



800–1000 Calorie Protocol Book

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Foreword

This book is intended to be used as a guide for your Lose20 diet, to answer any questions you might have and to show you how it can be done. People can succeed or fail on a diet despite its effectiveness, as usually the main factor in failing is not to remain committed and follow direction. We hope that this eBook will aid you and give you the confidence you need to follow through and discover the thinner you.

This book will lay out for you what Lose20 is and how its usefulness in weight loss was discovered, and how you should use it. We will explain how you will lose weight on Lose20, and how you will keep it off once you have completed the process. We will give insight from Dr. Simeons own writings, and what has been developed since. It is an all-encompassing book that will give you the ins and outs of the Lose20/Dr. Simeons diet so that you will feel comfortable and confident in its use and therefore successful in your goals.

This diet is a slightly modified version of the Dr. Simeons Protocol meant for those who would feel more comfortable with a diet of more calories than the 500 advised by Dr. Simeons. In this book we will explain the more recent research and why this diet may be a better solution when taking the Lose20.

Our main goal is to inform and to show you just how simple Lose20 is to use. We love to help others become successful in their weight loss goals, and so we want to make this eBook as comprehensive as possible. Please take advantage of our index to find the section where your specific questions may be answered

Index

Foreword	iii
A Brief History and Explanation of the Dr Simeons diet	1
The Lose20 Calorie Difference	2
The Simeons Diet.....	3
Using the Simeons Diet	3
Days 1-3	3
Days 4-23, or 4-40	3
Possible Substitutions	5
Other Restrictions	5
Exercise	5
Dietary Lapses	6
Plateaus	6
Days 24-26, or 41-43	Error! Bookmark not defined.
Three Week Transition	7
Repeating the Process	7
Common Questions.....	8
Important Things to Remember	9
Words from Dr. Simeons	10
Losing Weight with Lose20.....	10
The Duration of Treatment	10
The Ratio of Pounds to Inches	10
Fluctuations in weight loss.....	10
The Plateau.....	10
Losing more Weight	11
Further Courses	11
Recipes	12
Chicken and Alternatives	12
Beef	14
Seafood	15
Vegetarian and Vegan Options	17
Dressings and Sauces	19
Drinks.....	20

A Brief History and Explanation of Dr. Simeons/HCG

Human chorionic gonadotropin, more commonly referred to as HCG, is a naturally occurring hormone in pregnancy. The hormone is produced at especially high levels during the first few months of pregnancy, and is therefore often used as a primary indicator in pregnancy tests.

HCG occurs in great amounts in the early stages of pregnancy because that is when the pregnant women, especially in the time before pregnancy tests existed, is the least likely to notice that she is pregnant, and therefore less likely to know she should be eating more food to care for the coming child. Therefore HCG is produced because it uses the natural fat storage a women carries in her thighs, hips and midsection to obtain nutrients for the fetus or embryo, and suppresses the woman's appetite so that she does not realize that she is using more energy than she is taking in which would otherwise trigger a starvation reaction.

The 1950's were a time that saw a great increase in understanding of HCG's properties, for when Dr. Simeons was studying the effects of HCG injections in aiding the onset and proper development of puberty in young boys with pituitary disorders he discovered that the boys were losing weight; the weight was being lost solely from fat deposits, while the lean muscle tissue was unaffected. Because of HCG's function as an appetite suppressant, the boys were eating less, and because the hormone targets fat storage, the boys were just as energetic as ever while losing excess weight and keeping their muscle mass.

Dr. Simeons, armed with this knowledge, developed a protocol for weight loss using HCG injections and a low calorie diet which could be prescribed by a doctor. The diet was praised by those who used it because it allowed them to remain full and energetic while losing weight.

The introduction of *The Weight Loss Cure* by Kevin Trudeau in 2007 began the popular use of homeopathic HCG. This method allows HCG to be sold without a prescription and thus many more people moved in on the craze.

Many people report great results when using HCG, losing up to 1 or 2 pounds a day. Depending on the length of the regiment, people have lost up to 45 pounds in one cycle, and many go back and complete the process again to lose over 100 pounds in total. It is no wonder, with such great results, why HCG is as popular as it is. Who wouldn't want to lose weight without feeling the normal hunger pangs associated with dieting?

However, the low calorie count of 500 calories as proposed in the original Dr. Simeons Protocol has caused some in the medical field to be wary of the HCG diet, and HCG itself. The protocol was originally developed in the 1950s, and we have since gained a greater understanding of how eating habits and foods can affect the metabolism. Due to this growth in understanding, many now promote diets that differ from Dr. Simeons' original protocol in a variety of ways. These newer HCG diet plans can help promote more healthy weight loss.

In addition to the diet other formula's were developed and tried without the hormone, using amino acids, other natural ingredients and appetite suppressants. These targeted the same results of HCG namely healthy weight loss through suppressing the appetite and targeting of adipose fat, the loose connective tissue, rather than structural fat. This allows those who use it to avoid looking gaunt by not losing the structural fat that exists, for instance, in the face. It is this targeting of specific types of fat, as well as the fact that it avoids burning muscle, that makes it seem as if your body is being sculpted as you lose weight. These hormone free alternatives such as our **Lose20** therefore promote a healthy lean look by targeting only the excess fat and not anything else.

The Lose20 Calorie Difference

While we have maintained the basic substance of the diet protocol as originally laid out by Dr. ATW Simeons, we have made a few key changes that will help to promote a more well-rounded diet and address a few common concerns. The biggest change is the addition of breakfast, where before dieters would have nothing but coffee or tea before lunch. The importance of breakfast for the metabolism is something that has become better known since Dr. Simeons originally developed his protocol. There are many reasons why breakfast can help the metabolism, and we believe this addition will help promote habits of healthy eating that will stay with you even after the diet is complete.

Not having breakfast can lead to more hunger later in the day, and the length between meals may trigger the body's insulin response, which promotes storage of fat. Eating breakfast can also lead to more energy, which means you are more likely to be active throughout the day. A study has shown that those who routinely skip breakfast are a third more likely to become obese. Skipping breakfast has not only been shown to be linked to obesity, but also to slow weight loss overall. We believe that the addition of breakfast is a great way to promote weight loss while giving dieters more energy for their day.

