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What is the hcg diet protocol

THE REAL HCG DIET 3 WEEK EATING PLANThe HCG DIET Program consists of HCG injections with a high-fat high calorie diet for the first 2 days, then a very low calorie diet for days 3-26. After the HCG diet, you will do a Maintenance Diet for three weeks.For women, the diet works best if started at the end of a period.No matter how strange or insignificant some of the dietary restrictions and instructions may sound, they must all be followed strictly in order to get the results you seek.WARNING: This diet is not suitable for anyone with diabetes, gallstones or gallbladder disease, heart disease, gout, pregnant or breastfeeding, or with a history of blood clots, or a history of cancer, or allergies to certain foods. This diet is not recommended without a preliminary medical evaluation.THE HCG DIET STARTS WITH A HUGE 2-DAY FEAST!Days 1 and 2 of the HCG Diet consist of taking a daily HCG dose and eating 3000 to 4000 calories of food per day. This is not a typo. The only requirement is that this two-day feast should contain as much high-fat food as possible.Examples of foods that are high in fat are whole-milk dairy products, fried foods, oils, and nuts. Do a Google search for foods that are high in fat for more ideas.DO NOT hold back on eating during these 2 days. If you hold back, you will have severe cravings and fatigue by the end of the first week.THE VERY LOW CALORIE PHASE STARTS ON THE 3RD DAY.From Day 3 to Day 26 you will be on a strict low-calorie-per-day diet. On Days 3 through Day 30 you will take a daily HCG shot. You do not need to count calories. You simply need to measure your food portions on a food scale and the calories will fall into place automatically. You must also drink at least 64 ounces of water each day. This is essential for your health.Each day you will have two scheduled meals – lunch and dinner, and two scheduled snacks. The snacks consist of one breadstick (or melba toast) and one fruit. The snacks can be taken with the meals or in between meals, but they cannot be taken together at the same time (a double snack is not allowed). Many people take one of their snacks at breakfast time.THE DIET DETAILSDrinks — You must drink at least 64 ounces of water every day. That's eight 8-ounce glasses. You may also drink mineral water, sparkling water, black or green tea or black coffee in any quantity at any time. Sugar or creamer is not allowed. Only one tablespoonful of milk (skim only) is allowed in 24 hours. Saccharin (brand name Sweet 'n' Low) or stevia (pure without additives) may be used. You may not drink anything else.Vitamins — You should take a potassium supplement containing 99 mg of potassium three times daily, and a Vitamin D supplement containing 1000 units once daily. Do not take multivitamin supplements or fish oil during the very low calorie diet because they contain sugars, starches and fats that will stall your progress. Don't worry about developing a vitamin deficiency. You will not develop a vitamin deficiency in three weeks.Breakfast — There is no scheduled breakfast meal on the HCG diet. However, the fruit or the bread portions of your lunch or dinner (see below) may be eaten at this time or as a snack between meals instead of with lunch or dinner, but they must come out of your meal serving. You may NOT eat TWO portions of any item at the same meal.THE HCG LUNCHMEAT | VEGETABLE | BREAD | FRUITTHE MEAT PORTIONMeat Portion Size: 100 grams (3.5 ounces) weighed raw without bones or fat.Meat Choices:Veal, lean beef (96% lean only), skinless chicken breast, turkey, buffalo, fresh white fish (halibut, cod, haddock, tilapia, flounder), lobster, crab, or shrimp.Meat Preparation Options:Meats may be grilled or boiled, but no oil, fat or butter may be used.Seasonings may include salt, pepper, vinegar, mustard powder, garlic, sweet basil, parsley, thyme, marjoram, etc., but no oil, butter or dressing.Meats that are NOT allowed:Deli meats (cold cuts), salmon, eel, tuna, herring, dried or pickled fish. Regular (non-lean) beef cuts or ground of 80/20, 90/10, 93/7 are not allowed.THE VEGETABLE PORTIONVegetable Portion Size: Depends on the vegetable. Weighed fresh/ raw.Vegetable Choices:Raw spinach (3 cups), chard (3 cups), chicory (3/4 cup), beet-greens (3 cups), green salad (3 cups), tomato (1 medium), celery (1.5 cups), fennel (1 cup), onions (1/2 cup), red radishes (1 cup sliced), cucumber (1 small), asparagus (6 medium spears), or cabbage (1 cup). You may only eat one type of vegetable with each meal.Vegetable Preparation Options:Vegetables may be grilled, boiled or raw. Vegetables in broth can be used for a soup. Seasoning options are the same as for meats. No oil, butter or dressing is allowed.Canned vegetables are NOT allowed.THE BREAD PORTIONThe bread portion is a choice of one of the items below. There is one bread portion with lunch and one bread portion with dinner. They may be eaten along with the meat and vegetable portions at lunch time or dinner time or as a separate snack at breakfast time and between meals. However, your two bread portions for the day cannot be eaten at the same time.Bread Portion Options:1 Grissini breadstick (pencil sized), or 1 Melba toast, or 2 Melba "snacks" (original, garlic, whole grain, or sea salt).THE FRUIT PORTIONThe fruit portion is a choice of one of the items below. There is one fruit portion with lunch and one fruit portion with dinner. They may be eaten along with the meat and vegetable portions at lunch time or dinner time or as a separate snack at breakfast time and between meals. However, your two fruit portions for the day cannot be eaten at the same time. It is perfectly acceptable to eat your fruit portion along with your bread portion as a separate snack.Fruit Portion Options:1 medium apple, 1 handful of strawberries, one half grapefruit, 