

dr simeons hcg diet menu

Dr Simeons HCG Diet Menu: A Detailed Guide to Understanding and Following the Plan

dr simeons hcg diet menu is often talked about in the world of weight loss and dieting. This unique approach gained popularity due to its promise of rapid fat loss combined with appetite suppression. Dr. A.T.W. Simeons originally developed the HCG diet in the 1950s, focusing on the use of human chorionic gonadotropin (HCG) hormones alongside a very low-calorie diet. But what exactly does the Dr Simeons HCG diet menu look like, and how does it work? Let's dive deep into the components of this diet, its principles, and practical tips for anyone considering it.

Understanding the Dr Simeons HCG Diet Menu

The core idea behind the Dr Simeons HCG diet menu is combining a strict calorie-restricted diet—typically around 500 calories per day—with HCG hormone injections or supplements. This hormone is naturally produced during pregnancy and was found by Dr. Simeons to help mobilize fat stores in the body, especially stubborn fat accumulated in areas like the hips, thighs, and abdomen.

The Role of HCG in the Diet

HCG is believed to signal the brain to release stored fat as energy without triggering hunger pangs. This is why the calorie intake on this diet is drastically reduced, yet many followers report feeling less hungry than on other low-calorie diets. Whether you receive HCG through injections or oral drops, it's essential to follow the dosage and administration guidelines closely.

The Calorie Restriction Element

The most distinctive part of the Dr Simeons HCG diet menu is the extremely low calorie allowance—usually around 500 calories per day. Unlike traditional diets where calorie intake is reduced moderately, this diet's sharp reduction is intended to force the body to burn fat rapidly. However, this strict limitation means the food choices must be very specific to ensure nutritional balance and avoid muscle loss.

What Does a Typical Dr Simeons HCG Diet Menu Include?

The menu during the HCG diet phases is highly structured and focuses on lean proteins, vegetables, and minimal fats and carbs. The diet is broken down into several phases, with the most restrictive being Phase 2, where the 500-calorie diet is followed alongside HCG.

Phase 2: The Low-Calorie HCG Diet Menu

During Phase 2, the following foods are generally allowed:

- **Lean proteins:** Examples include skinless chicken breast, lean beef, veal, white fish like cod or sole, and shrimp. The protein portion is usually about 100 grams per meal.
- **Vegetables:** Only specific low-starch vegetables are permitted, such as spinach, asparagus, tomatoes, lettuce, cucumbers, and celery. These provide fiber and essential nutrients without adding many calories.
- **Fruits:** Typically limited to one small apple, one orange, or a handful of strawberries per day.
- **Carbohydrates:** Very restricted, usually just a slice of bread or a small potato once per day.
- **Fats:** Minimal to none, as fats are calorie-dense and can interfere with the rapid fat loss process.

Meals are often simple and involve basic cooking methods like boiling, grilling, or steaming without added oils or butter.

Sample Daily Menu for Phase 2

- **Breakfast:** Black coffee or tea (no sugar or milk)
- **Lunch:** 100 grams of grilled chicken breast, steamed spinach, and half a grapefruit
- **Dinner:** 100 grams of white fish, fresh salad (lettuce, cucumber, tomato), and one apple

This sample menu highlights the simplicity and the lean, low-calorie nature of the Dr Simeons HCG diet menu during the most intensive phase.

Phases Before and After the HCG Diet Menu

To fully understand the Dr Simeons HCG diet menu, it's important to be familiar with the different phases of the entire protocol.

Phase 1: Loading Phase

Before starting the low-calorie diet, Phase 1 allows dieters to eat high-fat, high-calorie foods for about two days while beginning HCG treatments. This phase helps prepare the body to enter the calorie-restricted stage by filling fat stores.

Phase 3: Maintenance Phase

After completing the low-calorie phase, Phase 3 gradually reintroduces normal foods without HCG. The aim here is to stabilize weight and avoid rebound weight gain. The diet menu expands significantly but still encourages avoiding sugars and starches for a period.

Phase 4: Long-Term Maintenance

This phase encourages healthy eating habits and lifestyle changes to keep off the lost weight. The diet menu becomes more flexible but focuses on balanced nutrition and portion control.