Another reason for the change is to address the main concern expressed by Dr. Oz and other medical professionals about the Simeons Diet, namely the very low 500 calories. Some believe the 500 calorie diet to be unsafe and that there may be health concerns further down the road. We address this concern not only by adding breakfast, as mentioned above, but also by increasing the protein portions by 50-100%, to increase the total calorie intake to 800-1000 calories per day. The extra calories and extra protein allows for more energy throughout the day, and can even allow for a light or moderate exercise routine, which the original diet did not advise.

Due to the higher protein intake with this revised diet, we advise that you take Lose20 with B12. This is because B vitamins help to increase metabolism by promoting the breakdown of fats, proteins, and carbohydrates. Using a formula infused with a B12 complex can help increase your energy and speed up the breakdown of the foods you eat. Lose20 already has B12, so additional B12 is not necessary.

With these changes, we also hope to address two key issues that can trouble those on the diet. The first issue is the difficulty of staying on a 500 calorie diet. Though Lose20 will help to curb appetite and promote energy, it does not do much to help the feeling of satisfaction you get from a meal. Not all dieters are cooks, and so using a base of limited ingredients can often lead to dissatisfaction with repetitive meals. Because of this, people on the restrictive 500 calorie diet often cheat at least once on the diet. By increasing the proteins and adding breakfast, people more often feel more satisfied and are less likely to cheat.

The second issue is that many people, especially women, experience a plateau at one or more points during the 500 calorie diet. While these plateaus often end with a higher amount of weight loss the day after breaking the plateau, these plateaus can be discouraging and cause some people to falter. With the increased protein, you are less likely to plateau as protein helps preserve lean muscle mass, curb the appetite, and increase fat burning. The additional protein can help you to keep the weight loss steady, remain satisfied, and lose weight in the areas you want.

The Dr. Simeons Diet

In this section we will discuss the Simeons diet as it we have modified it from the original, set forth by Dr. Simeons. We have made some small, but significant changes that can help to achieve a more balanced diet and healthy weight loss. We will bring you through the process from start to finish, so that you have an excellent idea of how to complete this program.

Using the Simeons Diet

The recommended dosage of Lose20 is 10 drops or .75ml, 3 times daily. It is best not to eat anything for fifteen minutes before or after taking a dose, and you should apply the drops under your tongue and wait at least a minute before swallowing. Generally people take their first dose when they wake up, and wait six to eight hours between each dose. You should keep the dropper clean and store the bottle in a cool dry place, or the fridge if you prefer.

It is important to weigh yourself every morning to track your progress, and it is best to weigh yourself under the same circumstances each day. If you weigh yourself after you have emptied your bladder one day, then you should continue to do so. It is also generally preferred to weigh in before eating breakfast. You should avoid weighing yourself throughout the day as weight fluctuates constantly and is affected by many factors. The most accurate account of your weight loss will come from consistently weighing yourself at the same time each day. You should also be getting seven to eight hours of sleep each night to be well rested and less likely to feel the need for extra food.

Days 1-2

For the first two days of taking Lose20 you must basically stuff yourself with fatty foods, eating to capacity. This is in order to make sure your fat stores are sufficient to complete the diet effectively. This step is not as crucial as it is with the original 500 calorie diet, but may be recommended if you are often going on and coming off of diets (yo-yo dieting), or have just recently attempted or finished another diet. People who have a history of dieting are less likely to have the proper stores and nutrients available when undertaking the diet. If this step is not taken when recommended, you are likely to feel tired or hungry during the diet whereas having completed it you should feel fine throughout. You should eat frequently of highly concentrated foods such as milk chocolate; pastries with whipped cream sugar; fried meats, particularly pork; eggs and bacon; mayonnaise; bread with thick butter and jam; etc. This “gorging” period can become uncomfortable, but it is necessary for the effectiveness of the program.

For those who do not believe this period is necessary for their circumstances, it is advised that you simply eat normally during these days to allow Lose20 to build up in your system.

Days 3-23, or 4-40

At this point you should be on a diet of 800-1000 calories a day. The minimum amount of time you should be on this portion of the diet, according to Dr. Simeons, is 20 days. This is because he found that those who stopped earlier were more likely to regain the weight. If you have lost the amount you wished to before the recommended time is up, then it is recommended that you maintain the type of foods recommended in the same proportions, and increase the amount if you feel you are losing too much. Try to stay within the same range as recommended in the Three Week transition section below.

The longest you should be on this diet is 40 days. After this dieters sometimes notice a lessening of its effect. This is generally temporary and will dissipate over time. If you still have more weight to lose, check out the Repeating the Process section below.

The revised, 800-1000 calorie diet as follows:

Breakfast: Tea or coffee in any quantity without sugar. Only one tablespoonful of milk allowed in 24 hours. Only Stevia may be used.

One each of the following:

1. 3 egg whites

OR

2 egg whites and 1 whole egg

OR

175-225 grams (6-8oz) of veal, beef, chicken breast, fresh white fish, lobster, crab, or shrimp.

All visible fat must be carefully removed before cooking, and the meat must be weighed raw. It must be boiled or grilled without additional fat. Salmon, eel, tuna, herring, dried or pickled fish are not allowed.

The chicken must be removed from the bird.

2. An apple or an orange or a handful of strawberries or one-half grapefruit.

Lunch: One each of the following:

1. 3 to 6 oz of veal, beef, chicken breast, fresh white fish, lobster, crab, or shrimp. All visible fat must be carefully removed before cooking, and the meat must be weighed raw. It must be boiled or grilled without additional fat. Salmon, eel, tuna, herring, dried or pickled fish are not allowed. The chicken must be removed from the bird.

2. One type of vegetable only to be chosen from the following: spinach, chard, chicory, beet-greens, green salad, tomatoes, celery, fennel, onions, red radishes, cucumbers, asparagus, cabbage.

3. One breadstick (grissino) or one Melba toast. (optional)

4. An apple or an orange or a handful of strawberries or one-half grapefruit.

Dinner: The same four choices as lunch.

These meals may be seasoned, but only within the following restrictions. The juice of one lemon daily is allowed for all purposes. Salt, pepper, vinegar, mustard powder, garlic, sweet basil, parsley, thyme, majoram, etc., may be used for seasoning, but no oil, butter or dressing. If an oil must be used, coconut oil is preferred. Though there is no salt restriction, it should roughly be the same amount everyday as a sudden increase in salt can result in weight gain. If beef is used as the chosen meat, it should not contain marbling as it is impossible to cut off that type of fat, but rather leaner beef is preferred. Otherwise, it is best to stick to the other meat choices.