1 medium orange.THE HCG DINNERMEAT | VEGETABLE | BREAD | FRUITSame choices and portions as HCG Lunch.LIFESTYLE MODIFICATIONS DURING THE HCG DIET DAYS 3-26:For women, the best time to start the HGC Diet is just after your period has ended.Be careful of everything that touches your skin as fats can be absorbed into your skin and interfere with HCG weight loss. Think lotion, lip balm, hand soap, etc. There are very few brands that offer completely oil-free options. You should not exercise or engage in any heavy lifting or strenuous activity during the diet. You can take short daily walks (20 minutes or less) if desired.Tanning is discouraged as it can cause water retention and affect weight loss.Massage and other spa treatments are also discouraged because they can interfere with weight loss.In the first few days of the HCG Diet, you may experience slight headaches, but taking daily aspirin tablets during the first week should prevent them. This is normal and is caused from your body detoxing from all the sugar, preservatives, etc. Aspirin or Ibuprofen are allowed as long as they are tablets and not gel caps or sugar-coated.THE LAST 3 DAYSON days 24 through 26, you stop taking your HCG, but continue the 500 calorie diet to let the HCG exit your system. If you do NOT do these last three days as described, YOU WILL GAIN WEIGHT.AFTER THE HCG DIETYou will start the Maintenance Diet immediately after the HCG diet for three weeks. 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(June 13, 2011) . "What is the South Beach Diet?" Feb. 6, 2009 (June 13, 2011) Buck. "Belly Laughs at Early Fad Diets." ABC News. Jan. 10, 2005. (June 13, 2011) 2When you're trying to lose weight -- or maintain your current weight -- you think about fats, carbs, calories, how you'll fit a workout into your schedule and, for many of us, how good a slice of that chocolate cake would taste... and maybe it's okay if we only have one bite. One important piece of the weight loss puzzle, though, is your metabolism, which you may not think about at all. That is, unless you're making a passing remark about your friend with a fast metabolism who can eat anything and everything.But is that even true? Is there such a thing as a fast or slow metecolism? And what does your metabolism do, anyway? Find out next, starting with what your metabolism does and why you should care.When you're trying to lose those extra pounds and keep the weight off, it's good policy to understand how your body uses the food you eat. Your metabolism is the way your body processes everything you eat and drink, converting all that sugar, protein and fat into energy. It's a never-ending, two-part process of anabolism and catabolism. Anabolism is when energy is created and stored, and catabolism is when energy is released. All of this is controlled by the endocrine system, the system in charge a lot of our body's processes, from cell and tissue growth and repair to reproductive function and mood regulation.While you can't directly control how your metabolism works, you can control what you eat, how much you eat and how much physical activity you get every day. These three factors have a lot of power over your metabolism. It always comes back to diet and exercise, doesn't it?Everyone's body works differently, and everyone will have a different metabolic rate. The trick is to figure out how fast or slow your metabolism is -- that's called your Basal Metabolic Rate (BMR) -- and then tailor your caloric needs and amount of exercise to suit how your body worksBMR is an important piece of how to work with your metabolism to lose weight because it measures how many calories you burn when you're doing nothing. (Remember, even when you're not active, your body is still using energy for breathing and other basic functions that keep you alive.) It's calculated based on your age, gender, height and weight factors.Calculate your BMR with Discovery Health's Basal Metabolic Rate calculator.Energy ExpenditureYou can calculate how many calories a day you need to maintain your current weight with the Harris Benedict formula. It combines your BMR (your height, weight, age and gender) with how active you are (sedentary, some light exercise, moderately active, very active and extra active). You can learn more about how to use the Harris Benedict Formula in How Calories Work.Your metabolism is individual to you, based on a combination of your genetics, age, gender, muscle mass and certain environmental factors. While your best friend who seems to be able to eat anything and still stay slim seems to have a faster metabolism, it's not likely her metabolic rate creates such a difference. She's probably just found, either through work or good luck, the perfect ratio of lifestyle factors. She's working with a balance of how many calories she eats, how much she exercises, how much muscle mass she has and how much she sleeps. If she has that piece of pie after dinner every night without gaining a pound, she's probably also already slender, very physically active and getting lots of uninterrupted sleep every night.When you skip meals or severely reduce the number of calories you eat, your body compensates by slowing down your metabolism, allowing it to save calories for energy your body will need to handle its basic functions. When you eat too many calories without also increasing your physical activity, those unused stores mean weight gain.Basically, weight management comes down to this: the more active you are, the more calories you burn. That means how much physical activity you get in a day has more impact on your weight loss and gain than a fast or slow metabolism. When you're trying to lose or maintain weight, physical activity is one of the most important factors because it's under your control -- you choose how sedentary or active you want to be.A 150-pound person who runs for 60 minutes (with