Tips and Insights for Following the Dr Simeons HCG Diet Menu

While the Dr Simeons HCG diet menu is straightforward, success requires discipline and understanding the science behind it.

Stay Hydrated

Drinking plenty of water is crucial throughout all phases. Hydration supports metabolism, helps flush out toxins, and can reduce feelings of hunger.

Prepare Meals in Advance

Because the diet is so restrictive, meal prep can prevent impulsive eating and ensure compliance with the menu. Simple grilled proteins and steamed vegetables can be batch-cooked and portioned for the week.

Monitor Your Body's Response

Some people may experience fatigue or mood changes due to the low calorie intake. Keeping a journal of how you feel and any weight fluctuations can help you and your healthcare provider adjust

the plan if needed.

Consult Healthcare Professionals

Anyone considering the Dr Simeons HCG diet menu should consult with a doctor or dietitian, especially if there are pre-existing health conditions. The strict calorie restriction and hormone use may not be suitable for everyone.

Common Misconceptions About the Dr Simeons HCG Diet Menu

There are many myths and misunderstandings about this diet. For example, some believe that simply taking HCG supplements without following the calorie restriction will result in weight loss. In reality, the hormone's effectiveness is closely tied to the low-calorie diet protocol.

Others think the diet allows unlimited foods as long as HCG is taken, which is not true. The carefully structured menu is essential to achieve the desired fat-burning effects without compromising muscle mass or health.

Why the Dr Simeons HCG Diet Menu Still Attracts Followers Today

Despite controversy and mixed scientific reviews, the Dr Simeons HCG diet menu remains popular because it offers a clear, regimented approach to rapid weight loss. The combination of hormone therapy with a strict diet appeals to people looking for quick results under medical supervision.

Moreover, the diet's focus on lean proteins and vegetables aligns with many modern healthy eating principles. For some, the HCG hormone helps overcome the hunger challenges typically faced on very low-calorie diets.

The menu's simplicity and the short duration of the intensive phase also make it an appealing option compared to more complex or longer-term diet plans.

Exploring the Dr Simeons HCG diet menu reveals a highly specialized approach to weight loss that requires commitment and understanding. By carefully following the phases and menu guidelines, many have found it to be a useful tool in their fitness journey. Whether you're intrigued by the hormonal aspect or the promise of fast fat loss, always approach the diet with caution and professional advice to ensure safe and sustainable results.

Frequently Asked Questions

What is the Dr Simeons HCG diet menu?

The Dr Simeons HCG diet menu is a structured low-calorie meal plan combined with daily HCG hormone injections or drops, designed to promote rapid weight loss by reducing calorie intake to about 500-800 calories per day while maintaining muscle mass.

What foods are allowed on the Dr Simeons HCG diet menu?

The diet primarily includes lean proteins like chicken breast, lean beef, veal, white fish, and egg whites, along with specific vegetables such as spinach, tomatoes, asparagus, and celery. Fruits like apples, oranges, and strawberries are also permitted in limited amounts.

How many calories are typically consumed on the Dr Simeons HCG diet menu?

Typically, the Dr Simeons HCG diet menu restricts daily calorie intake to around 500 to 800 calories, which is significantly lower than standard diets, to encourage rapid fat loss while using HCG to preserve muscle mass.

Can you drink beverages other than water on the Dr Simeons HCG diet?

Yes, in addition to water, you can drink black coffee, tea without sugar, and sometimes sparkling water. However, all drinks must be calorie-free and without added sweeteners or milk during the diet phases.

Are there any fruits allowed in the Dr Simeons HCG diet menu?

Yes, limited amounts of certain fruits such as apples, oranges, strawberries, and grapefruit are allowed, typically around one serving per day to help provide essential vitamins and satisfy sweet cravings.

How long should one follow the Dr Simeons HCG diet menu?

The diet is usually followed in phases over about 3 to 6 weeks, including a loading phase, a very low-calorie phase with HCG, and a maintenance phase to stabilize weight after the diet.

Is the Dr Simeons HCG diet menu nutritionally balanced?

The diet is very low in calories and restricts many food groups, so it may lack certain nutrients if followed long-term. It should be done under medical supervision to ensure safety and address any nutritional deficiencies.