For the choice of an apple it is best to eat only one, despite relative size, as two smaller apples do contain more calories than one larger one. As for the chicken breast, you must realize that this means only chicken, not another fowl, and only the breast, not the wings or thighs. It is highly recommended that you obtain an accurate kitchen scale with which to weigh your meat as accuracy does count. No matter what you may rationalize as allowable, it is best to see the above restrictions as exact. In fact, it is even suggested, especially at the beginning of the diet, that you check the list of allowable foods and amounts often, perhaps even making a checklist to make sure you don't accidentally use the same component twice.

You are only allowed to drink water, coffee, or tea with Stevia while on the Dr. Simeon's Diet. Actually, it is expected that you should be drinking 2 liters of water a day in order to remain hydrated and to avoid retaining water. Drinking too much coffee and tea without water can be harmful as coffee can act as a diuretic and therefore dehydrate you. Maintaining proper hydration is very important for the success of this diet and should be maintained at all times.

Possible Substitutions

There are some possible substitutions available to those who can't or won't eat what is on the above list, but they are few and could affect your weight loss. For instance, in rare cases you may substitute one whole egg and three egg whites, poached or boiled, or otherwise cooked without additives, for a serving of meat during lunch or dinner. The only cheese allowed is cottage cheese made from skimmed milk, 100 grams (4oz) of which could also be substituted for the meat or egg.

Vegetarians may still use Lose20, simply substitute 500 ml (roughly 17 oz) of milk or curds as their protein base. However, vegetarians tend to lose less overall because of the sugar content in milk. Dr. Simeons did not create a vegan diet alternative, though sticking to our rule of 800-1000 calories with 600 grams of fat-free protein and a small amount of starch should give similar results. However, all foods not listed on the above list might have different compositions that can adversely affect the diet and cause weight loss to be slower, or less effective.

You may also split your meals to eat more consistently throughout the day, for instance you can save an apple in order to have it before you go to bed, or keep a breadstick for an afternoon snack. However, meals cannot be separated in order to have an extra breadstick for dinner, all meal sizes are the maximum amount you should be eating at one time. If ever you feel that you are full enough that you do not need to eat everything allowable for the day that is fine as well.

Other Restrictions

Cosmetics containing fats and oils can have an adverse effect on the Simeons diet as your skin will absorb and metabolize a portion of these ingredients. Though this is less important than dietary requirements, if you notice that you are not losing as much as expected or even experience weight gain during the diet, it may be your cosmetics, shampoos and other beauty products which are the cause.

Exercise

While exercise is not recommended on the original 500 calorie diet, with the diet presented in this book it is allowable. This is because the increased calorie intake, as well as the B12 Complex enhanced Lose20 recommended with the diet, allow for more energy and nutrients. With the increased amount of energy, a light to moderate exercise routine could be beneficial to the weight loss. In fact, 15 minutes, or more, of exercise a day has been shown to increase overall health, strengthen muscle and boost the metabolism. As the diet is not only designed to help in weight loss, but to develop habits of portion control and healthy eating, starting a habit of a light exercise routine may be helpful as well. Of course, some people find that changing too much at once is difficult, so if you find yourself flagging be sure to at least stick to the basics of the diet.

Some people may still feel a bit hungry when exercising on the diet, especially if you are used to vigorous exercise, and so it might be advisable to slightly increase the diet if you wish to continue exercising at the same level. This problem is not as common with the 1000 calorie diet, but if after a week of taking Lose20, and this includes the 2 days before the diet, you find yourself unusually hungry it might be advisable to somewhat increase your diet. One way to increase your diet is to add an extra apple, 150 grams of meat, or two or three extra breadsticks. If you are particularly concerned about diet options, or are unsure of the proper amount based on your activity level, it is always best to consult a physician.

Some people, towards the end of the original program, experience muscular fatigue. This means that though they experience no shortness of breath or exhaustion, they feel as if their muscles are working harder to accomplish the same task. According to Dr. Simeons this is because, in those who have lost a lot of weight, their muscles are now too long for their now thinner limbs as they no longer have to reach past the excess fat. This causes the muscles to need to contract more in order to move the limb, and therefore takes more energy. This problem is not as common with the 1000 calorie diet, but if it does occur it should resolve itself soon after the end of treatment as the muscles adjust.

Dietary Lapses

The Simeons diet is restrictive, and as such it can be hard to explain in certain social situations. Say you have a night out planned with your friends, or someone pours you a cup of tea with sugar as they know that is how you usually take it, or perhaps you simply cave for a favorite snack, these types of problems are common, and while they are not ideal, they can be overcome. The most important thing is to admit and remember how and when mistakes were made. Perhaps you can prevent the problem from happening again with a quick conversation, or make a note to yourself to avoid a certain location in the future.

If you go to a restaurant with family or friends, perhaps suggesting you get finger foods or shared plates which you could pick at would be a compromise. Of course, such a compromise is not as good for your diet as simply saying that you are on a diet and therefore cannot eat with them, though you'll enjoy their company, but for various reasons this is not always possible. If you do eat out, however, it is important to note to yourself what you ate and restrict yourself even further for the next three days. You will feel a bit hungry, but you should be able to negate the weight gain that would have otherwise occurred.

You should avoid feeling overly guilty about your dietary lapses, as those who feel guilty are the most likely to quit the diet altogether. Yes, you made a mistake, for whatever reason, but the most important thing is to admit that you did it and know that you can move past it. It is with this kind of positive attitude that people succeed on the Simeons diet.

Plateaus

Sometimes people experience a 'plateau' in their weight loss. A plateau is an interruption in weight loss which usually lasts 4-6 days. Plateaus are more commonly experienced by women, and most often by those who had been experiencing higher than average weight loss in the first half of the Simeons diet. These plateaus generally occur during the second half of the diet, and do not indicate that directions have not been followed, or that the diet has stopped working. Plateaus will self-correct in a matter of days, so the best thing to do is simply to wait it out.

Plateaus are not as common with the 800-1000 calorie diet due to the structure of the diet. Because of the added protein, and with the help of an Advanced 1000 supplement designed to help in the conversion of food into energy, weight loss is often much steadier than with the 500 calorie diet where highs and lows are common. The 800-1000 calorie diet is generally a safer and more reliable way to lose weight with Lose20.