a pace of a 10-minute mile) will burn about 680 calories, or roughly the number of calories in a Whopper from Burger King. But even the most sedentary among us is still burning calories, just not very many. Our bodies use about 10 percent of the calories from the foods we eat to process that food. Just don't count on that 10 percent to impact your waistline.Muscle mass makes us strong, and as luck would have it, it also helps us burn calories -- during workouts and during downtime. Strength training, done with resistance to help build muscle mass, usually includes exercises such as weight lifting or using a resistance band. Adding strength training to your workout routine will help build muscle mass and keep your bones strong. One pound of muscle burns about 15 calories a day, and while that's still not much, it's more than what one pound of fat will do for you. Multiple studies have found that when strenght training is added to our weekly exercise routines, our basal metabolic rate gets a boost.It may not be your midnight snacks but rather your lack of sleep that's sabotaging your diet.A study conducted at the University of Chicago found that when we don't get enough sleep, "sleep debt" changes the way our endocrine system functions. That includes our metabolism [source: Speigell]. And it's not good. Getting half of the recommended sleep -- four instead of eight hours of sleep each night -- for just six nights alters how our bodies regulate blood sugar levels and store energy so much that otherwise healthy participants suddenly began to show early symptoms of diabetes.If you're normally getting about seven or eight hours a night, adding or subtracting about an hour won't make much of a difference. But if you're not getting more than four or five hours of sleep a day, add another two or more and kick start your weight loss.Lose Slowly, Then MaintainAccording to the Weight-control Information Network, part of the U.S. Department of Health and Human Services, dieters should aim to lose roughly 1/2 to 2 pounds per week. Choose healthy foods, use portion control and commit to being active every day to lose and maintain a healthy weight [source: NIH].As we age our metabolic rate naturally slows down, just another joke Mother Nature plays on us. According to researchers at the University of Colorado, sedentary postmenopausal women have roughly a 10 percent decrease in their BMR. That would help to explain the common complaint of women who are in their 40s and 50s: weight gain and an inability to lose weight as they were able to before.To combat the impact age has on our metabolic rate, we need to step up our game -- beginning in our 40s, we need fewer calories, about 200 fewer, to help maintain our weight. And don't forget physical activity. No matter what our age, exercise and strength training are key to increasing metabolic rate and losing weight.Your thyroid is a butterfly-shaped gland located below your Adam's apple. While you probably never think twice about what it does for you, when it starts to go wonky you'll wonder why no matter what you efforts are you just can't lose weight.The way the thyroid works is that it releases hormones that control many bodily functions, including, you guessed it, your metabolic rate. When your thyroid gland slows down, even on the slow side of normal, your metabolic rate also slows down. Conversely, if it's overactive, your metabolic rate speeds up. Your primary doctor can test your thyroid function, and if needed prescribe synthetic thyroid hormones to help your lagging gland.Caffeine gets both a good and a bad rap. When it comes to boosting your metabolism, it may help to brew up a pot of coffee. Caffeine is a stimulant, and many people find that it improves their alertness -- that's caffeine's affect on the central nervous system. Stimulants rev your engine, and that includes boosting your metabolism.In addition, studies have found that green tea may boost your metabolism and help you lose or maintain weight, especially when combined with caffeine. Researchers at the Lausanne University in Switzerland found that study participants who drank three servings of green tea over a span of three days saw a 4.6 percent increase in their energy expenditure -- and that equals a boost in metabolism [source: University of Maryland].Most dieters are used to keeping track of what and how much they're eating -- this is good, but with a few tweaks it could be better. What you eat won't likely directly impact the speed of your metabolism -- it's the total number of calories and your level of physical activity that will speed your weight loss.To help boost your weight loss potential, choose foods that are high in protein (lean meats, fish, soy), fiber (pick whole grains over refined carbs) and low-fat dairy. Watch your portions and number of calories you eat in one day -- to lose one pound, you need to reduce your calorie intake by 3,500 calories, the amount of calories in one pound of fat. (Losing 500 calories from your diet a day for 7 days will translate into losing one pound in one week).To figure out what's right for you try calculating your BMR and the Harris Benedict formula to get a good idea of your personal caloric needs. The more you know about how your body works, the better you can work with it.Calories burned calculator. AOL Health. 2009. Crystal C.; Lawrence, Jeannine C.; Bush, Nikki C.; Oster, Robert A.; Gower, Barbara A.; Darnell, Betty E. "Ability of the Harris Benedict formula to predict energy requirements differs with weight history and ethnicity." Nutrition Research. 2007. John. "Lack of sleep alters hormones, metabolism." The University of Chicago Chronicle. Vol. 19, No. 6. 1999. Endocrine Function: Biology of the Endocrine System." The Merck Manuals. Merck 2006. M.; Manore, MM.; Woolf, K.; Carroll, SS. 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