the opiate centers of the brain; which is the addiction center of the brain. No cigarette smoker or alcoholic thought that their vice tasted or felt good when they lit up or took a sip for the first time. The "taste" for these is acquired and is mediated by the development of the opiate center to fire up to mask the unpleasant raw taste of the addictive substance.

## The Most Addictive Foods

- Breads
- Fried foods
- Candies, chocolate, sweet drinks
- Baked goods (Cakes, cookies)
- Pasta
- Fried, salted potato products
- Potentially anything made from flour and/or sugar

Addiction recovery science is very clear...you must COMPLETELY REMOVE THE ADDICTIVE SUBSTANCE for a minimum of 4 weeks in order to begin to shrink the addictive pathway. This is shown clearly in studies with mice and chocolate or in alcohol treatment programs. You cannot just reduce the addictive substance. So, diets that do not address the concept of food addictions are destined to fail. As soon as the "diet" ends, the food addictions take over again and the portions of the addictive foods increase while the weight piles back on. Our diet is designed to help you eliminate your addiction pathways as quickly as possible.

## What about Diet Pills?

Americans spend over 20 million dollars annually on weight loss supplements and diet pills. Honestly, have you ever taken a diet pill in the past that helped you effortlessly lose a significant amount of weight and keep that weight off permanently? Every single diet pill is a waste of money and, in some cases, can make it harder to lose weight in the long run.

Prescription stimulants, like Phentermine, work by stressing the body into releasing norepinephrine in the brain. This stimulates you and gives you false energy and a feeling of fullness. Many people also experience a significant amount of muscle breakdown on stimulants which results in rapid weight loss. However, once the pill is stopped, the body is left in withdrawal. You are hungrier and more weak and tired than ever. The diet pill has become a stressor to your body, leaving it in worse shape and often triggering a stress-induced hormone imbalance. We respond by eating larger portions of more energy laden and addictive foods. Most studies show that the weight regained after these pills occurs even faster than you lost the weight in the first place. You are better off never dieting at all than taking a stimulant diet pill. That is why we do not recommend them in conjunction with our HCG diet.

## Myths about Dieting

Remember we spoke about the mistakes made that led to the obesity epidemic? Well, perhaps the most obvious misconceptions about losing weight are...

### **1. Most of Your Stored Fat Started out From Dietary Fat**

This is wrong, dietary sugar (from sugar, flour, or starch) is the leading cause of stored fat. Excess carbohydrates are very easily converted to fat and stored as fat. Dietary carbohydrates cause a surge of the hormone Insulin. Insulin helps cells absorb the sugar from the bloodstream and turns on the creation of fat from sugar. As people get heavier and older, their insulin does not work as well removing sugar from the blood, but it does not lose any of its effectiveness at turning on the conversion to fat storage. This is called insulin resistance and is the mechanism behind type II diabetes. So, we need to make more insulin to process the sugar from a meal, leading to an increase in fat storage at the same time

### **2. A Balanced Diet Designed to Maintain A Healthy Weight Can be Scaled Back to Become an Effective Weight Loss Diet**

If you are accustomed to eating a balanced diet and abruptly cut your intake by 30-40%, you will not lose very much weight, and you will have a difficult time staying on the diet. What happens is that you become hungry and if you are just cutting back a little on your intake, the hunger will not go away unless you cave in and eat more food. Your metabolism tends to mirror your intake; so, cutting back a little on intake will often drop your metabolism by the

same amount. An effective weight loss eating plan does not look anything like a healthy maintenance eating plan

### **3. Calorie Counting is an Effective Way to Diet and Lose Weight**

Calories of a food are determined by how much heat it gives off when it is burned. This is not how the human body metabolizes food and is a very poor estimate of how a particular meal will be burned or stored by the body. In the next section when we explain ketosis diets, you will see how we can trigger fat burning using a certain mix of nutrients that total 600 calories, but the wrong 600-calorie mix of foods will cause very little fat burning.

## **Understanding Fat, Protein, and Carbs and How to eat them**

There are three categories of foods, called “macronutrients”. They are proteins, carbohydrates, and fats. Most foods are a mixture of all three.