If they do experience a plateau some people find themselves worrying, especially if they are used to daily weight loss, and such plateaus can lessen their drive and affect their commitment. If you believe that your commitment is shaken and you cannot simply wait for the plateau to end, you can take an 'apple day' to attempt to break it. This is a bit of an extreme solution when on the 800-1000 calorie diet, so only use it if you believe that your diet will be compromised if you do not.

For an apple day, you should continue to take Lose20 as scheduled, but instead of following the diet as normal, you must instead eat only apples for the day. You are allowed a maximum of 6 large apples, and should simply eat one whenever you feel hungry. The only thing you should drink on an apple day is water, so avoid coffee and tea though they are allowed on other days. Only drink the water if you find yourself too thirsty. Most find that they are comfortable with simply the moisture of the apples. You should find your weight reduced on the next day, and the plateau should remain broken as you continue the diet as normal thereafter.

Three Week Transition

After completing your course of Lose20, whether for 23 or 40 days, you must then complete a three week transition period. At this point you may eat anything you like except for starches or sugar. Carbohydrates are your worst enemy during this time as they are the most likely to cause you to regain the weight you just lost, so therefore you must avoid foods such as potatoes, bread, pastries, rice, and sugar. However, fats and proteins are much more forgiving and can be eaten in desired proportions. During this period you must also consistently weigh yourself every morning before eating breakfast, as mentioned before weighing yourself at different times throughout the day can show fluctuations in weight that do not truly reflect day-to-day weight loss or gain. To help with this maintenance phase we offer our **Lose20 Transition™** to help with your transition to a normal diet.

The weighing is to make sure that you stay within 2 pounds of the weight you achieved the day of your last dose (not the last day of the diet). Two pounds up or down is perfectly fine, but if you notice that you are more than 2 pounds heavier, then you must skip breakfast and lunch and for dinner eat a large steak with an apple or a raw tomato, and be sure to drink lots of fluids throughout the day. If you find that you are more than 2 pounds lighter, then you should increase your food intake for the day to more than you had been eating. It is much easier to gain weight after having lost weight during this period as it is your normal fat that is being decreased. After this three week period your weight should have stabilized, and you can slowly begin to add starches and sugars once more. Be sure to weigh yourself consistently at this point as well as if you see a sudden increase you might be reintroducing carbohydrates too quickly. Most people find that their appetite has decreased and they are perfectly fine on smaller portioned or less meals than they were before completing the program. As always, attempt not to eat to excess.

Repeating the Process

To stay on the Simeons diet for more than 40 days is inadvisable on its own as immunity to its effects could occur. While this advice is not as strongly followed when on a 1000 calorie diet rather than the original 500, continuing the diet past this point could have less of an effect on weight loss, or even adversely affect the metabolism. If immunity occurs, you will not be getting the full benefit of the diets targeted fat loss and may be losing more muscle and structural fat than you would like. Therefore if you have completed the diet and wish to lose more weight, that is perfectly fine, but you must wait before completing the process again.

After your first course of Lose20 you must wait 6 weeks before starting the protocol anew. This means that you will complete the three weeks of the transition period, and then wait another three weeks before taking starting once more. After your second course of Lose20 you must wait 8 weeks, after your third, 12 weeks, after your fourth, 20 weeks, and after your fifth you must wait 6 months. Some people nowadays say that you can simply wait 6 weeks between each course, but it might be prudent to wait so that the diet process can be more effective. It is important to note that when repeating the diet the results likely will not be as dramatic as the times before. This is both because those who weigh less tend to lose weight more slowly, and because your body is already at a more normal level and therefore will not decrease as dramatically. However, many people have retaken the process with very successful results, losing over 100 pounds in total.

Common Questions

What would happen if I were to use the diet without the help of Lose20?

If you were to attempt to follow the 800-1000 calorie diet without Lose20 you might find yourself flagging within 2-3 days. Though 800-1000 calories is not as restrictive as the original 500, it is still a major adjustment for some. Even those who have been on Lose20 and suddenly stop find that within 3 days they feel a marked difference in their appetite and energy levels. This is because without the supplementation your body cannot efficiently transform your stored fat into energy and you therefore do not get the same boost energy levels which help people to stay motivated on the diet. Also, without it you are more likely to lose muscle tissue and structural fat rather than simply abnormal fat as there is nothing encouraging your body to target that type of tissue. Actually, on some diets your body would normally attempt to store as much fat as possible while burning muscle as it would notice that you are eating less than usual, indicating possible lean times, and therefore will have need of fat stores in the future. If someone were to complete the low calorie diet without aid, despite having less energy, they are likely to appear very thin in their face and gain weight back quickly as their body has not been properly prepared.

Will I feel hungry on this diet?

Lose20 helps reduce the appetite because it converts your abnormal fat storages into energy. For the most part you will not feel anything more than mild hunger, and will often feel full on the 800-1000 calorie diet, even if it is a dramatic change from your norm. During the first few days of the diet it is common to feel a bit of hunger, but this should pass by the second week as the Lose20 begins to work more within your system. Drinking a lot of fluids throughout the day should help the feeling of emptiness that some people describe even when they are not hungry. Most people experience little to no hunger throughout the bulk of the program and remain energized each day.

I have a headache, is this normal?

Some people might experience headaches during the first week of the program, and you are allowed to take aspirin for the pain. This should pass as you get further into the program, but if it persists or gets worse you should consult a physician.

If I remain within 800-1000 calories, can I eat different foods than suggested?

The short answer is no. Any change in the diet could affect your weight loss in unforeseen ways as every different food has a different composition, no matter how close it may seem. Substituting a pear for an apple, or turkey breast for chicken, or any other such substitution is therefore inadvisable. However, if you insist that you should be able to change the diet more to your tastes, you should stick to the general composition of the diet that your total daily intake must not exceed 1000 Calories if the best possible results are to be obtained, and the daily ration should contain about 600 grams of fat-free protein and a very small amount of starch. However, know that any substitutions are at your own risk and may affect the course of the diet. That said, there are some allowable substitutions that Dr. Simeons has allowed in specific cases and they are listed on page 5.

Where can I find Dr. Simeons' book about HCG Diet?