Additional Resources

Dr Simeons HCG Diet Menu: An Analytical Review of Its Structure and Efficacy

dr simeons hcg diet menu has garnered significant attention in the realm of weight loss protocols since its inception in the mid-20th century. Originating from the work of Dr. Albert T.W. Simeons, the diet combines a very low-calorie intake with administration of human chorionic gonadotropin (HCG), a hormone produced during pregnancy. This regimen promises rapid fat loss without the usual side effects of starvation diets, but questions persist about its practicality and scientific backing. This article offers an investigative review of the Dr Simeons HCG diet menu, dissecting its components, structure, and the implications for those considering this approach.

Understanding the Framework of the Dr Simeons HCG Diet Menu

The core premise of the Dr Simeons HCG diet menu revolves around a strict calorie restriction paired with HCG injections or supplements. Typically, the diet limits daily caloric intake to approximately 500-800 calories, a level considered very low and usually unsustainable without medical supervision. The HCG hormone is believed to support fat mobilization and preservation of lean muscle mass, allowing dieters to lose fat rather than muscle tissue.

The diet is divided into several phases, each with specific dietary guidelines:

Phase 1: Loading Phase

Before commencing the low-calorie portion, the loading phase lasts two days during which dieters consume high-fat, high-calorie foods freely. This phase aims to build fat reserves to be utilized during the calorie-restricted phase. The rationale behind this is to ensure the body has sufficient fat stores for the hormone to target.

Phase 2: Weight Loss Phase

This is the critical phase where the Dr Simeons HCG diet menu becomes highly restrictive. The daily menu consists of a selection of lean proteins, limited fruits and vegetables, and minimal fats. The calorie count is strictly controlled, and dieters often consume:

- 100 grams of lean meat or fish (such as chicken breast, white fish, or lean beef)
- Two servings of vegetables like spinach, tomatoes, or asparagus
- One piece of fruit, typically an apple, orange, or strawberries
- One breadstick or a small portion of carbohydrates (around 20 grams)

HCG administration continues during this phase to purportedly facilitate fat mobilization.

Phase 3: Maintenance Phase

After reaching the target weight, this phase involves gradually increasing caloric intake and reintroducing a broader range of foods while avoiding sugar and starch. This is intended to stabilize metabolism and prevent rapid weight regain.

Analyzing the Nutritional Structure of the HCG Diet Menu

From a nutritional perspective, the Dr Simeons HCG diet menu is extremely low in calories and carbohydrates, emphasizing lean proteins and select fruits and vegetables. This composition mimics a ketogenic or low-carb approach, which naturally induces fat burning. However, the 500-calorie ceiling is far below recommended daily intakes for adults, raising concerns about potential nutrient deficiencies and metabolic slowdown.

Moreover, the diet restricts fats severely, which contrasts with modern nutritional science advocating for healthy fats in moderation. The limited variety of fruits and vegetables may also reduce intake of essential vitamins and minerals, although the short duration of the diet (typically 3-6 weeks) may mitigate long-term deficiencies if supplemented appropriately.

Comparing Dr Simeons HCG Diet Menu to Other Low-Calorie Diets

When contrasted with other very low-calorie diets (VLCDs), the Dr Simeons HCG diet menu is unique primarily because of the hormone administration component. Most VLCDs provide medically supervised diets around 800 calories per day but do not include HCG. The hormone is claimed to reduce hunger and protect muscle mass, although scientific consensus on these claims remains inconclusive.

Several studies have indicated that HCG injections do not significantly impact weight loss beyond the effects of calorie restriction alone. Thus, the menu itself—characterized by strict meal plans focusing on lean proteins and minimal carbs—may be the main driver of weight loss.

Practical Considerations and Potential Challenges

Adhering to the Dr Simeons HCG diet menu requires significant discipline due to its stringent food limitations and low-calorie intake. The menu's repetitive nature, with limited food choices day after day, can pose psychological and social challenges for many individuals.

Common issues reported by dieters include fatigue, irritability, and difficulty concentrating, symptoms often associated with very low-calorie diets. The diet's restriction of fats and carbohydrates might also contribute to decreased energy levels, particularly in the early stages.

Furthermore, the reliance on HCG injections or supplements introduces additional considerations. Injections require medical oversight and may not be accessible or affordable for everyone. Over-the-counter HCG products often lack regulation and may not contain active hormone, diminishing potential benefits.

