

Email exchanges between a friend and myself concerning HCG.

>> Hi Marci,
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>> I was telling a couple of my friends how great you looked and that you swear it was from your diet. So, they want to try it with me. I have a few questions:
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>> 1) I just need the 23 day supply of the sublingual stuff, right? Did you just do the drops for 23 days?
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>> 2) Do you think you'll just "gain it all right back"? I'm not so worried about this, however, because I don't think my weight or belly fat is related to eating junk or even eating a lot. I just think it's there and hard to get rid of.
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>> 3) Were you dizzy, hungry, or exhausted, headachy? Can I manage work, kids, summer on 500 calories a day?
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>> 4) There are lots of different products on the web, but I want to go with the product that you are using.

>> 5) Did you do anything but eat the right foods/calories and take the liquid? lift weights, etc.
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>> 6) I think it says you can't use it during your period? Did you figure that part out?
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>> 7) Will I lose what little breasts I have left--they are fat too, you know!?
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>> We are excited to order it but I wanted to check on these things with you first. So whenever you get a minute, please reply.
>>
>> Talk to you later.

Hey there,

> Let's see, you had just a couple of questions about this diet. Yes i did use the HCG drops which is now work for, and they gave me a link that explained stuff to me. My mother bought me a book that was very helpful called HCG Weight Loss Cure Guide by Linda Prinster and that really went into detail and after diet helps, the book is older and speaks a lot on the hcg injections, so just bypass that. I couldn't find it at barns & noble so she got it from the dr. who recommended or you can get it on the internet. Another great book is from Kevin Trudeau called Weight Loss Cure "They" Don't Want You To Know About"
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> Answers to your questions:
> 1) The two ounce (sublingual/drops) 30 day protocol bottle is fine. If you buy it from my "parent" company you will pay more, but now I work for them and I can offer a price that beats their best promo pricing. The company is very personal and available. They have a toll free number you can call and speak with a coach if I can't help you out. They offer a money back guarantee but you need to read that policy because they want you to seek coaching. I've never met anyone who didn't lose 15-20 lbs minimum. I have only done this diet for the minimum 23 day protocol but my oldest daughter and mother in law did it for 30 days and lost 23-35 lbs. Your metabolism and hypothalamus will not be reset correctly if you cheat or quit too soon. If you do cheat then you need to start over for 23 days. Cheating takes away what you could have achieved and thus not worth it to cheat!
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> 2) If you go back to bad habits then yes you will gain some of it back. I found that highly processed foods and restaurant food puts are the hardest on your system. If you follow the after diet plan (phase 3), then it really resets your hypothalamus and metabolism. Cheaters never benefit so it depends on the person. I went from 140 to 127 last October and without doing the "after diet" I gained 5 of those lbs back but that became my new resting weight and it was still 10 lbs lighter than my resting weight from before the diet. My crow's feet never came back and my "back fat" didn't come back. After completing the diet you must wait 6 weeks before doing it again so that you don't build up a tolerance. If you are wanting to do the diet a 3rd time you must give yourself a 2 month break. The goal is to shrink your stomach, reset your metabolism and hypothalamus and break the craving cycle and bad eating habits. You end up with a healthier diet, less carb, sugar and fast food behaviors. We are now in our after diet time and we eat better, less and exercise more. We want to be healthier! When the diet is over, take acidophilus (good bacteria) for your stomach, this helps in the tummy digestion transition into eating more quantity and selection.
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> 3) My husband was very worried about his energy and brain power etc...at the work place. We were pleasantly surprised because we never experienced "the fog" or weak and irritable moodiness, the opposite was the case. I think every now and then I may have been a little tired early evening, but not the second time that I did the diet. I got used to the diet and my attitude was very positive. Every now and then I got a little dizzy when I stood up fast. When there weren't any distractions and I was alone and bored (which is very rare) my mind would sometimes want to cheat, but the consequences are harsh as it can cause you to stall in the weight loss for 3 days. I came to enjoy the food regiment as it made it easy for me to manage. My body felt better and healthier, less sluggish and no sugar high/lows. No over full tummy feeling - "just right" feelings were very satisfying. You can drink caffeine so I didn't get headaches and drinking as many teas as I wanted was very satisfying and I felt more hydrated than ever. My husband managed 10 hour work days just fine, to his surprise and he lost 20 lbs.
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> 4) I researched many company's on the web. I had a hard time finding sites selling product made in America. This company has a FDA approved lab in Denver and they ship out of Connecticut. Oversees companies use substandard HCG, sometimes not even human and definitely not regulations enforced. I recommend the book listed above. Don't question the chemistry of the diet, no substitutes, just trust that they chose the right foods. I even followed the directions on what lotions, shampoos...etc. as your skin absorbs oils and so I bought products the members only website blog recommended.
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> 5) I did everything by the book. I bought a 10 dollar food scale and i didn't do exercise cause the diet said it wasn't required and my life is a treadmill anyway.
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> 6) My girls and I didn't stop when it was "that time of the month" but I read that they recommend that you start the drops just after ending your period. The diet last 3 weeks which puts you right back on schedule with your cycle. Water retention can be noticed when you begin dieting mid cycle, but as soon as that phase ends, the water retention does too. I did notice that my cycle went from a 4 week cycle to a 5 week but that was because I started my diet mid cycle. We read that you could choose to lessen the doses while menstruating but we just kept everything the same.
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> 7) I know everyone is different when they lose weight. I didn't notice cup size loss just went from a 36 to a 34 bra size. My daughters didn't notice any change and they were paying attention to that.
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> 8) I didn't do pics but I wish i had. I recommend taking masking tape and using it as a measuring tool as it will not stretch and you can just stick it to a wall in your closet. Thighs, hips, belly, waist, bust.