### **1. Carbohydrates**

These consist of sugars/starches and fiber. Whole fruits and vegetables are generally considered complex carbohydrates. Flour, sugars, starches, and white potato are considered simple carbohydrates. Fiber is also considered a carbohydrate even though insoluble fiber cannot be digested. Fiber prevents colon cancer and keeps our digestive system regular. This allows wastes to pass freely from our system. Fiber has no calories and has no negative impact on fat burning. The total carbohydrate content of a food minus the fiber is called “net carbs” and is a better gauge of the food’s impact on your system.

The remainder of carbohydrates is complex and simple sugars (which include starches). When you eat a simple carbohydrate, the sugar bonds are easy to break down and they get into the bloodstream rapidly. Complex carbohydrates (fruits, vegetables) also raise blood sugar but their bonds are harder to break so the blood sugar rise is smaller and more gradual. Carbohydrates are used energy! Body tissues prefer carbohydrates to any other food source because they can be converted to energy very quickly in almost every body cell. They travel freely in the bloodstream. If you eat too many carbohydrates, insulin will very efficiently convert them into fats for long term storage.

If you eat too few carbohydrates, you begin to burn your carbohydrate stores. This is a liquid sugar called glycogen. Glycogen is found in the muscle and liver primarily and when glycogen is burned, you urinate a lot and the scale drops dramatically for a day or two. But, you will also notice your muscles get smaller at the same time since muscle bulk is due in part to the space that stored glycogen in the muscle takes up. Your fat stores remain unchanged. When you are burning glycogen, hunger is triggered.

There are no essential carbohydrates. This means that we can make all of the carbohydrates we need to survive from proteins and fats. While it is not recommended to have a diet with zero carbohydrates since fiber is very important, but dietary sugars are not essential for survival.

## **2. Fats**

Dietary fat and oils are found in a lot of foods such as meats, nuts, dairy, eggs, and some fruits and vegetables. Fats in our diet trigger fullness. Once absorbed, fats circulate in our system and can be used by the liver or muscle to be converted to small fragments that are broken down into energy like sugars are. If we eat too much fat, it spends more time in our bloodstream, possibly increasing our risk of atherosclerosis. If we eat a diet very low in fat but with enough carbohydrates, the body shifts to metabolizing the carbohydrates efficiently and triggering hunger for more carbohydrates. If that hunger is met, no stored fat is burned despite a diet very low in fat.

There are essential fatty acids which are necessary for the body to survive. Fats are instrumental in the repair of nerves and brain. There are many “good” fats (omega-3’s) that scavenge the bad (saturated and trans-) fats out of our blood stream.

## **3. Proteins**

Proteins are our building blocks. They are instrumental ingredients in cell membranes, DNA, hormones, immunoglobulins, and enzymes. There are essential amino acids that we must have in our diet to make proteins. Proteins can be used for energy as a last resort. Proteins can be broken down into short chain carbon fragments that can be metabolized like sugars in a process called gluconeogenesis. Proteins cannot be readily converted into fats, but gluconeogenesis, when it occurs in the liver, requires energy to power the reaction. The liver usually has to burn fat to do this. So, if there is not enough sugar to feed our brain (remember, the brain cannot live off fat) we have to burn fat just to convert proteins into sugar. Talk about a great way to burn fat! This process is the cornerstone of a good weight loss diet.

So we want to burn proteins to make sugar to lose weight, BUT we don’t want to burn or break down our body’s proteins to do it. Burning our muscle and other body proteins is starvation and is not healthy in the long term. Most of our metabolism occurs in our muscle tissue, so any diet that reduces our muscle mass is unlikely to be successful. By making sure there is just enough protein in our daily intake to provide the material for gluconeogenesis, but not too much that we have to store the extra, we can target fat burning and spare our own muscle. This process is very important since the brain cannot use fats directly for energy. It must either use carbohydrates or the products of gluconeogenesis.