Pros and Cons of the Dr Simeons HCG Diet Menu

- **Pros:**

- Rapid weight loss potential, often visible within the first few weeks
- Structured meal plans provide clear guidance, reducing decision fatigue
- Possible preservation of lean muscle mass due to hormone use
- Promotes intake of lean proteins and non-starchy vegetables

- **Cons:**

- Extremely low-calorie intake may not be sustainable long-term
- Limited variety and restrictive nature can lead to nutrient deficiencies
- Scientific evidence supporting HCG's effectiveness is limited and contested
- Potential side effects such as fatigue, dizziness, and mood changes
- Requires medical supervision, especially when using injections

The Role of HCG in the Diet and Scientific Scrutiny

Central to the Dr Simeons HCG diet menu is the hormone itself. HCG is naturally produced during pregnancy and plays a role in maintaining the corpus luteum and supporting fetal development. Dr. Simeons theorized that HCG injections could promote fat redistribution and suppress hunger, facilitating weight loss.

However, numerous clinical trials and reviews have found little to no evidence supporting these claims. The U.S. Food and Drug Administration (FDA) has also issued warnings against over-the-counter HCG products marketed for weight loss, labeling them as fraudulent.

The possible placebo effect and the extreme calorie restriction inherent in the diet may explain most of the weight loss observed. Nonetheless, some proponents argue that HCG helps reduce the muscle wasting often seen in starvation diets, although this remains disputed.

Potential Risks and Safety Concerns

Given the stringent calorie limits, the Dr Simeons HCG diet menu is not recommended for certain populations, including pregnant or breastfeeding women, children, individuals with chronic illnesses, or those with eating disorders. The hormone administration may cause side effects such as headaches, fatigue, or mood swings.

Medical supervision is crucial, particularly because rapid weight loss can affect electrolyte balance, cardiovascular health, and overall metabolic function. Without proper guidance, dieters risk complications including gallstones, nutrient deficiencies, and rebound weight gain.

Summary of the Dr Simeons HCG Diet Menu's Place in Weight Loss Strategies

The Dr Simeons HCG diet menu remains a controversial but intriguing option within the spectrum of weight loss diets. Its unique combination of hormonal treatment and very low-calorie intake has attracted followers seeking quick results, yet the scientific community generally views the hormone's role skeptically.

For individuals considering this diet, understanding the strict menu guidelines, potential benefits, and risks is essential. While rapid fat loss may occur, sustainability and health impacts must be weighed carefully. Alternative approaches incorporating balanced nutrition and gradual lifestyle changes may offer safer, long-lasting outcomes.

In the broader landscape of diet plans, the Dr Simeons HCG diet menu exemplifies how historical medical hypotheses intersect with modern nutritional science and consumer demand for effective weight loss solutions. Ongoing research and informed clinical practice will continue to clarify its relevance and safety.

[Dr Simeons Hcg Diet Menu](#)

dr simeons hcg diet menu: New Pounds and Inches Richard L. Lipman M.D, 2013-02 The HCG diet has caught the attention of most overweight Americans as it promises to help the dieter lose a pound a day without hunger or cravings and without a minute of exercise. The HCG diet was conceived in 1950, by Dr. A.T. Simeons, who wrote in his booklet, Pounds and Inches, that injecting

HCG, a hormone produced normally by pregnant women, could not only produce spectacular weight loss results, but at the same time re-set the metabolism centers in the brain permanently. Simeons' plan required daily injections of HCG, and a rigid semi-starvation 500 calorie a day diet. Although many people have been successful with the plan, an equal number have found the HCG diet difficult to follow and have increasing questions about the HCG's safety and effectiveness. In the New Pounds and Inches, Richard L. Lipman M.D., a board certified endocrinologist and internist, updates and revises Simeons' 1954 plan using modern day science and his personal experience treating thousands of patients with HCG. Dr Lipman clarifies all of the controversies surrounding the HCG diet. The New Pounds and Inches uses oral HCG, an 800 calorie food plan, protein with all three meals, many fruits, unlimited vegetables, and many more foods, beverages and snacks unavailable to Dr. Simeons. It presents a workable exercise program, a maintenance plan and concludes with hundreds of appropriate HCG recipes. The New Pounds and Inches offers a safe, effective weight loss plan that sets the standard in weight loss for both practitioners and patients.

