



Introduction

Congratulations! Soon you will be beginning a new adventure! We are excited that you have chosen to embark on the Dr. G's Slim-in-Time-by-Design weight loss program. If this is your first time going through the program, you are in for a wonderful surprise. At the end of the 21 days (usually, long before that!) you should start feeling like a new person. The common response from patients is "I haven't felt this good in 20 years."

If you have gone through the program before, you know that you will soon be feeling energized and ready to take on the world and have significant, permanent weight loss. With that in mind, we have put together the 6 Keys to Successful HCG Weight Loss to get you on your way.

6 Keys to Successful HCG Weight Loss

1. Plan ahead. By planning ahead you can increase your success and avoid the frustration of feeling like "There's nothing for me to eat", particularly when you will be eating away from home.

We recommend that before you start taking the HCG drops, you have read all the enclosed materials, shopped for needed foods and cook ahead and freeze what you will need. This will make the actual days on the program much easier.

2. Be dedicated to all 21 Days! Yes, the days 3 and 4 take some willpower (This is really the only somewhat difficult part of the program). It is here that some cravings will present themselves. Remember, they will pass quickly and drinking plenty of water is key to knocking them out. Almost everyone loses their cravings after the first few days and is amazed at the new found control they experience. For most of us it has taken years, if not decades, of bad eating habits and lifestyle choices to get us where we are. With this program you will experience minimal hunger and quick weight loss results, so hang in there. Remember, it takes 21 days to form a new habit. With that in mind, by the time you are done with the HCG you will be well on your way to a healthier lifestyle, new numbers on the scale and a lower clothing size. Things to look forward to!

3. FOLLOW THE PLAN! In getting started, the first thing I would do is familiarize yourself with the various quick reference sheets and products provided with your HCG program. You will notice throughout all of the literature that you read, the more consistently you follow our instructions, the more benefits you will obtain from this program. The more diligent you are - the greater your success! It's important to weigh the food accurately and to use oil free make-up and body care products.

4. Don't forget to exercise. Although not required in order to lose weight on the HCG plan, it is a good idea to walk 30 minutes each day. Take it slow in the beginning and wait to participate in intensive exercise until after the 21 days.

5. Get plenty of sleep. Your body heals itself while you sleep. Try to get at least 8 hours of sleep each night throughout the 3 weeks to allow your body plenty of time to rid itself of toxins. Many, many patients have told us their sleep improved significantly over the 21 days. If you are one who suffers from poor sleep you may be wonderfully surprised at how you start to sleep after day 7 or so. We would love to hear your story as well!

6. Drink plenty of water. You should be drinking at least 8 glasses of water a day. This will serve to help your body flush out toxins as well as helping you to lose excess water-weight. What water is best? We prefer Spring Water, as it is water from the earth. (More on that later) That being said, the most important thing is that you just drink water! Even if all you have is city water, it is VERY important to drink water, and city water is better than nothing.

Patient Resources

If you are able to access the internet, we have all resource pages on this specific page: <https://naturalwellnesscentre.squarespace.com/slim-in-time-participant-page>

If for some reason that does not work, please email: dr.grilliot@gmail.com and I will make sure that you have the most updated links. We also have hard copies of all these resources in the office.

Each day you will receive an email with the following components:

How Should I Feel Today?

This will contain a brief overview of how most people feel on this day of the program. Please remember that this is based on the 'average' response and that you may feel better or worse, depending on how your body is ridding itself of toxins and healing past injuries and illnesses. Don't be alarmed if you don't feel exactly the way described, as each person's experience is unique.

Waist Not Want Not

This section will contain specific advice and information with regards to weight loss. Since weight loss is your goal with HCG, you are strongly encouraged to pay attention to this section.

Remind Me Again....

This section will contain general reminders and tips. Example: Make a list of fun things to do instead of eating or preparing big meals. Reading, gardening, computer games, yoga are all good ways for you to relax and replace mindless eating with something positive.

Recipe of the Day

As it sounds, this will contain a HCG recipe for you to enjoy.

What if I have Questions?

If you have questions about how you are feeling please remember that I, and/or a designated health coach, will be available throughout this program and can be contacted by phone at (740) 687-0279.



Daily Coach

Natural Wellness Centre | 740-687-0279

Welcome to Day 1

The most important thing to remember today is why you are going through this program. Keep your mind **focused on your goals** and remember... it's only 21 days! **Be focused, stay positive and get ready for change!**

How Should I Feel Today?

Great! This is the first step on your 21 day journey and it is a day to enjoy your favorite foods. Remember to take your first three doses of HCG today, but otherwise eat anything that you want. The foods that you eat today and tomorrow Do Not need to be healthy. These high fat foods will help tide you over in the next 21 days. You may pick up a pound or two but, it will be quickly gone and permanent weight loss will follow. These are the only two days that you can do this, so enjoy it while you can if you choose to! If you prefer to eat your regular style meals for the 1st two days of the program, that is also acceptable.

Waist Not Want Not

For those wanting to lose weight, you should notice a loss of about 1/2 -1 lbs. per day during the first week or so. Make sure to weigh yourself the very first thing in the morning after urination for the greatest accuracy. It is important to measure your waist as well by using a measuring "tape" right around your belly button. Suck in your gut as far as you possibly can and get your measurements. You will repeat this every week throughout the program. The average 'inches lost' around the gut range from 1-5 inches during the 21-day program. If it is not measured – it cannot be tracked!

Exercise

During the next few days you may not feel up to much exercise, but as soon as you can begin some moderate exercise. This is not the time to train for a marathon, but daily exercise with sweating is a tremendous tool in helping you lose weight! An evening walk is a good place to start. Once you gain more energy and strength start to lift some light weights. Work up to it slowly and drink plenty of fluids before and after your workouts.

Remind Me Again...

Remember to fill out your Daily Food Journal and note how you are feeling. This is an important part of identifying what foods might possibly be making you feel bad. This is a good place to note any concerns that you might have that you want to discuss with me.

(Day 1 con't.)

Recipe of the Day

Spicy Shrimp Soup

Add together in saucepan:
3 oz. cooked shrimp
1/2 cup chopped celery
1 1/2 cups water
2 tsp. hot pepper flakes
2 tbsp. Briggs Amino Acid

Simmer until celery is tender. Adjust spices to own tastes.

Keep focused and enjoy Day 1 of the program!

What if I have Questions?

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Welcome to Day 2

When asked, elderly people often mention 'good health' as their most important treasure. You are on your way to regaining your vitality and reaching a healthy weight. This 21 day program is a good first step in your journey to renewed health.

How Should I Feel Today?

Day two is much like day one. You should be eating anything that you enjoy, especially if it is high in fat if you prefer. Typically, many people suffer from pangs of guilt for indulging in these forbidden foods, but rest assured that it is all part of the plan. This fat will be used for energy in the next week when your calorie intake is reduced dramatically. You may find that chocolate, potato chips, pizza and pastries don't taste as good when you 'have' to eat them. This is one day that they are a prescription to good health if you prefer.

Waist Not Want Not

Remember that a variety of spices will help make your limited food intake more interesting. Experiment with new herbs and spices and see what surprises you will find. They can make a big difference in your food satisfaction. Make sure you begin with Brigg's Liquid Aminos for adding some great, new flavors to your foods.

Thanks for the Reminder

Remember, no canned fruit or vegetables. Frozen is fine, but fresh (and organic if possible) is the best as it increases the value of the program. The one exception is canned tomatoes for recipes (although fresh is preferred), but make sure to read the label. It should not contain any sugar, high fructose corn syrup, wheat, etc. In fact, it should basically say "Tomatoes and water."