## What is Ketosis?

When the body is not getting enough carbohydrates and fats in the diet to supply the energy requirements for the day, we can burn proteins to make sugar as mentioned in the last section. We also begin to burn stored fat. Since our brain cannot use fats at first, we must break down protein through gluconeogenesis in the liver. The liver must actually burn fat to power gluconeogenesis. Stored fat can be broken down into smaller fatty acids, but these do not travel well in the bloodstream to supply energy to the rest of our body, mainly our muscles. By breaking down the fatty acids even further, we get small fragments called ketone bodies. These dissolve easily in the blood and are very efficiently used by muscle for energy just like a carbohydrate. In fact, heart tissue performs better using ketone bodies for energy than carbohydrates!

One ketone body, acetone, cannot be used for energy and is eliminated by our lungs. It gives our breath a characteristic odor of rotten fruit. This is the best way to tell that you are burning fat. Ketosis should not be confused with a dangerous state called ketoacidosis in diabetics. In non-diabetics, eating carbs and the secretion of insulin turns off the generation of ketone bodies; however, in those that are diabetic this is not turned off and can be very dangerous.

## What about Exercise and Weight Loss on Ketosis Diets?

People who exercise live longer, healthier lives. They do this because of the stress reduction benefits of exercise. Exercise can also improve our metabolism by building muscle mass and this muscle increases our ability to burn fats instead of storing them. Exercise on a regular basis improves our energy, our sleep, our immune system, and our overall health regardless of how bad our diet may be.

However, exercise can make it very difficult to lose weight for people attempting a diet like the HCG diet. When we exercise and push ourselves, our muscle needs more sugar and protein. These needs are temporary during the days of exercise. The HCG diet does not contain enough protein and carbohydrates to support a vigorous workout routine. If you increase the proteins and carbs to allow for a new or increased exercise regimen, then you will come out of ketosis if you dare to take a day off or decrease your exercise. A new or increased exercise regimen also increases hunger, making it more difficult to follow the strict menu of the HCG diet. Therefore, it is better to just continue your usual exercise when on the diet and not increase it. You will need exercise to maintain your losses from the HCG diet once the low calorie phase of the diet is complete, but you do not need any new exercise to burn fat from the diet.

## Tips to Make Mealtime Simple



- Weigh out portions for simple foods in advance and place them in individual zip closure bags for storage. Do this for both proteins and vegetables. This prevents you from having to spend too much time being tempted in the kitchen before every meal. This works great for anything that does not get soggy after being stored a few days: chicken breast, shrimp, celery, and radishes to name a few. Remember, blot dry any frozen foods like shrimp before weighing.
- If you are grilling or baking, cook multiple portions at a time and divide out the rest into individual portions for storage in individual bags. Consider freezing portions of meat/vegetables for future use.
- If you routinely prepare foods for your family, they can eat the same basic foods except they can leave the skin on the chicken, use sauces, gravy, butter, salad dressings, and barbecue sauce. Do not feel like you have to prepare a completely separate meal for yourself. Just make both of your meals start with the same meat and vegetable combination.
- Never skip meals or skimp on portions. You will be hungrier, burn muscle, and lose less weight.

## Starting the HCG diet

### Diet Days 1 and 2: High Fat Loading

These days are mandatory and essential for success in achieving the fat-burning, low-hunger state of ketosis as quickly as possible. This brief engorgement on fats serves to boost your metabolism right before the low calorie phase and curb your hunger during the first few low calorie days of the diet. If you are already eating a healthy diet and do not do the high fat loading, you may experience many days of intense hunger in the early days of the diet and may not even reach the ketosis state.

Any food that contains fats and oils is allowed during these two days:

- Meats – especially marbled meats (tenderloin), sausage, and oily fish
- Milk – do not use low fat or 2%
- Eggs
- Cheese – again, no low fat cheese
- Nuts

You do NOT want to eat a lot of refined carbohydrates during these two days. Keep breads, potato, pasta, alcohol, and sugary drinks to a minimum. Have a few french fries, but make sure you are also having a double cheeseburger with no bun along with it. Cream soups, cheese sauces, omelets, sausage, olives, and ice cream (full fat, not soft serve) also fit well for these two days. Eat unlimited portions.