> I love this diet cause I have always struggled to get rid of these last 10 lbs and I've done aerobic activity, trainers, weight training etc... and I knew the answer would always be found in my diet. Not to be mistaken with being on a "diet". This diet detoxed me from junk food, sugars and carbs - I really needed to break the cycle. My body responded well. I never felt healthier. My mother-in-law had recently had heart probs and had a stent put in and has high cholesterol etc... and when she went back for her physical, her numbers were 30 points lower!

>
Put my number into your phone and when you have questions call me any time.
>
> Marci

To: Marci

Hi, I'm excited about starting. However, someone in the website blog talked about hair loss. So I googled hcg diet and hair loss and there are some rather alarming posts. Did you or the girls or your mother-in-law or her friend have any issues with hair loss? Most of the people with problems had thin, fine hair to begin with --just like me and noticed it after two weeks--or up to 4 months later. Not just a little--but a lot.

Thanks for the help.

Hi Marci--

One question: There are some hcg diet plans that allow you 150 calories of protein at each meal--which, for some lean chicken and fish is more than 100g. Did you allow yourself a little more chicken than steak, etc? Further, for some veggies, you can eat a lot of the veggie to equal 40 calories at each meal--maybe more than a handful. Anyway, the issue is to stay at 500 total calories per day broken out roughly 300 protein, 120 fruit, and 80 veggie, right? I certainly don't want to "under" eat!

Otherwise, everything is good so far. "I can do anything for 23 days!"

Regards,

Hey there,

You are thorough aren't you! You remind me of myself. I too did a lot of research, but I hear a lot of worry in your emails. I have not heard anyone using our product deal with hair loss but you need to follow your gut (pardon the pun). I was skeptical but excited about the HCG Protocol, my concern for you is that you sound worried. I think we sometimes can worry and negativity can follow, so you need to make sure you want to try this or you might feel something odd and get paranoid that the diet caused something bad to happen. I do believe that people can have reactions to anything, there's no telling. You look beautiful enough so you don't need to risk anything for a run at this diet. If you do this diet, you need to not over think it and embrace the fact that you are simply detoxing and make it simple. If you over think it, I think you will burn yourself and your family out. When I was on the diet, I was careful who I told about it because everyone had an "expert opinion" about it. I can appreciate concerns, all of yours were legit. Bottom line, do it if you are excited and pumped up about it.