Salsa is acceptable if it is free of sugar. Making fresh salsa is a great way to begin learning about: food, food preparation, family bonding with projects and educating family/friends about better nutrition and what you are undertaking to enhance your health and for weight loss.

(Day 2 con't.)

Recipe of the Day

Mexican Beef and Noodles

Ingredients:

1/2 packages Miracle Noodles, rinsed and cut into bite size pieces.

3 oz. cooked hamburger, well drained.

1/2 cup sugar-free salsa

1 tsp. cumin

1 tsp. chili powder

1 tbsp. Briggs Amino Acid

Salt and pepper to taste

Heat all ingredients together allowing time for spices to blend. Adjust spices to preference.

Stay strong and resist those cravings!

What if I have Questions?

If you have questions about how you are feeling please remember that I, and/or a designated health coach, will be available throughout this program and can be contacted by phone at (740) 687-0279.

Welcome to Day 3

Question: “How do you travel while on this diet?”

Answer:

1. Planning ahead is the best key to success while traveling. Ask for a motel room with a microwave and refrigerator so that you can store and heat the food that you will bring with you.
2. Calculate how many meals that you will need while you are traveling, prepare them at home and pack them in a cooler for later use.
3. Be honest with the people who are traveling with you and tell them you will be eating in the room but will be happy to sit with them in a restaurant while they enjoy their meal. Most people will be glad to help you succeed at reaching your goals.
4. Remember to fill your time with interesting activities so that you won't think so much about what you are missing.

How Should I Feel Today?

Today you might feel a little nervous, because you don't know what to expect. This is very natural. Relax. HCG is very safe and has been used by thousands of patients over the last 40 years. Today you will probably not experience any major hunger. The HCG has built up in your system and is beginning to work at ridding you of the brown fat in your system. You may feel a little tired, but that will diminish as the week progresses. *If you do experience any problems or have any concerns, please feel free to contact the office!*

Waist Not Want Not

Your weight on the scale will vary a bit, but have no fear, this is completely normal. Don't stress over whether you can see a difference on the scale yet. Soon you will notice a steady loss of 1/2 or more pounds per day.

Remind Me Again ...

Remember, don't cheat... hang in there! Eating even a small amount of “unapproved food” can cause inflammation and slow down the results you will receive from this program. If you are getting too fatigued, make sure you are eating frequently and then try increasing the amount of water. This will help clear toxins faster and avoid constipation.

(Day 3 con't.)

Recipe of the Day

Spicy Chilled Tomato Soup

Ingredients:

1 1/2 cups tomatoes
1 tbsp apple cider vinegar
1 tbsp lemon juice
1 tbsp green onion, sliced
1 garlic clove, crushed and minced
Dash of mustard powder
3 leaves of fresh basil, rolled and minced.
Pinch of cayenne pepper
Salt and pepper to taste.

Combine all ingredients in a food processor and puree.
Chill for 1 hour. Makes two servings.

Keep up the good work and No Cheating!

What if I have Questions?

If you have questions about how you are feeling please remember that I, and/or a designated health coach, will be available throughout this program and can be contacted by phone at (740) 687-0279.

Welcome to Day 4

Challenge yourself to learn new things about yourself while you are on this journey. This would be a good time to begin journaling your feelings about what you are trying to accomplish, but also the emotional ties that you might have with food. This is not just a physical journey but also a psychological awakening. Be aware that we often sabotage ourselves because sometimes we are afraid of success. Becoming aware of how you feel emotionally could be the difference in whether your weight loss is permanent. Take a few minutes each day just for yourself and journal – preferably before bed.

How Should I Feel Today?

Physically you should feel fine, although you might not have as much energy as normal for the first few days. That will return! The weight loss should be kicking in so you should begin to see changes on the scales. Remember to chart those losses so you have a visual reminder each day of your progress.

Waist Not Want Not

Exercise is important for overall good health. You probably are experiencing that you have more time on your hands that you normally would use for cooking, grocery shopping and eating. Use that additional “found” time to explore new types of exercise. Dust off your bicycle, learn to play tennis, invest in a yoga program or investigate our beautiful walking trails and state parks. Whatever you do, don't try too fast, it can turn down your metabolism and in fact keep you from losing weight. Shoot for 30 minutes of exercise a day. Use your imagination!

Remind Me Again...

Bowel movements may become less frequent while you are on this program because you are taking in limited calories. Drinking enough water, at least 8 glasses a day, will help remedy this issue. If you are constipated you can check with me, or your health coach, for specific recommendations to help alleviate this problem. Because you can have unlimited lettuce on your diet, it will help regulate your system. Eat! Eat! Eat! Drink! Drink! Drink!

(Day 4 con't.)

Recipe of the Day

Sweet Basil Marinated Spinach Chicken Salad

Ingredients:

3 1/2 oz Spinach
3 oz. cooked chicken, diced
1/2 grapefruit, diced into bite sized pieces
2 tbsp chopped basil
Vinaigrette salad dressing (see below)
Stevia

Directions:

Add vinaigrette to large bowl. Add chopped basil and stir. Add stevia to enhance flavor. Add chicken, grapefruit and spinach and toss well.

Sweet and Sour Vinaigrette Salad Dressing

Combine:

3 tbsp. apple cider vinegar or red wine vinegar
(sugar/carb free)
3 tbsp Braggs Liquid Aminos
1/2 packet Stevia
Salt and pepper to taste.

Caffeine-free teas are very soothing and delicious. Try a variety of different blends and sweeten to taste with Stevia.

What if I have Questions?

If you have questions about how you are feeling please remember that I, and/or a designated health coach, will be available throughout this program and can be contacted by phone at (740) 687-0279.

Welcome to Day 5

Just a reminder to keep taking your prescribed supplements each day. Because of the limited food in-take, your body needs the additional minerals that these supplements provide. Replacing your regular table salt with sea salt will help provide some of these needed nutrients and it tastes great. We think you will find that you won't use as much as it has a richer flavor and a little bit goes a long way.

How Should I Feel Today?

You should start feeling more energetic today and should not be hungry. If you are finding that you are unusually hungry then add a little more protein or a few more approved vegetables. Don't overdo. It is essential that you weigh and measure your food. Some people find that it is easier to cook the meat and then measure it into 3 oz. servings and freeze. Saves time later!

Waist Not Want Not

Try and start walking – slowly at first; “today”, if you have not started!

Remind Me Again...

Don't wait to get hungry! Take your HCG drops at regular intervals and spread your meals out evenly throughout the day. Some people prefer to save one of their fruits to eat in the early evening. It feels like more of a treat and can be a great refresher. Fresh fruit is more filling than cooked fruit and takes longer to digest. Enjoy!

Recipe of the Day – try “Miracle Noodles”

Miracle Noodles

If you have not tried Miracle Noodles, now is the time to try them. Made from the root of a Japanese sea plant, these noodles have no calories or carbohydrates so they can be used freely in your recipes. Miracle Noodles can be used in place of pasta, rice and noodles without any of the guilt. Simply rinse noodles thoroughly under warm water drain thoroughly, air dry, and add to your favorite meat and veggies. They have no taste so they take on the flavor of the ingredients that you add to them. They also add bulk to your diet which will aid in digestion. Miracle noodles can be purchased at our office, on-line or at Meijer's stores.