## Diet Days 3 and Beyond

### Dosing HCG

- Start taking HCG on diet day #3 (after days 1 and 2 of high fat loading)
- Take 0.25 mL of HCG twice a day around 12 hours apart. Make sure you are accurate when you draw up the HCG or it will run out before your 30 days.
- Shake the bottle before drawing up the HCG
- Hold the HCG under your tongue for as long as possible (preferably 30 – 60 seconds)
- Swallow the residual liquid
- Do not eat or drink anything for 10 minutes after
- The bottle does not need to be refrigerated

In order to burn the most fat and have the least amount of hunger you must:

- Weigh or read packaging labels to get accurate serving sizes
- Do not add anything that is not on this diet
- Never leave out a meal or snack
- Never any: Nuts, Seeds, Alcohol, Added Fats or Oils, or sauces.
- Do not take Omega-3 fish oil supplements or use any oil products on skin (regular lotions are fine).
- If you cheat, even for a few bites, you will get hungry again, and will not lose any weight for the next 12-24 hours.

On this diet, you will eat 4 times a day. Lunch and dinner will be a combination of a protein and vegetable. You will also be allowed 2 fruit snacks to be eaten at times other than mealtime.

### HCG Diet Menu

**1. Proteins:** 3 ½ ounces twice a day. Preferably lunch & dinner. Meats should be baked, broiled, or grilled. No added fats or oils are allowed.

The Best Protein Choices: Chicken Breast (no skin), Shrimp, Crab, Lobster, Sea Bass, Cod, Flounder, Grouper, Haddock, Monkfish, Northern Pike, Ocean Perch, Orange Roughy, Pike, Pollock, Snapper, Sole, Tarpon, Tilapia, Whiting. Beef (Bottom Round, Flank Steak, Rib Roast, Top Sirloin), Veal (Leg or Shank). No Ground Meats.

Protein allowed after the first 21 days: (Do not eat meat from this category for both meals in one day) Scallops, Dolphin, Mahi Mahi, Herring, Salmon, Tuna, Beef (T-Bone, Ribeye, NY Strip, Tenderloin), Turkey Breast (no skin). Boar's Head Roast Beef, Chicken Breast, Ovengold Turkey.

Protein substitution for meat: For non-vegetarian version you can choose dairy products 1-2 times per week in place of meat. You can substitute one large egg (white and yolk) plus the whites of 3 additional large eggs as a protein source. If you are over 200 pounds, then add one additional entire large egg to this. In place of eggs, 100gm low-fat cottage cheese is allowed. These dairy products can be used as the vegetarian version of the diet.

**2. Vegetables:** 3 ½ ounces twice a day (3 ½ ounces is 100 grams). Preferably lunch & dinner. Only select vegetables from this list should be eaten raw, or steamed. After the 21<sup>st</sup> day on the diet, vegetables can be grilled or stir-fried using a small spray of cooking oil. Although it is best to eat one type of vegetable per meal, mixing of vegetables in a serving is allowed if they are all on the list.

The Best Vegetable Choices: Broccoli, Brussel Sprouts, Asparagus, Celery, Cucumber, Zucchini, Spinach, Chicory, Chard, Beet-Greens, Squash, Tomatoes, Onions, Cabbage, Fennel, Radishes.

Other vegetables allowed but with drawbacks: Lettuce (Romaine is preferred). Lettuce is mostly water and often begs for added dressings and toppings to make a traditional salad. Use peppers, cucumber, and tomatoes to make the salad heartier. Green beans contain a little more sugar than the vegetables above. These are OK but never more than once a day.

**3. Fruits:** One fruit serving twice daily. The best time to eat your fruit is mid-afternoon and in the evening a couple of hours after supper. Fruit should be medium-sized, not the largest one they sell!

The Best Fruit Choices: Apple, Orange, ½ Grapefruit, Peach, Clementine, Tangerine, Blueberries, Strawberries, Cranberries. (Serving size for berries is 3.5oz)

#### **4. Fluids:**

- Water: Must be consumed throughout the day (at least 64 ounces daily).
- Diet drinks: Must be zero calorie and a maximum of 2 per day. A 12-ounce serving of Crystal Light would be considered one diet drink.
- Coffee, Tea: Up to 24 ounces a day (three, 8-ounce cups). You may use up to 1 Tbsp of low-fat milk per day. Non-dairy creamer is not allowed.