Whatever you decide will be best. Call me because I want to talk to you about a the product and grocery list etc... that might be good for you to have so you will be ready if that is what you choose to do.

Take care, ...

Hey Marci,

I'm not paranoid, and I was on a high yesterday and raring to go. Not at all worried about foods on list or low calorie. Just give me a plan and some drops and I could care less about big meals. I am looking forward to the cleanse and breaking the sugar/starch habit. Talk to you later.

Regards,

Hey,

This company is the largest manufacturer of HCG and the only one with an FDA Certified Lab and they make their product in the USA (Denver actually). Some of the other HCG companies ship their product in from overseas and the hormone can be derived from animal. HCG is a naturally occurring hormone found in both men and women. This product is FDA approved but not in the area of weight loss yet. It is controversial but not because of question of its' safety. Dr's do, however, write HCG Rx's for weight loss.

About your questions. It is hard breaking the eating habit at first. Sometimes hunger can be misplaced thirst so don't forget having a large variety of teas on hand (Stevia for sweetener), and as far as your headaches, they may be the result of not having caffeine.

Caffeine is allowed. I found that I craved my snacking on nuts, and every now and then I grabbed some almonds, but that may have stiffer consequences on another person. I am very obedient when it comes to the HCG diet and I kept my food to just the ounces.

Because I didn't need to drop a huge amount of weight, I didn't fuss over exact measurements on my food scale, I used a scale but I didn't stress over much, I kept it easy cause I didn't want to over think this diet. I never counted calories as that made it too "managed"

for my style, I liked the fact that the diet was a "no-brainer". I wasn't legalistic with measurement of veggies, i just guesstimated, knowing that if I was too liberal, then my weight would be impacted.

I am excited to see how it works out for you. After a few days, you will stop thinking about food so much, and if you are doing it right. It will become 2nd hand and you will find your new routine of measuring out 4 oz meat/chicken/fish portions and precooking food so that you can easily grab food to go. Drive with teas and stevia's, apples and breadsticks in your car, so that you don't get stuck needing to eat, you will be in "auto-pilot" mode and you will be excited to get on the scale every morning. Note - chose a time to weight that is consistent every morning such as right after you go to the bathroom and if you wear the same PJ's, then figure out how much they weigh and then you'll know how much to subtract.

You can do anything for 23 days.

good luck!

To: Marci

Hi Marci, I weighed 3 lbs less this morning (first weigh-in post load day). I feel good. A lot "lighter". I am not hungry. I had between 4-5 oz of chicken last night sauteed (no oil--some water, Mrs. Dash, and a drop of chicken bullion) and 5 oz of asparagus. It was delicious. You can really taste the flavor in the food! & it made me full. Later, I took my 5 strawberries and put them in the blender with water, ice, and stevia and made a great smoothie. It seemed like a lot of shake to me! I had no trouble cooking spaghetti with meatballs for the kids. It did not really look appealing to me. I can see adding some pasta when this is over, but as a small side to my delicious chix and asparagus, not the main focus of the meal. My friends that are also doing this diet, also said that their food tasted good and that they too had the feeling that "this is how we're supposed to eat." Add in some good grains, good yogurt, and some good oils and nuts, and you now have a healthy diet. Because I have to make my lunch the night before--and don't have access to food at work (other than what I bring in) I don't have to worry as much as you did about being "caught" out and about without food. I bring to work what I'm allowed to eat. 2:00 to 4:00 seems to be the hardest time for me--usually when I eat pretzel sticks or some other kind of carb! Today, I am having chix and romaine lettuce for lunch with apple as my fruit. You are allowed a pretty big amount of lettuce, and I am going to see if having a more "bulky" lunch helps with the afternoons at work.