What a Good Idea!

Cook ahead on a Saturday or Sunday, package foods in correct amounts, and freeze. Then you just have to grab and go on a busy morning. Peel oranges and grapefruit a few at a time and store in the refrigerator. The better your preparations, the easier the week will be!

What if I have Questions?

If you have questions about how you are feeling please remember that I, and/or a health coach can be contacted throughout this program by phone at (740) 687-0279.

Welcome to Day 6

Having a vision of your success is half the battle. Take time to write in your journal about what your goals are and where you would like to be at the end of the 21 days. Be realistic. Hopefully you took pictures and measurements of yourself before you began the program so that you have a visual reminder of your success when you are finished. Even if the scales don't show a significant loss every day, your clothes will be fitting looser and your measurements will begin to change. If you did not have pictures/measurements taken do them today!

How Should I Feel Today?

Your energy levels should continue to increase. Some people experience symptoms of mineral deficiency like: light headedness, dizziness, muscle cramps, or low blood pressure while on the restricted food plan. Sea salt will help this greatly. It contains a full spectrum of 72 minerals! Continue to take the vitamins and minerals that I prescribed for you.

Waist Not Want Not

Those of you who are diabetics should monitor your blood sugars closely while on this plan. The reduced food consumption along with your weight loss could cause your blood sugars to go low. You might want to talk to your primary physician about reducing your level of diabetic medication based on your glucose readings if they are already changing for the better.

Remind Me Again...

It's very important that you not use any products that are oil based while on HCG. This can significantly reduce your success on this plan. No fish oils, butter, oils, Vitamin E or A. No lotions, creams, oil based makeup, petroleum products, skin oils, etc. There are very good products available that are completely oil free. We do permit the use of lipstick, powder and lotions that are totally free of fatty substances. Sun-tan lotion is definitely not acceptable.

(Day 6 con't.)

Recipe of the Day

Sweet and Sour Cucumbers

- 2 cucumbers, thinly sliced
- ½ c red wine vinegar or cider vinegar
- ½ cup Braggs Liquid Amino
- 2 packets Stevia
- Salt and pepper to taste
- Combine all ingredients in a sealable container. Shake gently to mix. Measure out ½ cup servings a day as 1 of your vegetable servings.

What if I have Questions?

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Welcome to Day 7

Congratulations on reaching the 1-week mark! You are 1/3 of the way through your program. You have completed what most individuals say is the most difficult part! Again...pat yourself on the back!

How Should I Feel Today?

Today should be a continuation of yesterday. Your energy levels should remain high and as long as you are getting plenty of rest, eating correctly and drinking plenty of fluids. During the HCG program, you should get as much rest as possible. This allows your body to heal itself and facilitates the weight loss process.

Waist Not Want Not

Don't panic if you don't see a weight loss every day. Sometimes you will reach a temporary plateau for a day or two or three and then notice a significant drop several days later. Most people average 1/2 to 1 lb loss a day with an overall loss of 15 -21 lbs in this period. Don't panic. Success will come!

Thanks for the Reminder

Take the time to read Dr. A. T. W. Simeom's manuscript on the web if you want a more thorough understanding of how HCG works. Dr. Simeom originated this diet in his clinic in Rome, Italy in the 1940's and his principles still apply today. Knowledge is power and understanding how this program works will help you stay focused and follow through to have **permanent** success.

(Day 7 con't.)

Recipe of the Day

Chicken and Kale Soup

Ingredients:

3 oz. cooked chicken breast

1½ cups water

Large handful of kale, washed, rinsed and torn into pieces.

Braggs Amino Acid

Salt and Pepper

½ bag of Miracle Noodles if desired

Instructions:

Add chicken to boiling water in sauce pan.

Flavor with amino acid to taste.

Add kale to the broth and cook for 2-3 minutes.

Rinse Miracle Noodles under hot water in strainer.

Use kitchen shearers to cut into bite size pieces.

Add noodles to broth.

Add salt and pepper to taste.

This recipe makes a hearty, warm soup with a very distinctive flavor and is full of nutrients.

1 week down! Keep up the excellent work!

What if I have Questions?

If you have questions about how you are feeling please remember that I, and/or a designated health coach, will be available throughout this program and can be contacted by phone at (740) 687-0279.

Welcome to Day 8

Congratulations! You are beginning week two! Today we will discuss how the “feeling” of hunger is not the same as real hunger. Real hunger is usually accompanied by the “growling” in our stomach, fatigue, weakness and thoughts of food. Cravings occur even when we are not hungry and are a very powerful, irrational desire for specific foods.

Hunger is a necessary physical need while cravings are emotional desires. Some external cues and signals that can be misinterpreted as hunger are:

1. **Stress:** stress-related eating leads to long-term weight problems and additional emotional problems. Tune into your stress meter and try to turn down the associated anxiety.
2. **Thirst:** thirst is often confused with hunger. Water and low calorie, low-carb drinks will help stave off that feeling of a need to put something in your mouth. Consider making a home-made popsicle as a refreshing change of pace.
3. **Fatigue:** Some people cannot tell the difference between hunger and fatigue. Studies have shown that a lack of sleep can decrease metabolism and increase hunger.
4. **Habits, time and behavior patterns** are among the most common triggers for cravings. Overweight people often decide to eat, not because they are truly hungry, but because it is “time” to eat. Because it is time for dinner, we think we should eat even if we are not truly hungry. People often use their eyes to count calories and not their stomachs. Boredom and accessibility are other “triggers” that make us overeat.
5. **Thinking about, smelling and seeing certain foods** commonly trigger food cravings. T. V. ads can be exceptionally hard to resist. Cooking ahead and keeping the temptations out of sight can be a significant tool to success in not overeating.
6. **Sugary foods** such as sugar, white bread, rice, pasta, potatoes, and cereals can quickly raise and then lower your blood sugar, resulting in hunger.

How Should I Feel Today?

After 1 week on the program, you should be feeling good. You should not be hungry or feel like you don't have any energy. If you do, you are most likely not drinking enough water during the day. Increasing your fluid intake will not only wash toxins out of your body, but will increase your energy level.

(Day 8 con't.)

Recipe of the Day

Ginger Lemonade

This is a perfect pick-me-up beverage if you feel hungry or tired.

Ingredients:

2 inches fresh ginger root
3 lemons
2 quarts of water
Stevia to taste

Directions:

1. Wash and peel the ginger root.
2. Grate it finely over a bowl.
3. Squeeze the grated ginger mash with your fingers to extract the juice. Discard the dry mash.
4. Bring water to a boil.
5. Remove from heat and add ginger and juice of 3 lemons.
6. Add Stevia and stir well.
7. Drink hot or chill for iced ginger lemonade by adding ice cubes and a fresh slice of lemon.

What if I have Questions?

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Welcome to Day 9

As you already know, attaining and maintaining a healthy weight can be quite a struggle. There are as many opinions as there are grains of sand. You have probably tried many of them and might have had some success; however, if you are like the majority of us, it was only temporary. HCG, if followed properly, can reverse that trend and reset your hypothalamus gland so that, with healthy eating practices, you can maintain your new, healthy weight for life. You are in charge of your own health, but we are here to support you along the way. The following sites will give you more information about all health issues and provide helpful insights into why you have not been successful in the past. Don't just take our word for it. Be proactive and read the material which will give you facts on the best way to live a healthy life in the years to come.

<http://www.naturalwellnesscentre.net>

<http://www.mercola.com>

How Should I Feel Today?