dr simeons hcg diet menu: HCG DIET MANUAL Revised November 2019 Dr. Cara Phillip, 2010-11-21 This is a medically supervised HCG Diet and HCG Weight Loss and Wellness Program created and facilitated by Naturopathic doctors. This HCG Diet Guide is used along with the HCG Diet Program Portland at The Natural Path.

dr simeons hcg diet menu: Pocket Guide to the HCG Protocol Tiffany Prinster, Linda Prinster, 2009-06-30 **Based on reviews, the authors are adding this preface: This is NOT a how-to or a recipe book for the HCG Diet, and was never purported to be. The Pocket Guide to the HCG Protocol was created and made available in response of many customer requests for a small book to carry in their purse for convenience, especially during Phase 3 (the maintenance phase) of the HCG Diet. Those customers particularly wanted the chart of 1,000 foods, drinks, and condiments charting whether or not each item is allowed, cautioned, or not allowed on each phase of the protocol that was easy to carry around for eating out and grocery shopping purposes. So, that is why this book is for sale and that is what its purpose is in your HCG Diet Library. ** This is the description of the book: If you don't want to lug the HCG Weight Loss Cure Guide around throughout your day, this compact book is a great addition to your protocol library. The Pocket Guide to the HCG Protocol is a very, very short summary of the HCG Diet Protocol in purse/pocket size purely for convenience. This little book packs the basic information including: a summary of a typical round of the HCG protocol, Dr. Simeons' list of approved foods for the protocol, rules for the maintenance phase, and a nutrition chart of 1,000 foods, drinks, and condiments charting whether or not each item is allowed, cautioned, or not allowed on each phase of the protocol. This small, summary book was created solely out of customer demand for a more compact resource to carry around. ALL information is extracted from The HCG Weight Loss Cure Guide to provide a convenient, carry-along version.

dr simeons hcg diet menu: Hcg Diet Victory Planner James Walker, 2010-07-01 HCG Diet Victory Planner: A Personal Time Saving Success Guide This is the second book in the 'HCG Diet Victory Collection' by James Walker. Once again, Walker has utilized his unique communication and graphics talent, to produce a completely fresh approach to the 'weight setting' and 'returning to normal' steps of Dr. Simeons HCG Diet protocol. In his simple, direct and easy to understand style, Walker presents the perfect companion book to his highly regarded first book on the subject, the 'HCG Diet Victory Tool Kit.' (ISBN 978-0-9800641-7-9) The author, answers critical questions, and offers time saving practical help for 'resetting body weight' and returning to 'normal' at the end of the HCG protocol. Walker goes further, sharing well researched methods and references, for determining what is 'normal' for you. James Walker believes that the successful completion of the HCG diet protocol is a golden opportunity to max your life and health by understanding and harnessing the uniqueness of your personal metabolism. He calls it discovering your unique 'Metabolic Blueprint (r).' Book content includes, as always, Walker's unique, proprietary forms, tables and flow charts. An exclusive new feature in this planner is a great time saving set of pre-made or customizable, 6 day menu plans in 100 Calorie increments from 1200 to 2600 Calories. A new 'Weight Setting Worksheet,' as well as, other bonus forms and guides for the finalizing and

maximizing of Dr. Simeons HCG weight loss protocol. Everything you need to secure your HCG assisted weight loss and stay on a successful health track in a straight forward and down to earth presentation. Emphasis is on simplicity, time saving and empowering you to take control of your weight & health

dr simeons hcg diet menu: Hcg Recipes Phase 2 Antonia Cruz, 2011-11-07 HCG Recipes Phase 2: The 500 Calorie Diet Plan offers an all-new collection of 30+ low fat recipes for the HCG Diet Phase 2. Each recipe is healthy, easy to make, and uses official ingredients recommended by Dr. A. T. W. Simeon (creator of the HCG Diet). This cookbook features delicious main-dish recipes for fish, chicken, beef, soup, salad and beverages, such as Baked White Fish In Italian Herbs, Persian Saffron Chicken Soup, Grilled Rosemary Steak with Spinach, and much more! Enjoy meals that taste like 5 star recipes (with half the fat) and still lose weight! Each recipe may also be used as part of a low calorie diet plan. SAMPLE OF RECIPES INCLUDED: * Grilled Moroccan Sea Bass with Tomatoes * Baked White Fish In Italian Herbs * Taj Mahal Crab Soup * Greek Chicken Kebabs with Bell Pepper * Madras Chicken Curry with Cabbage * Persian Saffron Chicken Soup * Grilled Rosemary Steak and Spinach * Red Cabbage Beef Stew * Big Fat Greek Salad * Creamy Asparagus Soup

