HCG (Human Chorionic Gonadotropin) is the largest glycoprotein present in the human body. It consists of 244 amino acids. Although HCG is commonly known as a hormone, it is classified as a peptide. Peptides help with endocrine functions in living animals when they are secreted into the blood.

HCG is secreted in its highest amounts during pregnancy in the placenta. During pregnancy, HCG controls all metabolic function through the hypothalamus. It has also been used to increase sex hormones in males and females. It is important to know that HCG is naturally present in males and non-pregnant women at all times.

Another function of this unique glycoprotein was discovered by Dr. Simeon in the 1960’s. It was found that HCG can stimulate the body to metabolize and burn extra fat for energy. Through 30 yrs of research Dr. Simeon showed that HCG maximizes the efficiency of all centers in the hypothalamic “satiety center” including metabolic functions. Supplementing with small amounts of HCG may result in excess fat cells to release their caloric contents to be used for daily calories instead of the food one would usually consume.

AnuMed’s e-HCG Formula Featured Homeopathic Ingredients

- **HCG (Human Chorionic Gonadotrophin):** It is certified Human USP grade. It is made in a lab from sterile cells not extracted from humans or animals.
- **L-Carnitine (homeopathic version):** Is a naturally occurring amino acid that plays a vital role in the metabolism of fat. It also preserves mitochondrial functions and maintains overall health and energy levels even while dieting. L-Carnitine also acts as a powerful antioxidant that can increase blood circulation and supports memory function.
- **L-Arginine:** Is an amino acid that helps rid the body of ammonia. It also makes Nitric Oxide ("The Miracle Molecule") which helps relax the blood vessels and improve circulation. Nitric Oxide helps make many compounds in the body such as creatine.
- **L-Ornithine:** Is an amino acid that helps increase the effectiveness of L-Arginine and its benefits. It is also associated with Growth Hormone which is known for its anti-aging and anabolic fat-burning properties.

Contact us today for additional information
AnuMed – International
care@Anumed-Intl.com
888.921.3880
HCG Weight Loss Cycle

A. Phase I: “Taking the HCG drops”
** Your first 2 days are “Loading days”
- Begin by taking the drops as directed and then indulging yourself with every fatty food you have always wanted to eat for 2 whole days. Loading days are very important energy building days to help you transition into the 500 calorie eating days. Weigh daily.
- Place 5 to 8 drops under your tongue first thing in the morning and before lunch and dinner, or, take less drops more frequently. Experiment to see what dosage and frequency works best. Some find it easier to take fewer drops more often.
- Do not eat or drink within 10 to 15 minutes of taking the drops.

** Days 3 through 23 to 40, “500 calorie eating days”
- Continue taking the drops 3 or more times a day and begin your 500 calorie daily intake diet.
- Do not be concerned about 500 calories per day. The HCG drops allow you to get additional calories from your abnormal fat. Dr. Simeons, the developer of this diet protocol reminds us: “Under the effect of HCG the...body is always able to obtain all the calories it needs from the abnormal fat deposits, regardless of whether it uses...1,500 or up to 4,000 per day. The participant is living to a far greater extent on the fat which he is losing than on what he eats.”
- If you are active and hard-working don’t adjust your food intake, just be sure that you are taking sufficient drops. If you feel hungry, increase your dosage of drops by one or two each time.
- Take the drops and eat 500 calories each day for at least 21 days to help your body transition to a lower weight.
- If you reach your weight loss goal before day 23 on the diet, keep taking the drops and increase your daily calorie intake 300 to 500 calories during Phase II and Phase III.
- Stop taking the drops 3 days prior to the next diet phase to clear the HCG out of your system. Stay on the low calorie diet for the 3 days.
- The day after you stop taking the drops is the day that you have a new body “set point” weight which is your new comfortable body weight.
- If you have not accomplished your weight loss goal by day 23, keep taking the drops and continue eating the 500 calories daily.
- Once you have reached your weight loss goal, stop taking the drops and begin Phase II in three days. Do not take the drops beyond 40 days, nor stay on the 500 calorie daily diet beyond 43 days, because you should start the final diet phase no later than day 44.
- If you want to lose additional weight, repeat the weight loss Cycle after the final phase of this Cycle. Do not try to lose more weight during Phase II and Phase III.

The 500 Calorie Daily Intake Diet

Breakfast:  Tea, coffee without sugar. 1Tbsp. limit of milk in 24 hrs. (Saccharin or Stevia-International™ may be used.) Drink plenty of water.
Lunch: 1. 100 grams (4 oz.) of veal, beef, chicken breast, fresh white fish, lobster, crab or shrimp.
Remove all visible fat and weigh meat raw before cooking, broiling or grilling. Drink plenty of water. Avoid: salmon, eel, tuna, herring, dried or pickled fish because of fat and oil content.
2. One vegetable: 2 cups of spinach, chard, chicolry, beet greens, tomatoes, celery, fennel, onions, red radishes, cucumbers, asparagus, cabbage; 1 cup of tomatoes or onions
3. One breadstick (Grissini breadstick or one Melba toast)
4. An apple or a handful of strawberries (10 med.), or one-half grapefruit.

Dinner: Consume the same four food categories eaten for lunch; water.
Other items for consumption: 1 lemon daily, salt, pepper, vinegar, mustard powder, garlic, sweet basil, parsley, thyme, marjoram may be used for seasoning, but avoid oil, butter or dressing. Fruit or a breadstick may be eaten between meals.