There are usually no major developments around day 9. You should basically be feeling the same way you have for the past few days and probably will for the next few days. If you are not feeling up to par, remember good advice is only a phone call or email away. My staff and I are always ready, willing and able to discuss any of your concerns with you. You should never feel as if you are in this alone. We want you to succeed and sometimes we can "tweak" your program to make it more successful and easier to follow. Don't get discouraged!

Waist Not Want Not

Often we take supplements or medication without understanding why the doctor has prescribed them. If you are wondering what the purpose of your recommended supplements are then keep reading.

HCG: This hormone liquefies the contents of the fat cells so that they can be flushed from your system.

B12: The B vitamins are essential to good health. When you are taking in limited calories, you are not eating foods that contain enough of these nutrients. B12 is to help you maintain your stamina while on this program.

Organically Bound Minerals: essential for healthy bodies and to maintain

Fen-Cho: With the lack of bulk on this diet, some people experience mild constipation. Fen-Cho aids in relieving this problem for the majority of patients.

Drenamin: This supplement will help with the fatigue factor. It will help you to maintain a healthy energy level.

(Day 9 con't.)

Keto Stix: This is another helpful tool to help you know that you are burning fat. There is very good information included in the product box which can give you a more thorough understanding of how/why using these sticks will keep you motivated.

Good Idea!!!

Take 20 minutes a day for yourself to read, meditate, pray, watch the birds or to just celebrate the quiet. In our noisy, constantly electronically-connected lives, we can become overwhelmed with all the confusion and can become overtired and overstressed. This can lead to binge eating and unhealthy choices. You deserve this time to rejuvenate your mind, soul and body....it's a treat!

Recipe of the Day

Many grill seasonings and spices that you buy commercially are full of sugar, msg and other unsavory ingredients which will stop your weight loss and do unfriendly things to your body. It only takes a few moments to create your own seasonings which you can be confident are healthy and have no unwanted fillers. Here is one of our favorites:

Old Bay Seasoning Mix

1 tbsp. bay leaves, ground
2 1/2 tsp. celery salt
1 1/2 tsp. dry mustard
1 tsp. black pepper
1/2 tsp. white pepper
1/2 tsp. nutmeg
1/2 tsp. cloves
1/2 tsp. ginger
1/4 tsp. allspice
1 tsp. paprika
1/4 tsp. red pepper flakes
1/4 tsp. cardamom

Store in an airtight container. Can be doubled and stored in your freezer for a long shelf life. It is a great rub and as a flavoring for soups and stews.

What if I have Questions?

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Welcome to Day 10

Let's talk about failure. By the time you've reached day 10, you may have had your struggles and have not followed every procedure to the letter. You might have had a day or two in which you didn't lose any weight and you are beginning to panic because you think you are a "failure". Well, put that thought out of your head! None of us can be perfect every day and it is a waste of time and energy to try. Accept that you are human and will have some days that are more "successful" than others.

Trial and error give us information which will help us be more successful in the long run, IF we use that information to learn from, instead of using it as an excuse to beat up on ourselves. We, hopefully, have provided you with some excellent guidelines to reach your healthy best, but each of us is unique and some things may work better for others than for you. It will be only through trying and failing that you will gain that information. None of the greatest man-made wonders in our world were created without a lot of stops and starts, re-evaluations, and some good old-fashioned head scratching. Trying to be "perfect" all the time is frustrating, boring and impossible to achieve. Appreciate that we are all a 'work-in-progress' and will do better as we learn more. Enjoy the journey!

How Should I Feel Today?

Today you might be feeling like you've been on this program forever and you are never going to reach day 21. Have no fear! You'll easily make it! It's not unusual for us to have a lag in our energy or motivation when we are on a long journey like this. Keep busy, cross the days off on your calendar and remind yourself how much better you are going to look and feel when you have less "unhealthy" fat to carry around. Most of this type of change is a mental barrier not a physical one. Plus...you may not have these feelings at all. Remember...everyone responds somewhat differently.

Waist Not Want Not

You may have noticed that your lips have been more chapped or your skin a little drier since you have been on HCG. This is normal, although it can be a mild irritation. Lipstick and lip balm are very acceptable to help with this problem. There are great products made from bee's wax that are very healthy and taste good too. (Burt's Bee's is a great example) Make sure that you read the list of ingredients on any hand/body lotion so that it doesn't contain any oils that might stall your weight loss. Mineral oil and Corn Husker's Lotion are all good, safe alternatives. Dry skin and lips is also a by-product of not drinking enough water. Another good reason to enjoy a couple more glasses of H₂O.

Thanks for the Reminder

Even though exercise is suggested in order to help lose weight, it does relieve stress, tone muscles, and give us an alternative to binge eating. This might be a wonderful time for you to take a dancing class. Rumba, tango, waltz...you can cha, cha your way to a smaller size and a healthier glow and it may be **FUN!**

(Day 10 con't.)

Recipe of the Day

Chicken Taco Wraps

Ingredients:

3 1/2 oz. uncooked chicken
1/4 cup chicken broth
1/4 cup diced onions
1-2 cloves garlic, crushed and minced
1/2 tsp. oregano
1/8 to 1/4 tsp. cumin
Handful of cilantro, chopped
Cayenne pepper to taste
Salt and pepper
2-4 large lettuce leaves, rinsed and dried

Instructions:

In a small skillet (no grease, just dry), brown the onions and garlic. It will brown the bottom of the pan a bit, but just keep stirring. Add the chicken broth, which will deglaze the pan and add great flavor. Add the chicken and brown it also. Add the spices and let rest while the flavors blend. Use the lettuce leaves for a wrap. You can add a side salad if you prefer.

What if I have Questions?

If you have questions about how you are feeling please remember that I, and/or a designated health coach, will be available throughout this program and can be contacted by phone at (740) 687-0279.

Welcome to Day 11

Congratulations! You are on the downhill side of your 21 days. You should have had a change on the scale and especially in how your clothes are beginning to fit. Exciting, isn't it? However, if we are not careful, that number on the scale or the size of our jeans can be how we define ourselves. Big mistake! As much as we advocate for good health and a healthy lifestyle, we recognize that you are more than your weight. We are each unique and have different body types and cannot all look like Hollywood starlets. That's really a good thing. If you have not realized it yet, the thing that makes people interesting is their differences as well as their commonalities. Who wants everyone in their life to look the same, dress the same, sing the same and express always the same opinions? Boring! If you look around at the mall, you will see couples who come in all shapes and sizes and seem to be really enjoying each others company. It doesn't seem to be important if they are short, tall, busty, flat-chested, blonde, brunette or bald-headed. There is something about that person that someone else found attractive and wanted to share. My guess is it's their unique personality and the love and interest that they have in life. We often spend the majority of our time cataloguing our flaws instead of celebrating our strengths. Quit chasing the "magic" number on the scale and enjoy each day. None of us are promised tomorrow, so begin enjoying who you are today. Enjoy the journey!

How Should I Feel Today?

You should be sleeping really well and for the most part feeling energetic. Many of your previous symptoms should now be gone. If you have any lingering symptoms that concern you, please contact me to discuss your concerns.

Waist Not Want Not

Make a list of all the things you want to have on your "bucket" list and then note what is keeping you from fulfilling those dreams. Many people wait to take on a new challenge or experience life until after they lose weight. Don't wait. Start now to commit to live life every day as if it's your last. You wouldn't want to miss a chance to see the Roman Forum because you weren't a size 8, would you? Sure, it's easier to travel, to climb a mountain or visit the Dali Llama when you aren't carrying around excess weight, but each time you experience new things, it gives you confidence to continue to grow mentally, emotionally and spiritually instead of physically. The more you expand your world the less you expand your hips.