**5. Spices and Seasonings:** Seasoning your food is very important for variety in this diet.

- All powdered seasonings are allowed, including salt. Combination seasonings are not allowed if they contain sugar.
- 1 Tbsp. of the following is allowed: vinegar, lemon juice, lime juice.

- Artificial sweeteners are allowed but should be consumed as little as possible since they support sugar addiction pathways.
- Stevia is allowed in any amount. Other sweeteners with more than 0 calories per serving are not allowed. These may contain sugar alcohols.
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### After the first 21 days (3 weeks) - Dietary Adaptations:

Once you have successfully finished the first 3 weeks of this diet without cheating, you have firmly established a metabolic pattern of fat-burning. A small cheat or deviation from the diet is not likely to completely derail your weight loss. It has been our experience that the following “cheats” when used sparingly will not detract from the diet for most people.

- Using pre-cooked, chicken breast strips (Tyson, Perdue). You can add these and vegetables to chicken broth to make a soup.
- Walden Farms and Naturally Fresh make a light Vinaigrette dressing that has no fat or sugars. Other low-fat, low/no carb salad dressings are allowed in very small amounts.
- A small amount of lite ranch dressing to dip celery in when celery is one of your vegetable choices.
- The only frozen entrée that is close to compatible with the diet is Lean Cuisine’s Steak Tips Portabello, although you would need to eat 1 ½ to 2 entrees to have enough protein to be a meal. Better yet, prepare even more of your own food in advance and freeze the extra in 3 ½ ounce portions. This will always beat any commercially available frozen entrée!
- Using Boar’s Head sliced chicken breast for your protein portion. Avoid the heavily marinated or BBQ-flavored varieties.
- A single light beer for a special occasion. Budweiser 55 has the lowest alcohol and carb count.

### Transitioning off HCG Diet

If you are completing your course of our HCG diet, continue to follow the diet as directed until you take the last dose of HCG.

On your first day off the HCG:

- Stop your supplemental potassium if you were prescribed it.
- Continue your multivitamins.
- You should have an exercise program in place that gets your heart rate into the fat burning zone (about 20% less than aerobic) for 30 minutes every other day. Walking, cycling, elliptical, stairs are preferable to weight training. Weight training can be added after the first month of maintenance is complete.

### **Week 1 off HCG Diet:**

Eat only the foods allowed while you were on the diet, but remove all portion restrictions. You will find during this phase that it is very difficult to eat more than you did while on the diet. This is your first sign that your hypothalamus and satiety centers in the brain have been reset.

### **Week 2 off HCG Diet:**

You may now eat ANY meat, fruit, or vegetable (except potato). You may also add eggs back if you desire. This is a great opportunity to add back carrots, corn, bananas, and other things you missed on the diet. Continue to listen to your brain and continue to consume approximately the same size portions as you did when you were on the diet. This should be pretty automatic. You should still only be hungry at meal time. If you want to resume breakfast, add back one of our protein shakes.

### **Week 3 off HCG Diet:**

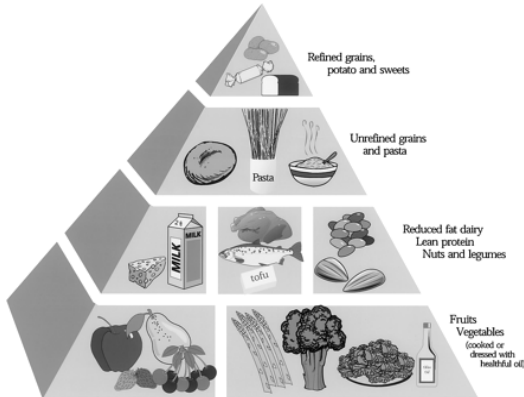
You may now add back dairy and nuts. Listen to your body during this week. Are you having cramps and gas after consuming your first few portions of milk, cheese, or yogurt? This may be a sign of a food allergy to either milk protein or lactose. If you have this kind of reaction, you will need to reduce your consumption of the offending foods to limit inflammation in your gut which can lead to poor absorption and further weight gain.