Dr. Simeons' *Pounds and Inches: A New Approach to Obesity* can be found, free of charge, at <http://www.thehcgdiet.com/pdf/pounds-and-inches-by-dr-a-t-w-simeons.pdf>. This document contains a full explanation of Dr. Simeons' findings, information on the causes and signs of obesity or unhealthy weight, an explanation of the Simeons protocol and many insights into the dos and don'ts of the original HCG diet. It is important to note that this book was written when the only method for HCG was

prescription injection, and therefore does not contain specifics about homeopathic HCG and the hormone-free alternatives. However, it is full of useful information for anyone interested in HCG and Lose20, and is recommended reading as it is important to gather as much information as possible about a product before trying it yourself.

Important Things to Remember

Stay Committed

While the Simeons diet is simple to follow, that fact does not mean it is easy. Especially during the transition period and afterwards it is difficult to remain on track and not fall in to old habits. It is easier, in one way, to complete the main phase of the diet as you know that within a few weeks you will be able to stop, but afterwards you are supposed to eat the type of diet that you should for the rest of your life. So therefore you must maintain focus and realize that you have gone through a lifestyle change and maintain that attitude. If you go back to eating unhealthily, eventually you will regain weight, even with the protocol's help to reset your metabolism. It is important to maintain healthy eating habits even after you have finished the program. Luckily, however, most people find that their appetites are less after completing the diet and can maintain a healthier lifestyle without being overwhelmed with temptation. It is in this way that most people maintain their new weight for years after completing the Simeons diet.

Stay Flexible

It is important to approach the protocol with an adaptable mindset. Some people come to the diet believing that they can adapt the protocol to fit their lives, and in some rare cases they are right. However, for most their preferred lifestyle is too far from that which is necessary for the Simeons diet that it ends up backfiring. You must instead know that you are the one that needs to be flexible, not the diet, and so you must adapt your lifestyle to fit the diet. The strictest part of the protocol lasts at most 43 days, after which you can be more flexible with your own preferences. Forty three days is not much to pay in order to lose weight and keep it off, and if approached with the right mindset can fly right by.

Stay Informed

You should always keep yourself up-to-date, both about your own progress, and about the latest findings about the diet. For yourself you should keep a record of the pounds and inches you have lost and what you have eaten each day. You should know as much about the diet as possible, do your research and read the studies; if necessary you should even consult a physician.

Stay Relaxed

Becoming overly worried about whether the diet is working or whether you can complete it is very stressful and can be harmful to you. You need to stay relaxed and confident that this diet will work for you and that you have the ability to complete it and you will lose the weight, just as hundreds of thousands before you have done.

Types of Food, Quality of Water, Supplementation

Although this does not have a direct effect on the amount of weight loss it is the perfect time to start making healthier choices. When buying fruits and vegetables try to buy organic from non-GMO foods (genetically modified). The same would apply to Meat. Buy organic, free range, cage free, grass fed etc. meats and poultry. Quality water is a must. Preferably filtered water which removes fluoride and chlorine. If the water is alkalyn better yet. This is also the perfect time to add in a good quality multi-vitamin and probiotic as well as other weight loss supportive products.

These habits if incorporated during the Lose20 weightloss program will benefit you and your family for your lifetime.

Words from Dr. Simeons

In this section we will be giving direct quotations from Dr. Simeons' *Pounds and Inches: A New Approach to Obesity* in order to help you better understand why the HCG diet works. It is important to remember, while reading this section, that Dr. Simeons based his findings on the HCG injections as at the time of publication there was no other method of administration. We suggest that you inform yourself completely with his work. You can access a PDF file of his article at <http://www.thehcgdiet.com/pdf/pounds-and-inches-by-dr-a-t-w-simeons.pdf> .

Losing Weight with the Simeons Diet

The Duration of Treatment

We never give a treatment lasting less than 26 days, even in patients needing to lose only 5 pounds. It seems that even in the mildest cases of obesity the diencephalon requires about three weeks rest from the maximal exertion to which it has been previously subjected in order to regain fully its normal fat banking capacity. Clinically this expresses itself -in the fact that when in these mild cases treatment is stopped as soon as the weight is normal, which may be achieved in a week, it is much more easily regained than after a full course of 23 injections.

As soon as such patients have lost all their abnormal superfluous fat, they at once begin to feel ravenously hungry with continued injections. This is because the Advanced 1000 only puts abnormal fat into circulation and cannot, in the doses used, liberate normal fat deposits; indeed, it seems to prevent their consumption. As soon as their statistically normal weight is reached, these patients are put on 800-1000 calories for the rest of the treatment. The diet is arranged in such a way that the weight remains perfectly stationary and is thus continued for three days after the 23rd injection. Only then are the patients free to eat anything they please except sugar and starches for the next three weeks.

The Ratio of Pounds to Inches

An interesting feature of the Simeon's method is that, regardless of how fat a patient is, the greatest circumference -- abdomen or hips as the case may be is reduced at a constant rate which is extraordinarily close to 1 cm. per kilogram of weight lost. At the beginning of treatment the change in measurements is somewhat greater than this, but at the end of a course it is almost invariably found that the girth is as many centimeters less as the number of kilograms by which the weight has been reduced. I have never seen this clear cut relationship in patients that try to reduce by dieting only.

Fluctuations in weight loss

After the fourth or fifth day of dieting the daily loss of weight begins to decrease to one pound or somewhat less per day, and there is a smaller urinary output. Men often continue to lose regularly at that rate, but women are more irregular in spite of faultless dieting. There may be no drop at all for two or three days and then a sudden loss which reestablishes the normal average. These fluctuations are entirely due to variations in the retention and elimination of water, which are more marked in women than in men.

Patients who have previously regularly used diuretics as a method of reducing lose fat during the first two or three weeks of treatment which shows in their measurements, but the scale may show little or no loss because they are replacing the normal water content of their body which has been dehydrated. Diuretics should never be used for reducing.

The Plateau

A plateau lasts 4-6 days and frequently occurs during the second half of a course particularly in patients that have been doing well and who's overall average of nearly a pound per effective injection has been maintained. Those who are losing more than the average all have a plateau sooner or later. A plateau always corrects, itself, but many patients who have become accustomed to a regular daily loss get unnecessarily worried and begin to fret. No amount of explanation convinces them that a plateau does not mean that they are no longer responding normally to treatment.

