

restorHCG Diet Guide Very Low Calorie Diet

LOSE UP TO 1 POUND A DAY*

With **restorHCG™ hf Homeopathic Drops**

Our oral restorHCG hf drops are made and packaged in the U.S.A. 



- ✓ Great for both Men and Women*
- ✓ Easy and quick weight loss*
- ✓ Each bottle is a full 40 day supply to get you thru the full very low calorie diet (VLCD) program*
- ✓ Help regulate and boost Metabolism for Burning Fat*
- ✓ Helps Control your Appetite*



What is restorHCG diet and how does it work? *

The diet protocol was created by A.T.W. Simeons, M.D. He worked with thousands of people over a forty year period and developed a highly successful, rapid weight loss program. When following the restorHCG diet protocol, you eat a Very Low Calorie Diet (VLCD). But, this is unlike any other low calorie diet you've seen before. You are not starving your body or even very hungry! restorHCGhf helps liberate the excess fat in your body so you can use it instead of storing it – 1500 to 3000 calories worth a day!!

What can you expect? *

You can expect to lose up to 1 lb. PER DAY! You will lose inches from the “difficult” areas, like your waist. If you have curves, expect to keep them!

Dr. Simeons found that for every kilogram lost his patients lost a centimeter in circumference. This means that for every 10lbs. you lose, you can lose 4.5 inches...Wow! Unlike a lot of low calorie diets, you will burn excess fat, not muscle.

Do the fat loading phase correctly and you should not be hungry!

restorHCGhf will help your brain establish a new set-point weight for your body and give you a plan to maintain it.

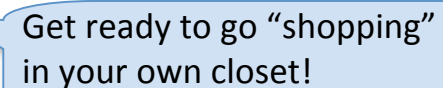
Measure your success! *

Take a “before” picture to motivate you and measure your success.

Get a food scale to measure protein portions.

Measurement matters! Get a scale and a flexible tape measure to measure your fantastic results .

- Record your starting stats – weight and measurements. Use a favorite pair of fitted pants to judge your progress.



Get ready to go “shopping”
in your own closet!

First things first, create YOUR PLAN! *

Plan your schedule so you can stick with the diet – a minimum of 26 days and a maximum of 43 days.

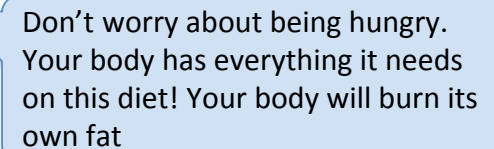
For women, start your diet on the day after your menstrual period ends.

Plan your menu, including the fat loading days, and go grocery shopping.

Make sure your moisturizers and makeup are oil-free while you use restorHCGhf. Your body will absorb fats from your moisturizer that can interfere with your results by burning those fats instead of the stored body fats.

Talk to your Physician if you have existing medical conditions or take any prescriptions.

Talk to your sales representative about any questions you have.



Don't worry about being hungry. Your body has everything it needs on this diet! Your body will burn its own fat

Overview of Diet Protocol Phases *

Phase I: Fat Loading – Days 1 and 2

Begin using restorHCGhf

Phase II: Very Low Calorie Diet – Days 3 through 43

Use restorHCGhf days 3 – 40 (continue Very Low Calorie Diet for 72 hours after last dose of restorHCGhf)

Phase III: First Transition – 3 weeks

No sugar or starches during this phase

Do not use restorHCGhf during this phase

Phase IV: Second Transition – 3 weeks

Gradually add sugar or starches during this phase

Do not use restorHCGhf during this phase

Getting started – The Plan in 4 Phases *

Phase I: FAT LOADING (Days 1 – 2) *

Take your starting weight and measurements.

Take your restorHCGhf drops as directed in the morning upon waking, at midday, and in the evening. Space doses evenly throughout the day.

For the first two days, eat a diet very high in fat and calories. Indulge as much as you can in foods such as, milk chocolate, ice cream, fried meats, hamburger, eggs, bacon, bread and butter, mayonnaise, avocado, olive oil, etc. It sounds counter-intuitive but this phase is very important to help you in the Very Low Calorie Diet Phase.