Thanks for the Reminder

Remember that white fish is an important source of protein on this diet. Try to avoid any oily fish or tuna packed in oil. Also, you should avoid farm-raised fish. There are lots of good choices and fish can be delicious. For more information on wild vs. farm-raised fish, check out this article:

<http://www.whfoods.com/genpage.php?tname=george&dbid=96>

(Day 11 con't.)

Recipe of the Day

Tilapia With Herbs

Ingredients:

3 1/2 oz of Tilapia fish
2 tbsp. lemon juice
1 clove garlic, crushed and minced
1 tbsp chopped onion
Pinch of dill
Fresh parsley
Salt and pepper to taste

Instructions:

Sauté fish in lemon juice with a little water added. Add onion, garlic and herbs. Garnish with chopped parsley. Or bake in baking dish with a little water at 350 for 20 minutes until fish is tender and flakey. Makes 1 serving.

What if I have Questions?

If you have questions about how you are feeling please remember that I, and/or a designated health coach, will be available throughout this program and can be contacted by phone at (740) 687-0279.

Welcome to Day 12

As Abraham Lincoln noted, “People are about as happy as they allow themselves to be.” Are you one of those people who concentrate on all your misfortunes? If you are, that is unfortunate! Have you ever seen a photo of a native boy in an African village, surrounded by drought and poverty, with a joyful smile on his face? I have and it inspires me! In spite of the grinding poverty, disease and hardships, this child chooses joy. What a choice!

Now look around your world. Do you notice how many people spend their energy telling everyone what’s wrong with themselves, others and the world in general? In spite of living in a country that is full of great opportunities, freedoms, education and an amazing natural beauty, we forget to appreciate them. Instead, we create frown and worry lines, stooped shoulders and expanding waistlines brought on by our real and imaginary stress. Be like the boy in the photo.

Acknowledge life’s hardships, but embrace happiness. None of us can escape this life without having experienced physical pain, loss and sadness. It is part of life. So are joy, laughter, love and curiosity. We can’t always choose what happens to us in life or when, but we can choose how **we** react to it. If you want to look 20 years younger and 20 lbs lighter quickly, just smile!

How Should I Feel Today?

Terrific! Hopefully, you have already taken off 8-10lbs and still have plenty of time to lose more. You are doing something positive to change your life, so you should also be very proud of yourself. Not everyone will take the steps necessary to make lasting changes. Pat yourself on the back. You are making a difference in your own life! Your health is your own responsibility and you are doing something about it! Years from now we will say, “I’m glad I did or I wish I had.” What we say later in life is based upon our choices today. Choose wisely!

Waist Not Want Not

Maybe you have reached a plateau and haven’t lost any weight for a couple of days. You weigh and measure all of your food accurately, drink your water, take your supplements and exercise, but the scale doesn’t budge. Discouraging, isn’t it? Fear not. This is not uncommon and it is TEMPORARY! Especially in the second half of your 21 day program, some people have a slow down. This will be followed by a dramatic loss which will average out over the length of the whole program. Some things that might be adding to the slow down are hidden sugars in gum, breath mints, and spices. Also, taking antacids, aspirins and over the counter drugs may temporarily halt your progress or add a little water weight. Don’t panic. It will come off!

(Day 12 con't.)

Points to Ponder

Cruciferous vegetables have been shown in numerous studies to dramatically reduce your chance of getting cancer, especially hormonal cancers like breast, prostate and ovarian. Some studies have even shown a reduction in bladder and lung cancer.

Reference: (Take a quick look!)

<http://www.sciencedaily.com/releases/2005/09/050915003652.htm>

Eating these powerful foods daily can make dramatic changes in the outcome of your life, so make them part of your diet from now on. Don't let the good habits you develop during the HCG program go to waste.

Recipe of the Day

Asparagus and Apple Salad

Ingredients:

6-8 stalks of asparagus, chopped
1 apple diced
4 tbsp lemon juice and water as needed
1/4 tsp. cinnamon
1 tbsp. finely minced onion
Salt and pepper to taste
Stevia to taste

Instructions:

Marinate asparagus in vinaigrette for 10 minutes. Lightly sauté asparagus in lemon juice until lightly cooked. Toss with finely chopped onion, apple and spices. Add salt, pepper and Stevia to taste. Chill in refrigerator for 10 minutes. Can be served hot or cold.

What if I have Questions?

If you have questions about how you are feeling please remember that I, and/or a designated health coach, will be available throughout this program and can be contacted by phone at (740) 687-0279.

Welcome to Day 13

The journey of losing weight and regaining your health is not purely physical. Many emotional and spiritual factors have come into play in why and how you put on the excess weight in the first place. Besides the fact that we are surrounded by food, ads for food, videos about foods and smells of food wafting toward us, we also have been programmed to turn to food when we are sad, happy, stressed, afraid, bored or tired. Very few of us eat because we are truly hungry; in fact, we often don't really know what hunger feels like. We eat mindlessly to sooth our inner turmoil.

Part of your journey is to recognize when you have the urge to eat, what is really motivating you. Sometimes we don't need a chocolate bar, but a good cry. Let the salty and not the sweet wash away your pain. Stop and ask yourself if that bag of potato chips, bowl of ice cream or a Big Mac will erase the loneliness, fear, discouragement or anger that you are feeling.

Remember that when we replace our feelings with food, we will eventually waste our time berating ourselves for our unhealthy choice and continue to be trapped in a body that is bending under the weight of the excess pounds. Better that we begin to become attuned to our inner voices, as scary as that can be sometimes, and deal with whatever it is that is "weighing" us down. You are up to the challenge!

How Should I Feel Today?

You should be feeling fine overall. Maybe a little tired, a little achy, but also feeling lighter and more in control. Some people experience some muscle weakness which is just the body muscles adjusting to not having the excess fat surrounding them. As the muscles adjust, your strength will come roaring back.

Thanks for the Reminder

If Fen-Cho is not enough to take care of occasional constipation, it is fine to add some Smooth Move herbal tea to your regime. You can find it in the grocery store or health food store in the "healthy food" section. Use it occasionally for overnight relief.

(Day 13 con't.)

Recipe of the Day

Baked Stuffed Tomatoes

Ingredients:

3 1/2 oz ground beef
2 med. Size tomatoes
1 serving Melba toast
1 tbsp. finely minced onion
1 clove garlic
1/8 tsp. garlic powder
1/8 tsp. onion powder
salt, pepper, cayenne pepper to taste

Instructions:

Hollow out tomatoes, sprinkle with salt and turn upside down for 10 minutes.

Brown beef, onion, garlic and spices.

Pack ground beef mixture into tomatoes and place in baking dish. Add small amount of water and top with Melba toast crumbs and salt. Bake 350 oven for 20 minutes.

What if I have Questions?

If you have questions about how you are feeling please remember that I, and/or a designated health coach, will be available throughout this program and can be contacted by phone at (740) 687-0279.

Welcome to Day 14

Congratulations! Two weeks down, one to go!