dr simeons hcg diet menu: Obesity M. R. C. Greenwood, 1983 Abstract: A reference text on obesity provides authoritative overviews for physicians, clinical nutritionists, and other health professionals on current therapies, the relationship between obesity and certain disease states, and on several current research directions based on new information on the etiology of the individual obesity types. Five papers are related to health (i.e., obesity as a risk factor) and treatment, and 6 are on new research directions. Included in the themes of these reports are: the relative health-related risk of obesity for cardiovascular disease; adipogenic factors which may control fat cell proliferation during growth and dietary excesses; reviews of current treatment approaches including surgery, behavior modification, and diet-exercise; cognitive and sensory input into food choices in obesity and dieting; energy expenditure regulation; pharmacological therapeutic approaches; research on obesity using cell cultures; and recent genetic and metabolic findings. (wz).

dr simeons hcg diet menu: Eight Hundred Calorie Secret Richard Lipman, 2012

dr simeons hcg diet menu: New 800 Calorie HCG Diet Richard Lipman, 2017-12-26 Safer, healthier and just as easy and fast as the original 500 calorie HCG diet writes Richard Lipman M.D, board certified internist and endocrinologist in The New 800 Calorie HCG Diet. Many weight loss physicians agree that the original 500 calorie a day HCG diet is too limited in calories and choices for most patients. Over the past three years, Dr Lipman added additional low calorie and ultra low carb and fat foods, snacks and condiments to the diet of hundreds of HCG dieters. Not only did they feel less hungry and less deprived, but they lost the same weight as those following the original Simeons diet from 1954. Dr Lipman writes, almost all my patients noted more energy and less cravings with the larger portions and more choices in the new 800 calorie plan. In addition they lost the same weight without feeling deprived. Dr Lipman has explored hundreds of new meal combinations, added twenty new snacks including new five fruits, unlimited vegetables, soups, condiments and even ultra low carb wraps. Many of the products were originally for diabetics or for low carb dieters developed during the 2004 low carb craze. All of the choices are based principles originally described by Dr Simeons. This book describes the use of human hormone HCG or Human Chorionic Gonadotropin. This natural hormone reduces hunger and cravings and increases metabolic processes. This results in the same rapid weight loss observed in 500 calorie version. In fact, many of Dr Lipman's patients have experienced weight loss of between 1/2 to 1 pounds per day on this plan. This book includes not only phase 1 and 2, but a completely re written phase 3. All of the HCG meal menus use thumbnail pictures showing choices, portions and preparations. No calorie counting is needed. The new 800 calorie HCG diet minimizes cooking and shopping for unusual foods. Everything the dieter need is usually in the house or even at school or office cafeterias. This modernized HCG plan includes the new food protocol, all required HCG essentials, sample menus, new plateau breaking tips, modernized detailed guidelines for all three phases of the HCG plan.

dr simeons hcg diet menu: Hcg-diet - What Dr. Simeons Really Said Dan Hild, Susan Margret Wimmer, 2015-12-02 Finally a book calls obesity exactly what it is-a disorder. HCG-DIET: WHAT DR. SIMEONS REALLY SAID is a small book with great clarity and sound advice for ending your dysfunctional relationship with weight loss once and for all! From theories on obesity to the causes to the treatment, authors Dan Hild and Susan Margret Wimmer shares the nuts and bolts before he hones in on the great news-Human Chorionic Gonadotrophin, otherwise known as the phenomenal new treatment HCG! As the authors walk you through the step-by-step procedures, one thing is clear: our bodies give us ample warning, years ahead of time, of oncoming obesity. But, isn't it good to know if we miss the harbingers of weight gain, we have a wonderful solution and coach in Mr. Dan Hild and Susan Margret Wimmer's exceptional book, HCG-DIET: WHAT DR. SIMEONS REALLY SAID? Get your copy today and get off the hamster wheel of dieting and onto the road of lasting, healthy weight loss success!