Start drinking water – at least 64 oz. or 8 glasses per day.

This is the FUN part! Enjoy it guilt free!

After the loading phase, clear your cabinets of tempting foods!

Phase II: VERY LOW CALORIE DIET (Days 3 – 43) *

Weigh yourself every morning, immediately after waking and going to the bathroom.

Take your restorHCGhf drops three times per day as directed until day 40. If you reach your weight loss goal before day 40, continue using the drops until at least day 43. You will continue the Very Low Calorie Diet for 72 hours after your last dose of restorHCGhf. Follow the Very Low Calorie Diet exactly!

Exercise during the Phase II Diet *

Dr. Simeons found that exercise was not necessary for weight loss while on the restorHCG diet. He **strongly prohibited strenuous exercise while on the Very Low Calorie Diet** because you are only getting a minimum of protein and carbohydrates for regular activity, not enough to support intense exercise. Given the importance of movement to health we recommend light to moderate exercise while on the Phase II plan. Listen to your body – do what is comfortable and makes you feel energized. If you feel very tired or light-headed, stop immediately.

Yes, you should stay away from these foods*

- Carrots are a big no-no because they have more sugar in them. These should be avoided during Phase II and Phase III and carefully added in during Phase IV.
- Eggs are not recommended because the yolk contains fat, and the white by itself does not provide enough protein. That said, you can occasionally have an egg during the very low calorie diet phase II. If you eat an egg, it should be boiled or poached with 2 additional egg whites. Be aware that your results will not be as good as with the recommended protein sources.
- Tuna is also not a recommended protein choice as it contains fat.

Dr. Simeons' Very Low Calorie Protocol *

Dr. Simeons tested a LOT of different foods. If it's not on this list, it's not on the protocol. We suggest following it exactly for the best results.

Breakfast

Tea or coffee in any quantity without sugar.

Only one tablespoonful of milk allowed in 24 hours. Saccharin or liquid Stevia may be used.

Lunch

Use your fruit or breadstick for a snack.

1. 100 grams (3.5 oz) of veal, grass-fed beef, boneless skinless chicken breast, whitefish, lobster, crab or shrimp, weighed raw before cooking. Remove all visible fat and boil, grill or microwave. No fatty fish such as salmon, tuna or eel.
2. 1-2 cups of one of the following vegetables per meal: asparagus, cabbage, cucumber, spinach, chard, green salad, tomatoes, celery, fennel, onions, radishes. Do not mix vegetables in a meal.
3. One breadstick or one plain Melba toast (no sesame seeds).
4. An apple or a handful of strawberries or one-half grapefruit.

**Don't forget the water!
You need it for weight loss!**

Dinner

The same choices as lunch. It's best to choose different foods for each meal.

Extras

Tea, coffee, water, or mineral water are the only drinks allowed, but they may be taken in any quantity. Drink at least 8 – 12 glasses of water per day. The juice of one lemon may used each day in water or as a dressing. MSG-free and sugar-free seasonings such as salt, pepper, vinegar, mustard powder, garlic, basil, parsley, thyme, and cinnamon may be used for seasoning, but no oil, butter or bottled dressing.

NO Fat, NO Oil, NO Sugar, NO Soda, NO Wine, NO Beer, NO Alcohol, NO Crystal Light!

Sample Menu for a Day *

Weigh yourself – 1st thing in the morning!

Breakfast - Take your restorHCG drops 15 minutes before or after eating or drinking. *

A cup of coffee with one tablespoonful of milk and liquid Stevia. Drink 4 glasses of water by lunch.

Lunch - Take your restorHCG drops 15 minutes before or after eating or drinking. *

- 100 grams (3.5 oz) of baked boneless skinless chicken breast, weighed raw before cooking and seasoned with balsamic vinegar, garlic, salt and pepper.
- 2 cups of green salad with approved salad dressing recipe (see recipe page).
- One plain Melba toast (no sesame seeds).
- Drink 4 glasses of water by dinner.

Don't forget the water!