In continuing yesterday's discussion of the psychological factors in losing weight, you must become aware that not everyone in your life wants you to be successful. As you get healthier and more confident in your own body, it may threaten those around you. They might be jealous of your success and try to sabotage you with offers of treats, invitations to dinners or subtle (or not so subtle) mean-spirited remarks. **Ignore them and stay the course.**

The dynamics of being part of a couple might also change. Your partner might worry that if you become more attractive, you might find someone else to replace him/her. This is a great time for you to have a heart-to-heart talk about your needs and what you need/want as a couple. You should never have to sacrifice your health to make someone else feel secure. It is their job to address their insecurities and your job to support their efforts. It is their job to do the same for you, but it might take a little time.

You undoubtedly will be receiving more attention from your friends and co-workers as you make significant changes in how you look and feel. This attention is not always comfortable to receive. If you have been hiding behind your weight so that you do not have to deal with people, it can be very uncomfortable to now be the center of attention. Also, not all people use great discretion about when or where they decide to comment on your new look. Most individuals mean no harm, but are being insensitive. If you don't wish to discuss your weight in the line at the post office, then pleasantly, but firmly change the subject. You have a right to your privacy! If they persist in pursuing the topic, suggest that they call you at home and you can discuss it in a more private setting. They should get the hint.

Don't let this unwanted or uncomfortable attention stop you from moving forward. You embarked on this journey for a reason. You want to look and feel better. Let yourself process your feelings and give yourself time to adjust to the "new" you. It takes time to see in the mirror what everyone else is noticing. Your mind needs time to catch up. Give it that time and it will come. Remember...one step at a time, one day at a time!

How Should I Feel Today?

You are on the last leg of part one and should be feeling fine. It is time to start planning for the next leg.

Waist Not Want Not

Are you still avoiding those cravings? Getting your cravings under control while on the program will help you to carry on limiting those carb-heavy foods after Day 21. If you don't get your cravings under control now, you are likely to slip back into your old eating habits on Day 22. If you have not contacted me already about how to curb the craving, now is the time.

(Day 14 con't.)

Thanks For the Reminder

Don't forget, ideally 50% or more of the vegetables you are consuming each day should be raw or lightly steamed.

Recipe of the Day

Spicy Mustard Chicken

Ingredients:

3 1/2 oz uncooked chicken
1/2 cup chicken broth or water
2 tbsp lemon juice
1 tbsp sugar free mustard
1/4 tsp dried basil
1/8 tsp tarragon
Salt, pepper and Stevia to taste

Instructions:

Lightly sauté chicken in broth, lemon juice and spices. Simmer for ten minutes while stirring to deglaze the pan.

Keep up the good work. The end-to a new beginning- is in sight!

What if I have Questions?

If you have questions about how you are feeling please remember that I, and/or a designated health coach, will be available throughout this program and can be contacted by phone at (740) 687-0279.

Welcome to Day 15

Attitude is everything. It is the difference in a happy, fulfilling life and a miserable, miserly existence. What is your attitude? As we have discussed before, bad things will happen in our lives that can bring us great hardship, anger, sorrow....and STRESS! Stress has become the most common response that Americans give to why they are unhealthy, exhausted, depressed, unable to sleep, unhappy at work and unfulfilled in their relationships. It has become the catch word for all that ails us.

However, stress is not all bad and can be a motivator for positive change. If we aren't stressed by the tractor-trailer that is drifting into our lane of traffic, we may not react quickly enough to save ourselves and our loved ones. Stress can be the motivator to make us take stock and realign our lives to better suit our dreams. Are you ready to make that happen?

Today and tomorrow we will discuss how to recognize our stressors and what to do about them. Let's start by asking ourselves a few questions. Don't answer them right away. Let yourself mull them over and then write down your answer. The results may surprise you.

1. What of importance is missing from your life?
2. Are you spending too much time on things that don't really matter?
3. Who are you spending time with and why?
4. If you were on your death bed, what would you do differently with the time you have?
5. What baggage are you carrying around from the past and why are you holding on to it?
6. Is your attitude killing you?

How Should I Feel Today?

You should feel healthy, rested and motivated by your success. You should also feel a sense of accomplishment because you are doing something that is taking you in the right direction. Don't underestimate the courage and fortitude it took to embark on this journey. Yes, others could do it too, but they haven't, have they? You are! Give your self credit for your choices. You deserve it!

Waist Not Want Not

Remember, don't wait to get hungry. Waiting increases cravings, lowers your blood sugar level and can lead to fatigue. Make sure you are eating small meals throughout the day. If you find you are getting hungry between meals, consider adding a little more protein. We don't want you hungry!

Thanks for the reminder

Protein is important for the overall health of our bodies. Don't scrimp on healthy meats, poultry, eggs, fish. Make sure that you trim excess fat and skin from your selection, but enjoy the variety of choices that will help you with energy, stamina and brain health. Venison, buffalo and elk are just a few more choices that are delicious and good for you. Experiment!

(Day 15 con't.)

Recipe of the Day

Venison Meatloaf

Ingredients:

3¹/₂ oz. ground venison
1 serving Melba toast, crushed
2 tbsp. sugar free salsa
1 clove garlic, crushed and minced
1/4 tsp paprika
Cayenne pepper to taste

Directions:

Mix Melba crumbs with venison, garlic, salsa and spices. Place in microwavable dish. Bake in 350 over for 15-20 minutes or microwave for 3-4 minutes.

What if I have Questions?

If you have questions about how you are feeling please remember that I, and/or a designated health coach, will be available throughout this program and can be contacted by phone at (740) 687-0279.

Welcome to Day 16

Well, did you skip washing the dog or watching television and concentrate on writing answers to yesterdays questions? I hope so...for your own sake and the sake of your co-workers and loved ones. This is a big deal! We often get trapped in mindless busy work and fill our conversations with “shoulds, can’ts, have-tos, ifs” and endless mental lists of things that we have to get accomplished. Unless we stop and evaluate why, when and how we are prioritizing our lives, we will reach the end of that life with a spotless bathroom sink and no joy, fulfillment or happiness to show for it. Is that what you truly want? I don’t think so. Let’s begin.

1. *What’s missing in your life?* Find your passion, evaluate what your values are, clarify your needs. What makes you unique? Sounds simple, but it takes some quiet time to solidify what expands your health, mind and spirit. I’ll bet it isn’t cleaning the hair out of the drains.

2. *Are you spending too much time on things that don’t really matter?* This is a good time to de-clutter your life. Do you really need one more piece of Tupperware? Do you really need to serve a gourmet meal every day, or would a simple soup and salad do, as long as it’s served with good conversation and the time to enjoy it?

3. *Who are you spending time with and why?* Sometimes we let others demand too much of our time and then we have no time for ourselves, or the people that we love. Give yourself permission to say “no”. It’s empowering!

4. *If you were on your deathbed, what would you do differently?* You seldom hear the elderly say that they wished they had spent more time working. They usually refer to family, friends and fun as the most important aspects of their lives. Does trimming the hedges mean more than watching a good movie with your husband? Probably not.

5. *What baggage are you carrying around from the past and why?*

All of us have “stuff” from our past that can overwhelm our future. If you continue to dwell on it, it not only has been able to scar your childhood but you are allowing it to have power over your current life. You can’t change the past, but you can change the future! And remember, you survived. Good for you.

6. *Is your attitude killing you?*

How much do you smile? Listen in on your own conversations. How much time do you talk about what’s going wrong –vs- what’s going right? Life gives back what we put out there. Are the messages you give to yourself and others only negative? Give yourself a few minutes to vent each day and then move on. If you can’t change what is stressing you, then at least change your attitude toward it. Develop a sense of humor about the ironies and unfairness of life. It can be a hoot!