dr simeons hcg diet menu: The HCG Diet Revolution Gifty Child, 2011-03-27 You may have recently heard about the HCG Diet Protocol or Homeopathic HCG and you're wondering what it's all about. Before you jump onto the popular HCG diet bandwagon and try to slim yourself (or kill yourself), it's imperative that you clue yourself up and be informed about the true facts of the HCG hormone and low calorie diet plan. Any substance that you put into your body which has the power to change your body's chemistry could be potentially dangerous or even life threatening. The HCG Diet Revolution: Dr. Simeons Miracle Diet Exposed! reveals the hard-hitting new facts about the controversial HCG diet plan that has taken America by storm. In this book, you will discover everything you need to know about Dr. Simeons original HCG Diet for weight loss, learn the facts, the myths, the risks, and the hidden truths! TABLE OF CONTENTS: * Introduction * What Is The HCG Diet Plan? * About The Creator of The HCG Diet - Dr. Simeons * What Is HCG? * Dr. Simeons Amazing Weight Loss Breakthrough * How Can HCG Hormones Help You Lose Weight? * About The Reinventor Of The HCG Diet - Kevin Trudeau * The 3 Phases of Dr. Simeons Original HCG Protocol * The Big Differences Between Kevin Trudeau's HCG Diet Plan and Dr. Simeons * HCG Injections The Lethal Risks * HCG Drops The New Cure? * Taking The Correct Dosage of HCG for Weight Loss * The Best Places to Buy HCG * The 500 Calorie HCG Diet How Can You Survive? * What Can You Eat On The HCG Diet? * HCG Diet Dangers And Side Effects * Does The HCG Diet Really Work? * And Much More!

dr simeons hcg diet menu: The Best Diet You Have Never Heard of - Physician Updated 800 Calorie Hcg Diet Removes Health Concerns Dr. Larry Vickman, MD, 2011-04 The Best Diet You Have Never Heard Of is a modernized and improved revision of the original Dr. Simeons 500 calorie hCG diet protocol. Developed over 3 years ago, Dr. Larry Vickman, MD, Dr. Connie Odom, MD and Sonia Russell, LPN are the first medical professionals to provide a safer and more tolerable protocol for the patient by removing the safety concerns many experience with the original 500 calorie protocol. The physicians have integrated the latest modern medical advancements and increased both the daily protein and caloric intake from the original 500 calories/day to an LCD of 800 calories/day. The revised protocol is also utilized as the new standard in hCG weight loss therapy for the prescribing practitioner.

dr simeons hcg diet menu: HCG-DIET; What Dr. Simeons Really Said Dan Hild, Susan Margret Wimmer, 2020-08-26 Finally a book calls obesity exactly what it is a disorder. HCG-DIET: WHAT DR. SIMEONS REALLY SAID is a small book with great clarity and sound advice for ending your dysfunctional relationship with weight loss once and for all. From theories on obesity to the causes to the treatment, authors Dan Hild and Susan Margret Wimmer shares the nuts and bolts before he hones in on the great news - Human Chorionic Gonadotrophin, otherwise known as the phenomenal new treatment HCG. As the authors walk you through the step-by-step procedures, one thing is clear: our bodies give us ample warning, years ahead of time, of oncoming obesity. But, isn't it good to know if we miss the harbingers of weight gain, we have a wonderful solution and coach in Mr. Dan Hild and Susan Margret Wimmer's exceptional book, HCG-DIET: WHAT DR. SIMEONS REALLY SAID? Get your copy today and get off the hamster wheel of dieting and onto the road of

lasting, healthy weight loss success!

dr simeons hcg diet menu: HCG Weight Loss Cure Guide Linda Prinster, 2008-02-27 A New and Improved Version #4 is NOW available on Amazon with ISBN #978-0-9831124-2-6.