I'm excited about your business. I have a friend who is doing nutrisystem--but she is closely watching my diet progress. If it works for me, I'm sure she'll try it. I like the fact that the hcg is manufactured in Denver in a certified lab. There is a lot online about whether "homeopathic" is really effective, really hormones, whether sublingual works, etc. I was not concerned because it obviously did work for you and your family. Anyway, good luck with the business. I'll steer people your way--although I'll feel better doing that in 3 weeks when I've been through it.

Regards,

Good morning,

I am so excited for you and your 3 lbs :) I absolutely loved the way you described how you feel, I couldn't have put it better. Have you read any of Dr. Simeon's ebook? It's about 100 pages and it fills in a lot of gaps (knowledge). I know Scott skeptically said, "I bet I just lost water weight", but our scale reads your body fat as well, and in that measurement it is foretelling of dehydration as your fat content reads higher if you are dehydrated and we both noticed that that didn't go up or down any different on this diet. What i think is that your "gorging" loaded you up with easily assessable fat rushing thru your veins before being broken down and stored away in your butt (fill in the bulging body part) and it has started the process of your body burning thru fat rather than storing it while at the same time, not shutting down the metabolizing process. This hormone is suppressing the body's ability of shutting down the metabolism because of you only being on 500 cal. and therefore it is feeding on your fat stores instead.

Don't forget to have a paper near by to log your feelings, observations and weight loss. You might find that if you stall, you did something different or you might notice you ovulation/cycle might go off a week or so, or you might notice the elasticity in you skin is improving. I'm curious what you notice. Email me with your thoughts.

Don't forget to use website for recipes and tips etc. such as using fat free chicken/beef/veggie broth from the store to use in cooking. I found that i could pan fry chicken and use chicken broth instead of oil, the same with frying a hamburger. The broth made my burger or ground beef really moist and packed with flavor. I added cumin and chili powder to my hamburger and chicken and make a Mexican salad. The papers that I mailed to you were found on that website.

Keep in touch,

Marci

To Marci,

My friends are doing good as well. I am still losing. I am now a little over 3lbs from my goal (or 5lbs--depending upon the goal!), but, if I stopped now and could keep all/most of this off, I would be very excited. Since that is not a certain thing, I'd like to lose a little more for cushion.

I'm getting a little bored with the food--mostly since I don't eat beet greens or much fish! And, I really want to mix my vegetables, etc. I also find myself looking at candy and cakes and wondering how I can deal with that once I'm off the diet. I read a book yesterday where the characters were stuffing themselves with buttered muffins and scones and I wondered how I would eat any of that again and still keep this weight off?! Maybe treat it as a once a week or special treat, and not a part of daily life. Who knows. If you start googling the harm of sugar (not fruit, etc.) and what it does to your

body/immune system, etc., it's clear that it shouldn't be such a big part of anyone's life.

Regards,

You might make it to 21 days with 1 oz but I must emphasize that to properly reset your Hypothalamus (sp?) metabolism you need to successfully hit the 21 of the low cal diet. Unofficially, since you did not have much weight to take off, I personally think that you can add more protein and maybe some different veggies, but stay true to no fats, sugars, non-veggie carbs and starches. Try your best to be true to the phase 3 of the diet. I have not always been careful and sure enough, you can put the weight back on (like 5lbs). Restaurant food is a killer!!!! What I noticed is that this diet if nothing else, has detoxed me from chemicals and junk in/on our food, it broke my addiction to sugar/carbs/starches, and it made me appreciate veggies/salads/and lean meat. I did the same thing for my oldest daughter which was life changing. She went from 170lbs to 135 and now doesn't go near carbs which is all she ate before. That being said, she still treats herself to things but not near as much as before. If you are a **junk food junkie** or have other unhealthy vices, I think this diet (after 23 days) creates a new healthier **food habit**, which was its goal the whole time. This is not meant to be a quick fix, rather a re-education in how we were supposed to be doing it all along.