Losing more Weight

An ex-patient should never gain more than two pounds without immediately correcting this, but it is equally undesirable that more than two lbs. be lost after treatment, because a greater loss is always achieved at the expense of normal fat. Any normal fat that is lost is invariably regained as soon as more food is taken, and it often happens that this rebound overshoots the upper two lbs. limit.

Further Courses

Patients requiring to lose more than 34 lbs. must have a second or even more courses. A second course can be started after an interval of not less than six weeks, though the pause can be more than six weeks. When a third, fourth or even fifth course is necessary, the interval between courses should be made progressively longer. Between a second and third course 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 bring about a weight reduction of 100 lbs. and more if required without the least hardship to the patient.

In general, men do slightly better than women and often reach a somewhat higher average daily loss. Very advanced cases do a little better than early ones, but it is a remarkable fact that this difference is only just statistically significant.

Recipes

The following recipes were originally created as 4 servings for the purposes of the original protocol. The ingredients used, and the recipes themselves, can be easily used for the purpose of the new 800-1000 calorie diet by increasing the protein portions to 6-8 ounces from 4 ounces. These recipes are perfect for a meal for two, or so that you can bring the leftovers for lunch the next day so you don't have to worry about proper portions as you rush out the door. Simply portion out the meal in the evening, and you will have an easily accessible lunch for the next day.

It is important to note, however, that these recipes sometimes take some liberties in the suggested diet and substitutions, though they will make up an 800-1000-calorie daily diet if used correctly. The reader should keep in mind what is used in each meal so that they do not exceed the daily allowed diet and should use recipes that deviate at their own discretion.

Chicken and Alternatives

Cinnamon Chicken Curry Soup

1 lb. chicken, cubed
1 cup diced onion
6 cups broth
6 cloves minced garlic
2 tsp curry powder
1 tsp cinnamon
1 tsp pumpkin pie spice
salt and black pepper to taste

In saucepan, combine all ingredients. Bring to a boil. Reduce heat, cover, and simmer for 45 minutes.

Melba Toast Bruschetta

4 slices Whole Wheat Melba Toast
1 Tomato
Basil
Oregano
Cilantro
Garlic
Pepper
Salt 21
Juice of ½ lemon
14 oz. Chicken

Chop desired quantity of tomatoes and mix with spices and lemon juice. Set mixture in fridge. Chop and sauté chicken and add spices to taste. Mix chicken in tomato mixture. Spoon on to Melba toast and eat the remainder with a spoon.

Chicken Apple Salad

1 lb. chicken cooked and diced
4 apples diced
4 stalks celery diced
½ c. Lemon juice
1/2 tsp Cinnamon

Dash of nutmeg
Dash of cardamom
Dash of salt Stevia to taste
Wedge of lemon

Mix ingredients together, sprinkle with Stevia and cinnamon. Chill for 20 minutes.
Serve with a wedge of lemon and enjoy. Mix in non-fat, plain yogurt for a creamier texture.

Chicken Stir Fry

1 lb. Chicken
Green cabbage
Onion Broth Braggs liquid aminos

Slice chicken and cabbage. Chop onion and celery small. Stir-fry over med with some chicken broth and Braggs liquid aminos.

Chicken Fajitas

(10 times seasoning recipe, to be made in bulk and stored in a covered jar. Use 1 teaspoon of the mix for 1 serving of chicken)

Seasoning Mix
(1/3 cup + 4 tsp) 2 tsp Chili Powder
(1/4 cup + 2 tsp) 2 tsp Salt
(1/4 c + 2 tsp) 1 tsp Paprika
(7.5 tsp) 3/4 tsp crushed chicken bouillon cube
(5 tsp) 1/2 tsp Onion Powder
(2.5 tsp) 1/4 tsp Garlic Powder
(2.5 tsp) 1/4 tsp Cayenne Pepper
(2.5 tsp) 1/4 tsp Cumin

1 lb. boneless, skinless chicken breasts cut into thin strips
2 Tbsp fat-free chicken broth
1 cup onion, sliced
1 tsp fajita seasoning mix (above)
Lettuce, shredded or use as a wrap cilantro

Combine all of the ingredients in a small bowl. Cook and stir chicken with broth in skillet until almost done, remove. Cook the onions in broth, but not all the way - the onions and the chicken will finish cooking when you add the seasoning. Add back the chicken, seasoning mix and more broth if necessary. Cook and stir on medium heat 5 minutes or until chicken is cooked through and the onions are tender.

Serve over thinly sliced lettuce and top with fresh cilantro. Or use a lettuce leaf for a wrap.

Veal or Chicken Piccata

1 lb. veal scallops or chicken
2 cups low-salt chicken broth
4 large garlic cloves, pressed
Juice of 1 lemon
6 Tbsp capers, drained
Parsley for garnish
Cabbage, beet greens or fennel bulbs

This recipe breaks from tradition in that the veal is not dredged in flour prior to cooking. Chicken breasts that have been thinly pounded would also work well for this recipe. Season veal with salt and pepper. In a non-stick pan, add veal and cook until tender, about 30 seconds per side. Transfer veal to platter and keep warm. Add half the broth to deglaze pan.

Add garlic to skillet and sauté 30 seconds. Boil until broth is reduced to glaze, about 2 minutes. Stir in remaining broth, lemon juice and capers. Simmer until mixture is reduced to 1/4 cup, about 2 minutes. Pour over veal. Garnish with parsley. Serve with wilted cabbage, wilted beet greens or sautéed fennel bulbs.