Afternoon Snack - An apple cut up, sprinkled with cinnamon. Iced tea sweetened with Stevia.

Dinner - Take your restorHCG drops 15 minutes before or after eating or drinking. *

- 100 grams (3.5 oz) of grilled shrimp, weighed raw before cooking and seasoned with balsamic vinegar, garlic, salt and pepper.
- 2 cups of grilled asparagus.
- A handful of strawberries.
- Drink 2-4 glasses of water by bedtime.

Evening Snack – Melba toast. Hot chamomile tea sweetened with Stevia.

Phase III: FIRST TRANSITION (3 weeks) *

Just like in Phase II, weigh yourself every morning after waking and going to the bathroom. Your weight on the first day without restorHCGhf is your new set point. **This is the most critical phase of your program.** You will keep your weight within 2 lbs. of this new set point. You should not take the restorHCGhf drops during Phase III.

You can begin gradually eating fats again. The best approach is to continue eating the same types of foods as in Phase II (proteins, fruits and vegetables), with the addition of some fat.

During Phase III eat no foods containing sugar or starches in them – **this means NO white or sugary foods**, such as, bread, rice, potatoes and candy. This includes whole wheat options – these are not allowed in Phase III. It takes about 3 weeks before the weight reached at the end of the treatment becomes stable and does not show violent fluctuations after an occasional excess. Eat 1,500 – 2,000 calories per day to maintain your new set point.

KEY POINT: If you gain more than 2 lbs. according to your morning weight, have a steak day. During the day, consume ample liquids, such as water, tea and coffee, and no food. For dinner, eat a very large steak and either an apple or tomato. Do not try to lose additional weight during Phase III or IV. These phases are about creating stability for your new set point. If you are losing weight, eat more.

Phase IV: SECOND TRANSITION (3 weeks) *

Gradually introduce sugars and starches into your diet. Use your morning weight as a guide. If you gain, have a steak day. If you have not met your final goal, consider another cycle of restorHCGhf, beginning with Phase One again.

What to do if you hit a weight loss plateau during Phase II *

A delay in weight loss is not a plateau until you have 4-6 days of no weight loss. First, plateaus are normal.

Don't be discouraged. Plateaus will typically correct themselves.

Review your approach:

- Drink more water! You should have ½ to 1 gallon per day.
- Increase your dose of restorHCGhf to 10-12 drops, three times per day. Make sure you are not eating or drinking 15 minutes before or after using restorHCGhf drops.
- Make sure you have no hidden sugars or MSG in your seasonings. Even minor deviations from the diet plan can trigger not only a stop of weight loss but weight gain. So, stick to the plan!
- For women, some of you will experience an interruption in weight loss during menstruation and/or ovulation. If you experience extra bleeding or cramping during menses, discontinue the drops but stay on the Very Low Calorie Diet. Restart the drops when symptoms subside.

You can do an “apple” day to break the plateau. Eat 6 apples, starting with lunch and nothing else but water.

Recipes *

Salad dressing/marinade

Combine the juice of a lemon, ¼ cup apple cider vinegar, ¼ cup balsamic vinegar, 20 drops of stevia, a dash of garlic, a sprinkle of dried oregano and basil, and salt and pepper to taste. Depending on the intensity of the balsamic, you may need to add more stevia and/or more apple cider vinegar. This is an excellent salad dressing or topping for shrimp, burgers, vegetables and marinade for chicken.

Cooked Cabbage

Take a head of cabbage and cut it into strip or small cubes. Take a large sauté pan and put some water (1/2 inch) in the pan. Add seasonings such as garlic, pepper, sea salt. Then add the cabbage and cover over medium heat until the cabbage is translucent. Drain the water from the cabbage and serve.

Tomato soup

Take one serving of tomatoes and puree with garlic (fresh or powdered), sea salt and whatever seasonings you choose (dill, oregano/basil, chili powder for kick). Heat to a boil and simmer for 10-15 minutes.

Cinnamon Apples

Cut up one apple and sprinkle with cinnamon, which keeps blood sugar impact low.