Marci

To Marci,

I weighed 125 eleven years ago when I got pregnant. That was 5 pounds more than I had ever weighed in my life. I've never gotten back to 125. Three years ago when I was training for a marathon and running 20-30 miles per week, I weighed 127. So, I'd like to get back to 127. Starting this Protocol I weighed 140 So, I need to lose about 3 more pounds--but a little more than that would be OK too. I'm really enjoying my new weight. It's obvious to me now that I really should hover closer to 130 or below and not the upper 130's.

Hi Marci,

My friend Beth started taking the drops last Tuesday and started the low cal on Thursday. She has lost almost 5 lbs. She has been hungry.

She left me a message this morning saying that she woke up in the middle of the night with severe hunger pains. She finally got back to sleep but woke up this morning with cramping (like you are getting your period) but she says it's not due yet. (maybe next week or later this week?) And no weight loss this morning either.

Anyway, do you have any thoughts? Should she stop taking the drops. She said she did everything right yesterday. Should she call the support coaches?.

Regards,

Hey the Brita,

I am sorry that your friend is having some cramping and/or hunger pains. I definitely recommend that you have her call the support coaches 1-877-748-2709. Here is my 2 cents worth... It is possible at the beginning to feel some hunger as your body is transitioning to the low cal diet. I wonder if she gorged adequately the first 2 days as that is one of the reasons that they ask you to gorge... to help the hunger during this transition period. So that is my first question that I would ask her. Next I would wonder just how much weight she needs to lose? There is a difference in food relationship for people losing 10 lbs and someone losing 110 lbs. Some people who are more overweight have a stronger emotional dependence upon food and therefore are emotionally craving as well. If she is less overweight and knocking off the last "hard-to-loose" 10 lbs, then maybe she can add more protein and veggies, that being said, she will probably not lose 1 lb/day but maybe she doesn't have to, to reach her goal over 23 days. Next, I know some people need more drops than others. If her hunger is persistent, try upping the drops per dosing. Another thought is that she in essence is detoxing (by default) and there may be withdrawal, so to speak, from that, or her body is needing a vitamin/mineral that she unknowingly cut out. Again have her ask the coach. I know that drinking lots of water, but not too much, is important! Even from a massage, toxins have been loosed and are put into circulation and it is important to flush them out, this diet may do the same thing. She should ask the coach about this. I think I've read that B12 or some B vitamin is used by some with this diet. I do remember when I did this diet in October for the first time that I had a side ache that was noticeable, but I didn't know if it was due to the diet or something else. I figured that I would give it some time and if it was due to the diet, and didn't get worse, that I would just simply cope with it since the diet would be over in 3 weeks anyway. (Normally when I'm in a workout phase, I'm hurting from pulls and lactic acid, so what's the diff). If she is one of the few that this diet doesn't work well with, then she needs to reach out to the coaches, because in order to receive the "satisfaction guarantee or your money back" policy, than she needs to follow protocol and the coaches will trouble shoot and document their communications on the computer and then if it doesn't work, she'll get her money back. The 2nd time that I did this diet I didn't notice any pain, so who knows where it came from. My stomach muscle had shrunk and so the 2nd time that I did the diet, never did I feel a hunger or craving. Now it's been months since I was on the diet and I enjoy eating when I do but I don't even feel compelled to snack cause I'm never hungry. And when I do sit down, I eat half of what I used to and feel full, almost like I had that surgery people get to shrink their stomach.

The next phase is important so since you've gone this far, try your best to stay true to the 3rd phase. Now I am 100% reset and I feel that I have the perfect balance between eating too much and the right amount and also I don't grab the junk cause I just don't crave it. And I eat half the quantity cause my tummy can't fit any more in it. I burn calories the way my metabolism was meant to burn it. I now exercise because I want to not, because I feel like I have to.

I learned at church last week that there are 3 reasons why people change bad behavior to the right behavior.

- 1) DUTY = forced = doesn't last cause when the heat of the consequence is over, they go back to old ways.
- 2) Desperate = fear = cold turkey tactic = doesn't last because when the fear fades, they go back to their old ways.
- 3) Discovery = Learn = Change that last! A person changes because they want to.

This is where I feel that I am at! Discovery!