

THE DIET: PHASES 1 – 4

Phase 1 – Cleansing

Kevin Trudeau, author of “The Weight Loss Cure,” suggests that phase 1 of this program should involve cleansing. He recommends yeast, colon, gallbladder, and liver cleanses. Most individuals have just as much success moving on to Phase 2 without the above-mentioned cleanses. Dr. Finegan will do a Clinical Nutrition Analysis and determine whether any of the above mentioned cleanses need to be performed prior to beginning HCG. Always check with your primary physician before beginning a weight loss program or cleanse. It is up to the individual to determine what, if any, cleanses should be completed before the start of the Skinny Up! program.

Phase 2 – VLCD (very low calorie diet) while taking Skinny Up!

Begin taking HCG on days 1 & 2. These are your gorge days in which you load with as much fat as you can handle. These days are very important because they reestablish the normal fat reserves that often are depleted in obese people due to yo-yo dieting. On day 3 you begin the Very Low Calorie Diet (VLCD). Only very specific foods are allowed: Do not vary anything for optimal success. There is a reason certain vegetables, fruits, and proteins are not allowed. Continue with the VLCD days for 3 or 6 weeks depending on how much weight you have to lose.

- ✓ 23 day program: for people who have 10 – 20 lbs to lose
- ✓ 40 day program: for anyone who has more than 20 lbs to lose

This can be repeated again after the initial program if the individual still has more weight to lose.

No oils or fats of any kind topically or internally. No lotions, moisturizers, fish oils, etc. HCG allows the abnormal fat reserves to be accessed and released; remember that this is a two way street. Any oils or lotions that you add to your body will be absorbed and confuse the weight loss process causing you to stall or even gain weight.

Diabetics or those who are prone to hypoglycemia may divide the daily amount of allowed foods into smaller meals throughout the day to control blood sugar.

****REMEMBER: Only eight items may be eaten each day...**

Where to begin (items you will need):

1. Bathroom scale that weighs in .2 pound increments
2. Food scale that weighs in grams/ounces.
3. Camera – you will want to document your before body versus your after body – be prepared to be amazed
4. Daily log to record weight
5. “The Weight Loss Cure” by: Kevin Trudeau
6. Read Dr. Simeon’s manuscript —Pounds and Inches on **www.drfinegan.com**
7. Check your calendar and choose a period of time that will allow for a restricted eating plan. Avoid doing over the holidays or during vacations for optimal success. If you have:
 - ✓ 5 to 20 pounds to lose: Choose 23-day HCG plan.
 - ✓ 20 to 50 pounds to lose: Choose 40-day HCG plan (multiple rounds if needed).

8. Skinny Up!: 2 bottles for a 23-day round, or 3 bottles for a 40-day round. Order by calling **Finegan Chiropractic Health Center** at (303) 447-2737 or e-mailing phchiropractic@qwestoffice.net
9. Stevia if sugar has been a coping mechanism, and Smooth Move Tea, Dieter's Tea, Dr. Miller's Holy Tea, etc. (Beginning load days can create mild constipation. Use as needed throughout the course of the HCG program.)
10. High fat content foods for the two load days at the beginning of each round: Avocado, peanut butter, mayonnaise, whipping cream, cheese, etc. Try to focus on fatty foods rather than carbohydrates, but eat as much as you can on these 2 days.

Directions for Homeopathic HCG Use

Skinny Up! is a unique blend of frequencies* that include HCG, Hypothalamus gland, Pituitary gland, Thyroid gland, Liver, Gallbladder, Kidney and Adrenal support. The base solution of Skinny Up! is helpful for inflammation and liver detoxification. With the added frequencies of the above-mentioned, Skinny Up! becomes a very effective nutritional support for anyone seeking to benefit from Dr. Simeon's Pounds and Inches protocol. To maintain the highest level of homeopathic properties during use, it is important to succus (tap bottom of bottle firmly on the heel of the hand in rapid succession 5 to 8 times) before placing the solution under the tongue 3 times per day. The succusion reactivates the homeopathic frequencies for optimum potency. *Failure to succus the Skinny Up! bottle could result in increased hunger.*

Dosage Steps:

1. Refrain from eating or drinking for 15 minutes prior to taking
2. Succus the bottle of Skinny Up! on the heel of the hand.
3. Squeeze .75 ml into the dropper
4. Swallow hard or spit to rid the mouth of excess saliva
5. Squeeze the .75 ml solution under the tongue and hold for 2 minutes.
6. Refrain from eating or drinking for 20 minutes after taking
7. Repeat 3 times daily.

During times of excessive hunger (during the first week or during menses) it may be helpful to add one or two additional doses of .25ml between the morning, midday, and evening doses of Skinny Up!

*All frequencies are added to balance, not over-stimulate, the above-mentioned glands and organs.