Herbed Omelet

1/8 to 1/4 c. organic chicken broth
1/4 cups red bell peppers, diced
1/4 cups scallions, sliced
1 clove garlic, minced
10 slices Melba Toast, whole-wheat
1/4 cups cottage cheese, low fat
3 eggs
8 egg whites
3/4 cups milk, fat-free evaporated
1 Tbsp basil, fresh, minced
1 Tbsp rosemary, fresh, minced
2 tsp chives, fresh, minced
1 Tbsp parsley, fresh, minced

Preheat the oven to 350 degrees. Sauté the pepper, and scallions in chicken broth for 6 minutes. Add the garlic and sauté for 3 more minutes. Place the toast slices in a large casserole dish. Combine the remaining ingredients and pour the egg mixture on top of the toast. Add the cooked vegetables. Bake for about 25-40 minutes until the omelet is slightly puffed and set. (Makes 6-8 servings)

Beef

Italian Wedding Soup

1/2 c. diced onions as a flavor enhancer
Minced garlic to taste
6 cups of broth
4 cups chopped spinach
1 lb. meatballs
1 tsp each of thyme, oregano, basil and any other Italian spice that you like
Salt and pepper
Chopped parsley
Lemon rind
Minced garlic

Add onions, garlic and 1/4 cup of broth to a small soup pot. Cook until onions start to wilt. Add spinach and stir until spinach starts to wilt. Add spices and herbs. Stir until liquid is almost cooked off. Add meatballs and rest of broth. Bring to a boil. Boil for a few minutes. Add salt and pepper to taste. This can be served with a small helping of gremolata. Gremolata can be made with chopped parsley, lemon rind and minced garlic.

Straight Up Chili

1 tsp granulated garlic
3 Tbsp chili powder
3 tsp salt
3 Tbsp cumin
2 tsp oregano
2 tsp pepper

2 1/2 quarts water
2 quarts organic beef broth (check it has no sugar)
5 cans (14 oz.) diced tomatoes
1 lb. hamburger

For the 5 cans (approx. 15 ounce size) of tomatoes. In 12 qt. stockpot, brown the hamburger, when pretty well brown add 2-3 diced large onions, cooking and browning, then add the spices to your chili. Celtic sea salt and pepper, chili powder, cumin, garlic (powdered, fresh or in jar. Add water, beef broth, and tomatoes. Bring to a simmer (scraping all the brown bits off the bottom) and turn off heat. This ought to add up to about 7-8 quarts of soup, if not add more water.

Rosemary Garlic Steak

1 pound steak 33
4 Tbsp Rice Vinegar
4 tsp Rosemary
4 tsp Garlic paste (3-5 cloves minced)
2 tsp Crushed red pepper

In small dish, add rice vinegar. Add steak and coat. In small bowl, combine rosemary, garlic, and red pepper. Rub on both sides of steak. Place steak in small dish, cover, and refrigerate 4 hours - overnight.
Grill to your preference.

Beef with Cabbage Lettuce Wraps

1 lb. Ground Beef
4 Cloves Garlic, Minced
1/4 c. Organic Chicken Broth
2 c. Cabbage, Shredded
1/4 c. Fresh Cilantro
Salt and Pepper to taste
8 Large Lettuce Leaves. Romaine or Iceberg
Hot sauce- optional

Heat skillet. Add ground beef, garlic and brown the meat. Take out and set aside. Put cabbage in the skillet. Add salt and pepper. Add 1/4 cup broth. Cook until tender. Add beef to the cabbage. Cook 1 minute on high heat. Remove. Place in lettuce leaves. Add hot sauce if desired.

Crockpot Roast

1 lb. steak
Onion soup mix
4 cups beef broth
Black pepper to taste
Add steak to crock pot. Cover with remaining ingredients. Cook for several hours until done to your preference.

Seafood

Shrimp Hot 'n' Sour

1 lb. shrimp
Bok Choy or Asparagus
8 cups broth

¼ c. rice vinegar
¼ c. Braggs Liquid Aminos
2 tsp stevia
1 tsp white pepper
1 tsp ginger
Crushed red pepper

In saucepan, combine broth, vinegar, Bragg Liquid Aminos, stevia, ginger, and white pepper. Bring to boil. Reduce heat, cover, and simmer for 2-3 minutes. Add shrimp. Return to boil. Add vegetable, cover, and simmer for 2-3 minutes. Sprinkle with crushed red pepper and serve.

Crab Cakes

1 lb. crab meat
4 Grissini (ground into powder) or coconut flour
4 tsp Parsley
2 tsp Tarragon
2 tsp Paprika
2 tsp Lemon juice
1 tsp Cayenne
1 tsp White Pepper
1 tsp dry mustard
1 tsp Seafood Seasoning (optional)

Grind Grissini into powder and place into small dish. In bowl, combine crabmeat and remaining ingredients. Mix well and form into patties. Coat each side of patty with grissini powder. Brown in non-stick skillet over MED heat for 3 minutes each side, OR place on the grill for 4-5 minutes OR Serve immediately. Pace them on a non-stick baking sheet at 350 for 10-15 mins. Then broil for 1-2 minutes each side to brown.

Lemon Oregano Whitefish with Asparagus

1 bunch asparagus
Salt and pepper
1 pound whitefish
Juice of one lemon
4 tsp oregano

Preheat the oven to 400 F. Snap off woody ends of asparagus and discard. Tear off a large sheet of non-stick aluminum foil. In the center of this sheet, place asparagus spears and sprinkle with salt/pepper. Place whitefish on top of asparagus. In small bowl, combine lemon juice and oregano, and pour over fish. Fold up edges and completely seal packet on all sides. Bake 10-20 minutes, until fish flakes.

Garlic Shrimp

1 pound shrimp (peeled and deveined)
12 cloves minced garlic or 4 tsp garlic paste
2 cups broth
4 bay leaves
2 tsp parsley
1/2 tsp dried thyme
1/2 tsp crushed red pepper

Heat nonstick pan over MED-HI heat. Mix 4 Tbsp of the broth with red pepper, minced garlic, and bay leaves. Add to pan. Cook less than a minute. Be sure not to burn the garlic. Add shrimp. Cook 3 minutes. Remove shrimp from pan. Add the remainder of the broth, parsley and

thyme. Bring to a boil. Cook for 1-2 minutes until reduced by half. Return shrimp to pan and toss to coat. Discard bay leaves and serve.

Vegetarian and Vegan Options

Blueberry Puree Compote

2 cups fresh blueberries
1/2 Apple, peeled and cored
1/4 tsp Stevia powder

Combine all ingredients in a blender, and mix until smooth. Spoon the mixture into small Corningware or stoneware baking dishes, about 1/2 cup per bowl. Bake at 300 deg for about 15-20 min. Allow to cool before serving. This recipe makes 4 servings of fruit for the Simeons protocol.