Applesauce

Take one apple and slice thinly. Toss with stevia, cinnamon and a touch of nutmeg. Heat over medium heat or in the microwave for a warm treat. Eat as is or puree for true applesauce.

Frequently Asked Questions *

How much weight can I lose?

Taking restorHCGhf and following the restorHCG Diet Protocol (VLCD), you can lose 1-2 lbs. a day, up to a maximum of 34 lbs. per cycle. Anecdotally, many dieters have lost between 20 and 30 lbs. on the program. In general, men do slightly better than women and often reach a somewhat higher average daily loss.

Will I be hungry on the Very Low Calorie Diet?

restorHCGhf will allow your body to liberate 1,500 – 3,000 calories a day from stored fat. Combined with following the diet protocol, your body has what it needs and you should not be hungry. It is very important to follow the Phase I Fat Loading directions to avoid feelings of hunger, especially during the first week of Phase II. If you do experience feelings of hunger, they typically subside during the first week.

What if I have more weight to lose?

You can do additional cycles of restorHCGhf, repeating all four Phases of the protocol. A second course can be started after completing Phase four, though the break can be longer. Between a second and third cycle eight weeks should elapse, between a third and fourth course twelve weeks, between a fourth and fifth course twenty weeks and between a fifth and sixth course six months. In this way it is possible to have weight loss of 100 lbs. and more if required.

What if I hit my weight loss goal before day 23?

restorHCGhf should be used for at least 23 days or else the weight loss tends to be unstable. If you reach your target weight loss and begin to feel hungry, increase your food intake to 800 – 1000 calories per day.

What if I forget a dose? Do I double the next dose?

No, just return to the normal dosing schedule.

What if more than 10 drops pour out from the bottle into my mouth?

Don't worry nothing will happen and don't skip a daily dose.

How long do I leave the restorHCGhf drops in my mouth before I swallow them?

Try to keep drops under your tongue for 15 to 30 seconds and then swallow.

Frequently Asked Questions *

Will the weight come back after I stop the restorHCGhf?

By following the Phase three and four protocol, you will establish a new set point for your body that you can maintain with a healthy diet and exercise.

Does restorHCGhf have to be refrigerated?

No, the alcohol in the homeopathic formula acts as a natural preservative. Although you should avoid exposing the bottle to extreme heat.

How do I take restorHCGhf drops?

Adults take 7 to 10 drops under the tongue 3 times a day (am, midday, and pm). Do not drink, eat, or brush your teeth 15 minutes before or after taking these homeopathic drops. Try to keep drops under your tongue for 15 to 30 seconds and then swallow.

How does restorHCGhf flow out of bottle?

Our euro-dropper bottle allows this liquid homeopathic formula to be dispensed without the need for external droppers which may be contaminated. Break open the seal and remove cap. Turn bottle upside down and hold at a slight angle to start the drip. To preserve purity do not allow dropper bottle to come in contact with fingers or mouth. Tighten cap when you are finished.

Why doesn't restorHCGhf have a dropper?

Not having a dropper inside the bottle maintains the integrity of the product. When you use a dropper it is easy to contaminate the bottle with your saliva, which can inactivate the homeopathic formula.

Frequently Asked Questions *

What are some products that might be helpful to use while taking restorHCGhf?

Liquid Stevia is an excellent natural sweetener that can be used in place of sugar or artificial sweeteners. Magnesium supplements can be useful for constipation and muscle relaxation. Potassium supplement can be taken if you have an occasional headache.

Can I take my multivitamin?

Yes, you can take a multivitamin. However, you should not take any oil-based supplements or gelcaps, such as fish oil, CLA, flax oil or evening primrose oil. You can also take additional B-12 and amino acids. However, you do not need to take a fat burner while on the program.

*** DISCLAIMER:**

Before starting any weightloss program, consult with your healthcare professional. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. Actual weight loss will vary from person to person. It will depend on how closely the protocol is followed, the reasonableness of weight loss goals, pre-existing health conditions, age and sex of the person.

**For additional information email us at
support@restor-age.com**

www.restorHCFhf.com

Copyright 2011 Stuart Consumer Product Labs, Inc.