How Should I Feel Today?

You should continue to feel wonderful today. As always, if you have questions about something that is concerning you, please contact me.

(Day 16 con't.)

Waist Not Want Not

Your mind may be concentrating on what you are going to indulge in when you finish this phase of the program. Enjoy the fantasies, but remember that you want to slowly begin introducing new foods back into your diet. You don't want to undo your success by jumping on the first candy bar that walks by.

Thanks For the Reminders

Don't forget our first 3 suggestions:

1. If you have an upcoming physical or are on medications you would like to stop taking, schedule an appointment with your doctor before you finish the program. Your test results will show vast improvement and this is your opportunity to put your best foot forward.
2. Plan to SLOWLY reintroduce foods into your diet. Don't think that you can simply indulge on Day 22 and your body will comply.
3. Let your friends, family and co-workers know that this was not a diet. Inform them about the lifestyle changes you are making and you'll be surprised how much support you will get!

Recipe of the Day

Oriental Lettuce Wraps

Ingredients:

Fresh bean sprouts
Lettuce of your choice (preferably leaf lettuce)
Carrots
Celery
Broccoli stalks
Mushrooms
Any additional variety of vegetables that you like

Directions:

1. Dice small or grate all ingredients
2. Toss with a 1 tsp. of approved salad dressing.
3. Add fresh bean sprouts and toss.
4. Spoon vegetables into fresh, washed lettuce leaves of your choice, preferably leaf lettuce.
5. Roll cabbage roll style and enjoy
Enjoy your research!

What if I have Questions?

If you have questions about how you are feeling please remember that I, and/or a designated health coach, will be available throughout this program and can be contacted by phone at (740) 687-0279.

Welcome to Day 17

An important part of maintaining the results you achieve from the program is continuing the process you have started of a healthy diet and good supplementation. Those are the two components we are going to discuss today.

Healthy Diet

In seven more days, you will begin the 3 week maintenance part of this plan. This might also be referred to as the stabilization phase. It is the period where the weight and the metabolism stabilize at a new higher, metabolic set point. The best advice we can give you is to take it slow. You will use the same types of food that you have been using over the past three weeks, but increase the quantity. A good rule of thumb is to eat a serving of protein that is the size of a deck of cards, a serving of vegetables that is the size of two fists and limit your fruits to not include bananas, melons and grapes which are very full of sugar. Weighing yourself daily and keeping a food journal are vitally important to success during this phase.

Good Supplementation

In a perfect world we would be eating all the right nutrient-dense foods, freshly grown, without chemicals or additives. However, between what is available to Americans today and what we choose to eat, our diets are actually quite lacking in the nutrients we need to be healthy. Therefore, an important part of ensuring you are receiving the nutrition you need each day is good supplementation. Ask about it today to make sure you have it ready to go on Day 22.

How Should I Feel Today?

You have reached the 'good' part of the program where you should have been feeling great for the past several days and that feeling should continue today.

Waist Not Want Not

Don't get sloppy now. Remember to stay away from fats. Don't eat fat and don't handle fat. It can undo your success or stall your weight loss. Also, continue to vary your diet by not eating the same protein, fruits and vegetables twice in the same day unless you have no other choices. Also, don't start sneaking in foods that aren't on the original list. Turkey may sound like a great alternative to chicken, but it will adversely affect your weight loss outcomes.

Thanks For The Reminder

"Those who fail to plan, plan to fail" ... A wise saying. Now is the time to start planning for the next step.

(Day 17 con't.)

Recipe of the Day

Shrimp with Black Pepper Crust

Ingredients:

3 oz. cooked, frozen shrimp, thawed
2 tbsp of lemon juice
1 tbsp caper juice
1 bread stick or Melba toast crushed
Salt and pepper.

Directions:

Mix bread crumbs with salt and a heaping teaspoon of black pepper. Heat lemon juice on low in frying pan until ready to cook shrimp, and then turn to high. Coat shrimp with crumb mixture and fry until warmed through. Do not overcook because shrimp will get rubbery if overcooked.

What if I have Questions?

If you have questions about how you are feeling please remember that I, and/or a designated health coach, will be available throughout this program and can be contacted by phone at (740) 687-0279.

Welcome to Day 18

Since you will soon be increasing your portion of food you need to be aware of how we can sabotage our own efforts. Almost everyone seems to have “portion distortion”. Regardless of age, gender, education or income, people are poor judges of what makes up a “normal” portion. Modern dinner plates are 1/2 again the size of those used in homes or restaurants 50 years ago and Americans not only fill these plates once, but often go back for second and third helpings. Have you ever been to an ‘All you can eat buffet’? Many of us are also members of the “clean plate club”. We were trained at an early age to eat whatever was put in front of us regardless of our hunger or lack thereof. Therefore, we are consuming large amounts of calorie laden food, not because we love it or because we are hungry, but just because it is in front of us. No wonder we are all struggling with the notches on our belts.

Another common problem is our belief that if a food is labeled as “low fat”, “low carb”, “lite”, “sugar free” or “heart healthy” that it is good for us and therefore we can eat unlimited portions. Not so. Diet sodas can often stimulate our appetites causing us to eat more junk food. Although the soda is listed as calorie free, some people have a chemical reaction to the sweeteners and experience intense hunger pangs. If you want a healthy alternative, stick to Stevia which is plant based –vs- chemically manufactured.

Finally, people assume that a workout at the gym will counter-balance a piece of apple pie ala mode. Not so. It takes hours of intense cardio training to burn the calories consumed in a cookie. Exercise is good for the heart, soul and mind but it does not replace calorie and portion control.

How Should I Feel Today?

You should continue to feel wonderful today. You can see the end of the tunnel. Keep on keeping on and you will soon be ready for the next step. As always, if you have questions about something that is concerning you, please contact us.

Waist Not Want Not

When you begin the next part of this program, you might want to consider using a protein shake as a part of your daily calories. You can buy a jar of the SP Complete powder at our office and I think you will find it to be delicious when mixed with fruit or vegetables. Adding ice and Stevia makes a great treat. Protein helps stave off hunger for long periods of time. Smoothies can also be used as a meal replacement if you are in a hurry.

Thanks For The Reminder

Remember to fill out your Daily Intake Journal and note how you are feeling. It is important that you develop this habit now, as you will want to continue this beyond the program as you reintroduce other foods into your diet. This is an important part of identifying what foods might possibly be making you feel bad or that you might be allergic to. Rapid weight gain can be triggered by foods that adversely affect our systems.

(Day 18 con't.)

Recipe of the Day

Grilled Onions, Chicken and Grapefruit Stir Fry

Ingredients:

3 1/2 oz uncooked chicken, (skin removed, no visible fat)
3 1/2 oz red, yellow or white onion, sliced
1/2 grapefruit peeled and cut into small pieces.
1/2 cup water or herbal tea
Salt, pepper, spices and herbs of choice

Directions:

Put salt, pepper, herbs and spices in bottom of skillet. Add onions and 3 tbsp of water or herbal tea. Stir fry until tender and transparent. Set aside. Add chicken pieces, salt and pepper to skillet and a tbsp of water or tea and cook until chicken is no longer pink. Combine with onion mixture and grapefruit. Add salt, pepper and spices to taste.

What if I have Questions?

If you have questions about how you are feeling please remember that I, and/or a designated health coach, will be available throughout this program and can be contacted by phone at (740) 687-0279.