Enhancements include updated food charts, vegetarian information and much more. The HCG Weight Loss Cure Guide is a guide to Dr. Simeon's Pounds and Inches, which is the base hCG diet Protocol described in Kevin Trudeau's newest book *The Weight Loss Cure They Don't Want you to Know About*. Discovered and documented after decades of research by Dr. Simeons, the 'original' protocol promises a short term plan with long term results--a full copy of Simeons' Pounds and Inches is included in the appendix. This guide is the complete 'How To' in laymen's terms from start to happy ending. For most people, this can make the difference between reading about an extremely complicated and expensive diet protocol (as presented in Trudeau's book) and executing an inexpensive, simple protocol detailed by the physician who developed it (Dr. Simeons'). The guide includes non prescription ordering, mixing, storing, tips, menus, charts, and everything else you need to successfully lose the AVERAGE 20 - 30 pounds in about a month.

dr simeons hcg diet menu: HCG for Foodies Dana Falk, Kelsey Klausmeyer, 2020-09-21 HCG for Foodies provides the gritty details readers need to be highly effective on the HCG diet protocol. The HCG hormone uses ketosis to mobilize stored fat, thus it's an unusually strong jump start to the ketogenic diet. Written by a Physician who specializes in obesity and a Psychologist who specializes in adult change, HCG for Foodies offers a deeper, more rigorous look at strategies for the HCG Diet than is typical. The original HCG protocol, written by Dr. Simeons in 1954, demands rigid food choices that are quite limited. Drs. Falk and Klausmeyer invite readers to make decisions based on ketogenic science, which enables far more diverse eating in HCG Phase 2. Readers will learn detailed preparations that make HCG easier and more effective; how to calculate which foods will facilitate weight loss; cooking to maximize flavor; inventive recipes, the science underlying fat metabolism; how to utilize elements of personality useful for behavior change; practical strategies for the social and interpersonal challenges the diet poses. HCG for Foodies is designed to help readers make well-informed, independent decisions, but those who prefer concrete instructions for the diet will find what they need, too: ingredient lists, formulas, step-by-step instructions for all phases of the diet. Pragmatic and humorous, the text offers insight and challenge, not shallow cheerleading. Unique to HCG for Foodies is the Psychology book within the diet book. Readers learn skills for any adult transition, not just for weight loss: they examine ambivalence, identify cognitive distortions and assess their personality with regard to behavior change. They take a deep dive into their priorities and learn to defend against the people and places that pose a threat to their success. Readers are assumed perfectly capable of digesting the research on behavior change and endocrinology. The authors empower readers with scientific insights that illuminate why their food choices matter on this diet. From their vantage points of mental and physical health, Drs. Falk and Klausmeyer know what can interfere with patient goals. Here they offer an unusually diverse menu of strategies to increase reader success and creativity on the HCG Diet.

dr simeons hcg diet menu: The Hcg Diet Gourmet Cookbook Volume Two Tammy Skye, 2011-12-01 This Second Volume in the HCG Diet Gourmet Cookbook Series by Tammy Skye features 150 more Low Calorie recipes for the HCG Phase of the HCG Diet. Volume Two features a selection of egg and cheese vegetarian options as well as Chicken, Beef, and Seafood entrees as well as vegetable dishes, beverages and desserts. The recipes are compatible with the original Dr. A.T.W. Simeons Pounds and Inches HCG weight loss protocol.

dr simeons hcg diet menu: *The Phase Two Diet What to Eat While on Simeons Protocol* Dr Joy S Edwards Mph, 2012-03-20 This Text gives you tips and ways to successfully conquer Dr. Simeons phase 2 of the Weight loss program. Tips, Recipes and motivation.

dr simeons hcg diet menu: HCG Weight Loss Cure Guide Linda Prinster, 2008 The hCG Weight Loss Cure Guide is a guide to Dr. Simeon's Pounds and Inches, which is the base hCG diet Protocol described in Kevin Trudeau's newest book *The Weight Loss Cure They Don't Want you to Know About*. Discovered and documented after decades of research by Dr. Simeons, the 'original'

protocol promises a short term plan with long term results--a full copy of Simeons' Pounds and Inches is included in the appendix. This guide is the complete 'How To' in laymen's terms from start to happy ending. For most people, this can make the difference between reading about an extremely complicated and expensive diet protocol (as presented in Trudeau's book) and executing an inexpensive, simple protocol detailed by the physician who developed it (Dr. Simeons'). The guide includes non prescription ordering, mixing, storing, tips, menus, charts, and everything else you need to successfully lose the AVERAGE 20 - 30 pounds in about a month.

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