### **Week 4 off HCG Diet:**

You may now add back sweets, breads, potato, rice, pasta and all other starches. Listen to your body during this week as well. If you are bloated or gassy, you likely have a wheat intolerance and should eliminate or reduce your consumption of wheat products (“Gluten-Free Diet”). Pay attention to that first bite of those previously addictive foods. Does the bread taste as you remembered, or is it kind of dry and bland. Notice how chocolate and ice cream does not have the same pleasurable experience. Notice how it is easier to stop eating any of these foods after a bite or two. This is evidence that you have successfully managed your food addictions and you will continue to manage these addictions if you keep these foods out of your daily routine.

### **Beyond Maintenance**

First and foremost, you should only weigh yourself once a week at the most. Continue to plan all of your meals around a meat and vegetable. This should be instinctive after following the diet. Starches, potato, and sweets should be rare and minor parts of some meals. Snacks, in the rare event they are needed, should be a fruit with no added sugar, a vegetable, or nuts. To illustrate this, the low-glycemic food pyramid should always be your guide.



Over time, things can change. One week of binge eating on a cruise or vacation, new life stressors, a change in hours that result in less sleep, or letting “convenience foods” creep back into your diet can shift the body from a balanced weight to consistent storage and weight gain. If you find that you are hungry more between meals, craving foods (flour and sugar especially), and gaining weight, you have crossed a threshold and your body is back in an anabolic (storage) mode again. Recognizing the re-emergence of these poor dietary trends and food addictions is the first step toward preventing regaining a significant amount of the weight that you worked so hard to lose. In addition, if the exercise you are doing to maintain your weight loss is abruptly stopped, you will not consciously decrease your intake and will gain weight.

Usually a week or two eating the diet that you would eat in Week 2 of maintenance can break that cycle. If that does not work, consider doing the full HCG diet for another month to “re-train your brain”. This is perfectly fine, healthy, and much better than continuing to gain weight in an uncontrolled manner.

We are here for you every step of the way. This diet has been a complete life-changing event for thousands of people in the past, and it can be for you too. Just a few months of effort can easily result in the loss of fat that took years for you to gain. Discipline is the key and you will be rewarded like no other diet you have ever tried.

# HCG Diet QUICK START GUIDE

## DOSING HCG

- Take 0.25mL of the HCG TWICE a day around 12 hours apart.
- Hold the HCG under your tongue for as long as possible (preferably 30 – 60 seconds)
- Swallow the residual liquid
- Do not eat or drink anything for 10 minutes.

## IMPORTANT LIFESTYLE CONSIDERATIONS

- Strive to get 8 hours of sleep each night.
- Drink 64 ounces of water a day.
- Do not use any skin care products containing fats or oils. No fish oil capsules.
- Do not increase or decrease your current exercise regimen while on the diet. If you are not exercising, do not start until you go into maintenance of this diet.
- Stevia is allowed in any amount. Other sweeteners with more than 0 calories per serving are not allowed. These may contain sugar alcohols.
- You may do 2 months back to back on this diet. Do not repeat the fat loading days.
- Artificial sweeteners are allowed but should be consumed as little as possible since they support sugar addiction pathways.
- You may do 2 months back to back on this diet. Do not repeat the high fat loading days.

## DIET DAYS #1 AND #2 – High Fat Loading

Any food that contains fats and oils is allowed during these two days. Eat until you are full. Avoid carbs like breads, potato, and pasta.

- Meats – especially marbled meats (Tenderloin), sausage, and oily fish
- Milk – do not use low fat or 2%
- Eggs
- Cheese – no low fat cheese
- Nuts

**PROTEINS** – 3 ½ ounces twice a day.

Preferably Lunch & Supper

*Meats should be baked, broiled, or grilled. No added fats or oils are allowed.*

**The BEST Choices: Chicken Breast (no skin), Shrimp, Crab, Lobster, Sea Bass, Cod, Flounder, Grouper, Haddock, Monkfish, Northern Pike, Ocean Perch, Orange Roughy, Pike, Pollock, Snapper, Sole, Tarpon, Tilapia, Whiting, Beef (Bottom Round, Flank Steak, Rib Roast, Top Sirloin), Veal (Leg or Shank). No Ground Meats.**

Allowed after the first 21 days (Do not eat meat from this category for both meals in one day): Scallops, Dolphin, Mahi Mahi, Herring, Salmon, and Tuna. Beef (T-Bone, Ribeye, NY Strip, Tenderloin). Turkey Breast (no skin). Boar's Head Roast Beef, Chicken Breast, Ovengold Turkey. Healthwise products can be substituted in a pinch if necessary.