B. Phase II, 21 days, “Maintain the new body weight”
* Eat breakfast and slowly introduce additional foods into your diet which do not contain sugar or starches. You can eat foods which contain fat in this phase.
* Eat a minimum of 1,500 calories to help maintain your new set point weight within two pounds.
* If you gain more than 2 pounds, have a steak day. Eat only a large lean steak for dinner with either a tomato or apple. Continue to weigh daily during this phase.

This 21 day phase is very important to help your body become comfortable with its new lower weight.
C. Phase III, 21 days, “Final Transition”

* Gradually introduce sugars and starches into your diet. Weigh daily.
* If you have attained your weight and size goal, congratulations!
* If you have not met your goal, start a new weight loss Cycle. It is up to you how many weight loss Cycles you go through. For each additional weight loss Cycle, increase the length of Phase III by two additional weeks to give the body more time for the final transition phase between each weight loss Cycle.

Helpful Hints

Start the HCG diet with the intention to stay with it; it is easier than you might think…remember, because of the HCG you are actually consuming more than 500 calories each day, not just the 500 intake calories.

- DRINK PLENTY OF WATER: at least two liters each day.
- Store drops at room temperature away from direct sunlight; may be kept in the refrigerator.
- Get a friend to go on the HCG weight loss diet with you; the buddy system works.
- Take potassium and calcium supplements and B complex vitamins.
- Pre-cook your meats; measure into meal size bags and freeze them for convenience.
- Eat a variety of allowed food groups each day for best results.
- If you do not lose any weight two days in a row, eat up to six apples and no other food for one day.
- Don’t start the HCG diet unless you are at least 10 days from your menses; discontinue taking HCG drops during your menses if you have extra bleeding or cramping; stay on the 500 calorie diet; restart drops if you experience hunger; slight weight gains during menses could be due to water retention.
- Use mineral powder and oil-free moisturizers, lotions and sunscreens. Avoid oil-based cosmetics, skin or hair products. Oils on the body and oil or fat eaten will be the first consumed by the effects of HCG reducing its impact on abnormal fat.
- Take before and after pictures; the comparison is inspiring!
- Avoid deep massages during the HCG protocol due to risk of potential bruising.

On HCG you should not be tired, look tired or run down or experience energy loss. It is just that good. Those who follow the protocol should experience positive life changing results and enjoy it in the process.

Suggested Food Preparation and Other Helpful Hints

Eating a variety of foods each day is the best way to enjoy the 500 daily calories. Each meal should include only one protein, one breadstick, one fruit and one vegetable. If you have chicken for the mid-day meal, then eat some other protein that evening. Remember, you are actually consuming 1,500 to 4,000+ calories even though you are only eating 500 calories each day. The other calories are coming from those released from the consumption of abnormal fat stored in your body which is made available through the direct impact of the HCG drops, resulting in weight loss. Be sure to drink plenty of water throughout the day.

Remember: do not eat or drink anything within 10-15 minutes of placing the HCG drops under your tongue!

Using a pressure cooker
- Remove all visible fat from beef or chicken breast
- Season to taste with garlic or onion powder, salt and pepper (Bragg Liquid Aminos is all natural and a very good seasoning)
- Pressure cook beef for 50-60 minutes; chicken for 30 minutes
- Inexpensive beef can be cooked and tenderized in a pressure cooker
- Once cooled, remove any sign of fat from pressure cooker drippings
- Shred meat and place 4 oz. in sandwich bags with juice from cooker
- Freeze the meat in the bags; it is quick and easy to heat for any meal
- Four lbs. of meat should produce approximately 16 servings

Using a slow cooker
- Remove all visible fat and season to taste as noted above
- Add 1 cup of water
- Cook as needed to tenderize and fully cook meat (8-9 hours on Low)
- Follow additional steps listed above

Eating raw…fruits and vegetables
- Eating fruits and vegetables raw is a healthy and quick way to eat
- Raw fruits and vegetables are crunchy and pleasing to the palate, have more volume and are more filling.

Keep meals simple. Eating food with a variety of colors makes a pleasing and colorful presentation.

See also www.AnuMed-Intl.com and www.stevia-intl.com for more information
**HCG- Accessory Necessities**

These are some suggested products to help you reach your weight loss goals.

Multi Vitamin - example: [Rainbow Light, Just Once](#)

B-Complex - example: [Solaray, B-Complex 75](#)

B 12 – example: Natural Factors, [B12](#) (Methylcobalamin)

Potassium – example: Natural Factors, [Potassium Citrate](#)

Calcium – example: [Garden of Life, Raw Calcium](#)

Lipotropic – example: Kal, [Lipotropic](#)

**Smooth Move Tea**

No oil based fish oil – example: [Vectomega](#)

Stevia – examples: [Now Foods, packets](#)

Xylitol – examples: Now Foods, [packets](#) or [bulk](#)

No lotions or oils - Skin care substitute examples:

- [Derma E Vitamin A Moisturizing Gel](#)
- [Twinlab NaPCA spray](#)

Liver Cleanse – example: [Enzymatic Therapy, Complete Liver Cleanse](#)

**If you have questions about the e-HCG Diet or these additional products, call us at Paradise Health & Nutrition 1-888-882-4304 (321-729-8311).**
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