Tomato Soup

4 cups tomatoes
4 cloves minced garlic
2 cups water
2 tsp basil
2 tsp onion powder
Salt
Black pepper 17

Preheat broiler. Cut tomatoes in half. Place tomatoes on nonstick baking sheet, flat side down. Broil for 5-10 minutes, or until the skins are blistered and blackened. Let cool, then remove skins & seeds. In a medium sized saucepan, heat half of the water over medium heat. Add onion powder & cook for 5 minutes. Add garlic and cook for 2 more minutes. Place tomato in a blender or food processor and puree until smooth. Stir tomato puree into saucepan and add the rest of your water. Bring to a boil then reduce to simmer for 5 minutes. Stir in basil and season with salt and pepper.

Vegan Thai Soup

1 Cup Water
1 Dropper Dark Chocolate Stevia
1 Tbsp Apple Cider Vinegar
1 tsp Dehydrated Onion
2 Scoops Protein Powder
1/16 tsp Chili Powder
1/8 tsp Celtic Sea Salt
1/4 tsp Coriander
1/2 tsp Garlic Powder
1/2 tsp Ginger Powder
2 stalks celery chopped or 1 1/2 cups asparagus
1 1/2 tsp Konjac Flour
Miracle Noodles (optional)

Put all except final 2 ingredients in and puree for 50 seconds. Next add the Konjac flour and puree again for another 50 seconds. Put reserved chopped celery in bowl with noodles and pour soup over the top.

Deviled Eggs

8 hardboiled eggs

1 Tomato, Minced
Minced Fresh Parsley
Salt and Pepper to taste 20

Cut eggs in half and throw out 6 of the 8 yolks. Mince tomato and parsley. Mix in with the final yolk, adding salt and pepper. Add a tiny splash of apple cider vinegar. Fill the egg whites (not enough to actually "mound" the whites, but plenty for each).

Cucumber Mint Salad

2 cucumbers - sliced or diced
1 Tbsp Vinegar
1 tsp Black Pepper
1 tsp Minced Garlic
1 tsp Dried Mint

Toss and mix all ingredients. Cover. Refrigerate for at least 1 hour. Toss before serving.

Onion Rings

1 Tbsp Skim Milk
1/4 tsp Cayenne Pepper
1/4 tsp Salt
1/4 tsp Pepper
½ c. sliced onion rings
1 Grissini

Preheat oven to 450. In a small bowl, add milk, cayenne pepper, salt, and pepper. Mix to make a batter. Grind grissini in food processor until it is a powder. Put grissini in a separate small bowl. Place rings in batter bowl and toss to coat fully. Let sit in batter 2-3 minutes then toss again. Dip each ring into the grissini powder by hand. Place on cookie sheet lined with non-stick aluminum foil. Cook 6-7 minutes. Then flip, cooking an additional 6-7 minutes. Serve immediately.

Balsamic Steamed Greens with Onion and Garlic

This same recipe can be used with any of the greens approved for the Simeons protocol. Steamed greens will be the main staple side dish for most people on the protocol. The greens include:

- Beet Greens - Kale
- Bok Choy - Mustard Greens
- Cabbage – Green, Red, Napa
- Chickory - Spinach
- Collard Greens - Red or Green Swiss Chard
- Dandelion

Coarsely chop 1-2 cups of greens. On some of the sturdier greens, such as kale or collard greens, you will want to remove the tough central stalk portion of the leaf. Finely chop 1/4 to 1/2 of an onion, and mix in the chopped greens. Place in the upper compartment of a steamer pan, with about 1" of purified water in the bottom. Bring the water to a boil, then reduce heat to a simmer. Periodically check to make sure the greens don't overcook. For maximum health benefits, the leaves should be tender and bright green and not overcooked. When done, remove from the steamer to a large serving bowl. Add 2-3 Tablespoons of balsamic vinegar along with a tablespoon of toasted garlic granules. Toss thoroughly and serve. On average, these greens will be about 5-10 calories per one-cup serving.

Arugula with Strawberry Vinaigrette

Fresh organic Arugula

Strawberries

Apple cider vinegar

Stevia

Pepper 1 cucumber, chopped 1 tomato, chopped

Puree strawberries, vinegar, stevia, pepper. Pour over arugula or salad greens. Add chopped cucumber, tomato if mixing veggies. Also makes a great marinade or sauce for entrees.

Dressings and Sauces

Spicy Tomato Salsa

4 medium tomatoes, diced

1/2 medium cucumber diced

1 bunch cilantro, coarsely chopped

1 medium (or large) red onion, diced

2 Serrano chilies, finely chopped

1 garlic clove, minced

Juice from 2 limes

Gently combine all the salsa ingredients in a non reactive bowl and let sit for the flavors to combine at least 30 minutes.

Cucumber Sauce

2 Tbsp Fat Free cottage cheese

1/2 of a peeled/seeded cucumber cut into chunks

1 tsp garlic

1/4 tsp onion powder

Touch of salt/pepper

Mix all ingredients in blender. Refrigerate until cold, serve.

Catsup

3 ounces Tomato Paste

3 Tbsp Apple Cider Vinegar

1 Tbsp Lemon Juice

1/4 teaspoon Celery Salt

1/2 tsp Paprika

1/4 tsp Mustard Powder

Pinch of Nutmeg and Clove

Pinch of Black Pepper

1/4 tsp Onion Powder

1/4-tsp Garlic Powder

Stevia to taste

Dissolve spices in vinegar and lemon juice. Add tomato paste and mix thoroughly. Add additional lemon juice, vinegar or a little water until desired consistency is reached.

Raspberry Vinaigrette

2 tablespoons raspberry vinegar

1/8 teaspoon salt and pepper

Freshly ground pepper to taste.

Whisk vinegar, salt and pepper in a small bowl. Drizzle over salad greens or chicken.

Drinks

Sweet 'n' Sour Lemonade

1 Quart Water

1 Lemon (juice only)

2 packets calorie free natural sweetener (Stevia)

Ice Cubes

Place 1 quart of water in a pitcher. Add juice of 1 lemon. Stir in 2 packets of sweetener. Add ice as desired. Garnish with sliced lemons and serve in a tall glass.

Chai

8-12 oz hot water

1 Spiced Chai tea bag

1 packet calorie free natural sweetener (Stevia, Xylitol, Sweet n Low)

1 Tbsp Milk

Place hot water in cup, steep tea for 5 minutes. Discard tea bag. Stir 1 packet of sweetener. Add milk and stir. You can also pour over ice cubes in a tall glass for a delicious iced chai tea.