

**Question : □ What is HRT?**

**Answer: Hormone replacement therapy (HRT) is the administration of Testosterone, estrogen and progesterone, or its synthetic version progestin. Therapy can be administered orally via pills, transdermally and transvaginally via creams, or intramuscularly via injection.**

**Depending on the severity of symptoms, HRT may be given in higher or lower doses. The main purpose of this therapy is to replace the hormones that are no longer being produced by your body.**

**Question : WHY 800 CALORIES?**

Answer: We all know how difficult it can be to count calories so we made it easy by doing it for you. If you follow the sample guide and number of food choice servings, you should not go below 550 calories or above 800. Your daily portions may vary slightly unless you use a food scale; however the calorie count will most definitely differ based on the company, product, and/or where you purchased it. Your body must be in deprivation or starvation mode (under 800 calories) in order for the hCG mechanism to be fully effective. If you eat below 550 calories, your body may store the fat and you will not lose weight, rather you may gain!

**Question : □ CAN I CHEW GUM?**

Answer: Yes, you may chew sugar free or an organic chewing gum. You may find this at most organic and whole food stores.

**Question :☐ CAN I DRINK ALCOHOL WHILE ON PHASE 2?**

Answer: No. You should not drink any alcohol as it contains many calories and carbohydrates. You may have 3-4 oz of dry red organic wine in Phase 1.

**Question :☐ CAN I ADD SALT TO MY FOOD IN PHASE 2?**

Answer: You may use Sea Salt in Phase 2 however, please use it very sparingly. You may use lemon juice, apple cider raw unfiltered vinegar, ground pepper, parsley, oregano and thyme for flavor on your proteins, vegetables and salad. See the approved condiments section in this book.

**Question :☐ DO I NEED TO GORGE FOR THE FIRST 2 DAYS IN PHASE 2?**

Answer: Yes. You should eat at least 5-6 times per day on the first 2 days of Phase 2. This helps to build up your fat reserves before starting a very low calorie diet of 800 calories daily which is required in Phase 2. It is not recommended to eat too much to where you feel sick and bloated. You may incorporate cooking oils, sugar and starches, (whole grain or whole wheat are preferred), all of which may be included in your 2 day gorging. It takes about 3 injections of hCG before the fat begins to melt off.

**Question : □ DO I NEED TO EAT ALL ORGANIC FOODS?**

Answer: It is recommended to eat all organic products especially your proteins. Non-organic poultry, vegetables, fruit, and beef may contain preservatives, antibiotics, herbicides, pesticides and flavor enhancers. If you do not have access to all organic foods, wash all produce thoroughly and do not drink tap water.

**Question : □ WHAT CAN I DO IF MY WEIGHT PLATEAUS?**

Answer: It is very common for both men and women to have a 2-4 day weight plateau on any weight loss program. On the 4th day, you may eat only 6 green apples for the entire day and decrease your fluid intake by half. This is because your body may be retaining water. Another plateau breaker is fasting for the entire day by only drinking fluids and then eating a large steak 8-10 oz. for dinner. Both of these plateau breakers have had great results and the average weight loss is around 2 pounds overnight. You may also be constipated from being on a high protein diet. It is possible to hold up to 7 pounds of stool in your colon. We recommend taking Miralax® OTC to aid in digestion.

**Question : □ WHY DOES THE hCG NOT COME IN PRE FILLED SYRINGES?**

Answer: The pharmaceutical hCG manufacturer is based here in the United States. The medication contains 2 vials which must be reconstituted (mixed). One vial is the hCG/B12 in a powder form and the other is a sterile protein bacteriostatic water, which when mixed is stable

and stored in your refrigerator. It is also important not to leave the hCG vial at room temperature for more than 6 hours, which can decrease the stability.

**Question : □ WOULD I LOSE THE SAME WEIGHT EATING A VERY LOW CALORIE DIET WITHOUT THE hCG?**

Answer: You can lose weight by simply eating fewer calories and fat. However, because the body stores fat during times of deprivation, you might lose muscle before fat in addition to a slower metabolism. Many people find that they will lose the weight but then gain it all back plus more! hCG alone will not help you lose the weight, rather a combination of the hCG medication, low impact daily exercise, proper nutrition, and a low calorie diet will help you to achieve your weight loss goals. Finally you can say goodbye to rollercoaster dieting once and for all.

**Question : □ WHAT HAPPENS IF I FORGET TO GIVE MYSELF THE INJECTION?**

Answer: The hCG remains in your body for about 3 days. It is best to give yourself the injection as soon as you wake up. However, if you forget and don't remember until several hours later, you may simply give yourself the injection at that time. If you skip an entire day, do not double your dose the next day.

**Question : □ IS THE hCG MADE FROM THE URINE OF PREGNANT WOMEN?**

Answer: Yes, Human Chorionic Gonadotropin is a glycoprotein hormone that is extracted from the urine of pregnant women and is tested for potency and standardized by a biological assay procedure. It is the very same product given to women in high doses to induce fertilization.

**Question : □ WILL hCG INTERFERE WITH ANY MEDICATIONS I AM CURRENTLY TAKING?**

Answer: No, hCG is not contraindicated with any medications. Please continue ALL medications prescribed to you by your medical doctor.

**Question : □ WHEN IS THE BEST TIME FOR A MENSTRUATING WOMAN TO START PHASE 2?**

Answer: It is recommended to start the hCG medication at least 10 days before you are going to start taking the hCG injections or sublingual therapy. You must stop the hCG medication as soon as your period begins. When you notice only a small amount of spotting (about 3 or 4 days later depending on your cycle), you may resume the medication. The increase in your hormone levels may cause you to bleed heavier than normal or you may skip your period entirely.

**Question : □ WILL I SPOT EVEN THOUGH I AM POST MENOPAUSAL?**

Answer: Some post menopausal women have reported a small amount of spotting while taking hCG. This is the body's reaction to an increase of hormone production and is not considered a health concern.

**Question : □ WHY AM I INJECTING THE hCG INTO THE FATTY TISSUE INSTEAD OF THE MUSCLE?**

Answer: The hCG is absorbed through the adipose (fatty) tissue just as effectively as the muscle. The hCG kit is designed for a 40 day self injection and is equipped with easy to read instructions. It is much easier to inject yourself in the abdomen so you can see what you are doing. Subcutaneous injection has the same absorption as intramuscular and is just as effective.

**Question : □ WHY IS IT NECESSARY TO DO A TOTAL BODY COLON CLEANSE IN PHASE 1?**

Answer: Cleansing and detoxifying the colon is important to maintain general digestive health. Toxins can build up in your colon over a period of months and years. We are also exposed to a vast number of toxins in our food, the air, the water we drink, at the workplace and even in our homes. It is important to cleanse the colon in order to maintain digestive health.

**Question : □ WHY SHOULD I DO A CANDIDA COLON CLEANSE (YEAST) IN PHASE 1?**

Answer: Candida albicans is a yeast that is commonly found in small amounts within the intestine and vaginal area; uncommon areas include the mouth and bloodstream. An overgrowth of yeast in the colon is believed to potentially slow down digestion and inhibit weight loss.