IMPORTANT POINTS FOR PHASE 2:

Meat:

Make sure that the meat is very lean with no fat. All visible fat must be removed before cooking. All meat must be weighed raw. A food scale will assist in getting the weight correct (3.5 oz or 100 grams). The meats can be cooked by broiling, grilling, or boiling with no additional fat or oils. A George Foreman Grill works great.

Seasonings:

With each meal the juice of one lemon is allowed. Sea salt, pepper, vinegar, and any organic spice (WITHOUT sugar) are allowed as seasonings.

No oil, butter, or dressings of any kind may be used.

Mixing different vegetables, fruits, or proteins with the same meal is not allowed:

The items allowed per day may be eaten in two meals or spread throughout the day. Two different types of the same item (i.e., two different types of fruits, 2 different veggies, or two different types of protein) may not be eaten together. Therefore if you have lettuce as your vegetable, you may not add any other vegetable to this. You may use a fruit on your lettuce, such as strawberries, and eat those together. In this case your meal would consist of lettuce, strawberries, and your choice of lean protein. Season to taste, any organic spices & half of a lemon/any type of vinegar are acceptable seasonings.

WHAT TO AVOID?

Oils:

- All digestible oils (sunflower, olive, coconut, sesame, Vitamin E, fish oils). Mineral Oil acceptable in moderation.
- Shampoos, lotions, toothpaste, makeup, deodorant, and other bathroom items that contain digestible oils, seed oils, etc.
- Bathroom items that contain digestible oils, seed oils, etc.

Ladies: Only use mineral-based cosmetics. No liquid makeup (contains oil).

Massage: Avoid massages while on the diet (oil and lotions are heavily used).

Sunbathing: Avoid getting sunburned. Sun is great to produce natural Vitamin D; however sunburns produce water retention.

Exercise: Although it may sound counterintuitive, If you aren't losing as you would like, stop exercising while on the diet.

Phase 3 – Ending the HCG (week 1 – 3 post HCG)

After the diet is completed, you may now eat anything you please EXCEPT sugar and starch, provided you are faithful to following one rule. This rule is that *you must weigh yourself every morning*.

It takes about 3 weeks before the weight becomes stable. It is during these 3 weeks that you must realize carbohydrates (sugars, rice, bread, potatoes, pastries, etc.) are, by far, the most dangerous. If no carbohydrates whatsoever are eaten, fats can be indulged in somewhat more liberally and even small quantities of alcohol, such as a glass of wine with meals, does no harm. But AS SOON AS FATS AND STARCH ARE COMBINED, THINGS ARE VERY LIABLE TO GET OUT OF HAND. This has to be observed very carefully during the first 3 weeks after the treatment is ended, otherwise disappointments are almost sure to occur.

As long as your weight stays within two pounds of the weight reached on the final day of using Skinny Up!, don't worry about what you are eating. The moment the scale goes beyond two pounds, even if this is *only a few ounces*, you must skip breakfast and lunch and drink plenty of water. In the evening, you must eat a huge steak with only 1 apple or 1 raw tomato. This

should bring your weight back down near your last Skinny Up! weight and you can begin eating normally (still no sugars or starches) the next day.

After the very low calorie diet, add in fats again – continue avoiding carbohydrates and sugar

Sample of Phase 3 Daily Meal

Breakfast: Bacon and spinach omelet

Snack: Nuts and cheese

Lunch: Protein shake and small salad with avocado

Snack: Almond butter with an apple

Dinner: Small piece of grilled meat with a veggie

Dessert: Plain yogurt (may be sweetened with Stevia) and fresh blueberries

Yes, compared to Phase 2 this is a bunch of food!!! But you'll be amazed when you get on the scale in the morning, your weight only moves slightly up and down the scale within your 2 pounds of the last HCG weight. If you happen to eat something that is inflammatory to your body, you'll know it because the scale will be higher.

Easy resolve: Fast with liquids for breakfast and lunch (you can have V8 juice now) and have a big juicy steak with an apple or tomato for an early dinner. This will bring you down to a lower weight and you are back on track again! Embrace Phase 3—it is wonderful!!

Once you have maintained your last Skinny Up! weight for 3 weeks, you are then able to return for another round of Phase 2 (VLCD with Skinny Up!). If you have met your weight goal, you then move to Phase 4.

Phase 4 – Maintenance (week 3 – 6 post HCG)

The next 3 weeks in Phase 4 will require that you continue to weigh everyday and, again, maintain your last Skinny Up! weight. Steak days will be needed if your weight rises by more than 2 pounds, just like in Phase 3.

During this phase, you will start introducing sugars and starches back into your diet. This will train your hypothalamus to accept your weight, no matter what you eat! Hopefully, by this time on the program, you will have a much better sense of what your body likes in terms of food and you will not revert to eating processed, empty caloric, non-nutritious food!

Life

Eat what you want, when you are hungry. Stop when you are satisfied and STOP THINKING ABOUT YOUR WEIGHT!

E-mail questions to: phchiropractic@qwestoffice.net

Here's to a new you!

Dr. Paul E. Finegan, D.C., C.C.S.P.