If you do not eat meat, you can substitute one large egg (white and yolk) plus the whites of 3 additional large eggs as a protein source. If you are over 200 pounds, then add one additional entire large egg to this. In place of eggs, 100gm Low-fat Cottage Cheese is allowed.

**VEGETABLES** – 3 ½ ounces twice a day.

Preferably Lunch & Supper

*They should be eaten raw, or steamed. After the 21<sup>st</sup> day on the diet, vegetables can be grilled or stir-fried using a small spray of cooking oil.*

**The BEST Choices: Broccoli, Brussels Sprouts, Asparagus, Celery, Cucumber, Zucchini, Spinach, Chicory, Chard, Beet-Greens, Squash, Tomatoes, Onions, Cabbage, Fennel, Radishes.**

**FRUITS** – One twice a day. Best at 3pm and 9pm

**Apple, Orange, Grapefruit, Peach, Clementine, Tangerine, Blueberries, Strawberries, Cranberries.** For the berries, one loosely packed cup is one serving. *You may choose to have the 9pm fruit in the morning if you prefer*

**FLUIDS**

**Water** – at least 64 ounces daily. Must be consumed throughout the day.

**Diet Drinks** – Must be zero calorie. Maximum of 2 per day. A 12 ounce serving of Crystal Light would be considered one diet drink.

**Coffee, Tea** – Up to 24 ounces a day. That is 3, 8-ounce cups. You may use up to 1 Tbsp of low fat milk per day. Non-Dairy creamer is not allowed.

**SPICES AND SEASONINGS**

Seasoning your food is very important for variety in this diet.

- All powdered seasonings are allowed, including salt. Combination seasonings are not allowed if they contain sugar (“Grill Creations” for example).
- 1 Tbsp. of the following is allowed: Vinegar, Lemon Juice, and Lime Juice.
- Artificial sweeteners are allowed but should be consumed as little as possible since they support sugar addiction pathway



## Harrington Plastic Surgery HCG Diet Tips

1. Cinnamon on apples is a great way to change up the taste. Baking the apples makes it taste similar to an apple pie!
2. Cutting your food into smaller pieces (such as apples) will make it seem like you have more food to eat and will take you longer to eat so you will feel satisfied.
3. Dr. Harrington liked to cut her apples up into very small pieces to make it seem like she was eating more.
4. We found it easier to do the diet with a loved one or co-worker(s).
5. Dr. Harrington liked to use the Lund's brand of Beef Dry Seasoning.
6. Kabobs are a great way to get your protein and vegetable at the same time. You can change it up by adding steak, chicken, and or shrimp with different vegetables!
7. Preparing and portioning out food out ahead of time for the week is a great way to stay on top of it with portions and always having something to eat ready when you are hungry.
8. Change up your water to add variety by trying sparkling La Croix water or adding in flavored zero calorie sweetener, or add in some lemon, lime, or cucumbers!
9. Diet Zevia is a zero calorie soda that has stevia used as the artificial sweetener.
10. Try stir frying veggies and or protein using PAM cooking spray instead of oil.
11. Egg Beaters are a quick and easy way to substitute your protein instead of making eggs.
12. If you weight plateaus on the diet- try switching up the types of fruit and protein you are eating. Go a couple days without an apple.
13. Trying different types of herbal teas can help if you become bored with the food options.
14. Make a smoothie by mixing a fruit, ice, water, stevia, and a small amount of lemon juice.
15. Hot Coleslaw Gourmet Dressing: 1 cup white vinegar, 1 teaspoon stevia, ½ teaspoon of red pepper flakes, ½ teaspoon of fresh ground black pepper, ½ teaspoon celery seed. Best if mixed and refrigerated overnight, will keep in refrigerator up to 2 weeks.