Welcome to Day 19

Today we continue our discussion of portion control. By becoming aware of some simple “tricks” for reducing the amount of food that we consume in a day, we will be better able to resist temptations and maintain our weight loss. Here are a few examples of things you can do each day:

1. Don't buy oversized boxes of food. When you have a super-sized box of cookies, it is virtually impossible to just have one. Foods like nuts, seeds, chips, donuts, pizza and pastries are hard enough to resist when they are in small, individual servings, but irresistible when disguised in an ‘economy’ sized bag or box. What you save in cost at this time will be spent later at the doctor's office, hospital or weight loss clinic.
2. If you do bring a large bag/box of food into the house, immediately transfer the contents to smaller, individual serving containers and get the original box out of sight. Out of sight, out of mind!
3. Limit the amount of foods offered at any one meal. The more choices the more chances to overeat. Give yourself two or three selections and then stop there.
4. Invest in smaller dinner plates. Just decreasing the size of the plate from 12” to 10” can reduce the amount of calories being consumed by 22% per meal. Just that move could result in a 10-12 lb weight loss in a year with very little effort.
5. Serve food from the stove, not from dishes on the table. It helps limit the amount of servings which you might mindlessly choose.

These might seem like simple solutions, but they are effective. Give them a try.

How Should I Feel Today?

You should continue to feel wonderful today. As always, if you have questions about something that is concerning you, please contact me.

Waist Not Want Not

How are you looking? What does the scale have to say? How have you done with regards to weight loss during the program? I'll bet you, and others, have noticed the weight loss, especially those pounds removed from your “trouble” areas. HCG is great at removing the unhealthy fat around our middles, hips, thighs, etc. without giving us the drawn look in the face that too many weight loss programs produce. You should look refreshed and relaxed. You are a walking advertisement for our program. We'd love to hear more about your story!

Thanks For The Reminder

Foods that are high in starch and carbohydrates can increase our blood sugar and can increase our hunger and cravings. Stick to low carb foods for better control of your diet.

(Day 19 con't.)

Recipe of the Day

Cinnamon Apple

Ingredients:

1 apple, peeled and sliced
3 tbsp lemon juice
1 tsp. apple cider vinegar
1 tsp cinnamon
dash of nutmeg
Stevia and salt to taste

Directions:

Place sliced apples in a microwave dish. Combine other ingredients and pour over apples. Microwave for 3-4 minutes. Cool and serve.

What if I have Questions?

If you have questions about how you are feeling please remember that I, and/or a designated health coach, will be available throughout this program and can be contacted by phone at (740) 687-0279.

Welcome to Day 20

You are on the last week of the program and may be feeling great jubilation that phase 1 is almost over. Or you might be wishing that you could continue the HCG for some additional time so that they can lose more weight. Both options are possible.

For those wishing to finish their program on the 21st day, we will be giving you more instructions in the next couple of days. For those wishing to remain on the plan, you may wish to discuss with me how to go further. The plan was originally designed for a minimum of 21 days and a maximum of 40 days, with options in the middle. There is nothing to hold you back from doing this besides planning. You will need to purchase additional HCG and supplements and continue to eat according to instructions. If this is your first round of HCG, you may feel that the 21 days is a good beginning first step, but if you are close to goal and just need to stay on it for a few more days, please consider it.

Your body will start to tell you when it has had enough. If you begin to become immune to the HCG you might experience more intense hunger. This will be a big clue that you should start wrapping it up for this session. Remember that after you stop taking the HCG drops, you still must maintain the 500 calorie intake for an additional 72 hours. Again, if you have any questions, feel free to contact me and/or my staff. I think you will find them very helpful in making this decision.

Remember, "He who fails to plan, plans to fail."

Waist Not Want Not

Remember, don't wait to get hungry. Waiting increases cravings, lowers your blood sugar level and can lead to fatigue. Make sure you are eating small meals throughout the day. If you find you are getting hungry between meals, consider adding a little more protein and a few more vegetables. Extra fruit will add more sugar and calories to your system so try to stick with the veggies and protein.

Thanks For The Reminder

If you begin having leg cramps, you might want to cut back on the use of asparagus. It is a diuretic and can release potassium from your system which leads to the cramping in the muscles. If the cramps persist, talk to us about a possible solution.

(Day 20 con't.)

Recipe of the Day

Lobster Salad

Ingredients:

3 oz. cooked, lobster tail, diced.
Celery, sliced, steamed fennel, or tomatoes
1 tbsp lemon juice
1 tsp apple cedar vinegar
Pinch of chopped green onion
Pinch of tarragon
Salt, pepper and Stevia to taste.

Directions:

Mix all ingredients together and serve over salad.

What if I have Questions?

If you have questions about how you are feeling please remember that I, and/or a designated health coach, will be available throughout this program and can be contacted by phone at (740) 687-0279.

Welcome to Day 21

CONGRATULATIONS!

Well, the last day of taking the HCG drops has finally arrived. Don't be tempted to come off early, stay strong and finish out the program. After all, you've worked this hard for 20 days.

If you have decided to extend the program, stop in our office and purchase additional HCG and supplements if you have run out. If you're still feeling strong and enthusiastic, consider continuing your program for another week or two. It's perfectly acceptable to do that. However, it's ok also to finish up round one as planned and start the /stabilization/maintenance phase. You have to decide what is right for yourself. If you have any questions, call our office.

Today, we want to suggest another strategy to help you continue with your success. That strategy is to begin to think of yourself in a different way. Often we have been consciously or subconsciously been giving ourselves the message that we are 'born to be fat' or that we are stupid, incompetent and worthless. Wrong! That message has got to be changed right now! Did you hear me? That has got to change NOW! In order to have lasting success you are going to need to start thinking of yourself as a 'thin' person. As you consciously change your mental messages to positive affirmations, you might initially feel silly or dishonest. Don't let that stop you! Your body follows what your mind tells it. So....if you want your body to start acting, feeling and behaving as if it is a healthy machine, then you are going to have to begin to tell it how to behave by the messages you give it. Start each morning with a positive statement like "I am healthy and I enjoy my life!" You will be surprised at how different your day will be. Post notes in the car, on the bathroom mirror, in your office or anywhere that will catch your eye and reaffirm your self-worth. Quickly you will discover that it no longer is a lie, but the truth. You are a treasure...to be valued. Value yourself and expect others to treat you the same way. Remember, people treat us how we allow them to treat us and they take their cues from how we treat ourselves.

How Should I Feel Today?

On your final day of the drops, you should find that you are feeling great and probably worrying that you might not be able to maintain it. With proper planning, and adequate support, you will be just fine.

Thanks For The Reminder

Have you acted on all of our recommendations? If you have, you are prepared to conclude the program soon and move on to the re-introduction of additional foods. If you haven't, or perhaps you couldn't get an appointment with us for a few days, remember, you can stay on the program longer if you desire. It is actually quite healthy to continue doing the HCG drops daily for a while. However, you should also consult with me to ensure this is the best protocol for your situation.

(Day 21 con't.)

Recipe of the Day

Chicken with Asparagus

Ingredients:

3 1/2 oz. uncooked chicken
1 1/2 cups asparagus, chopped
1/2 cup chicken broth or water
1 clove of garlic, crushed and minced
1 tbsp. Onion, chopped
Salt and pepper to taste

Directions:

Place chicken and asparagus in small skillet. Pour liquids and spices over it and place lid on top. Cook gently for 10 minutes or until chicken is no longer pink. Note: you can sprinkle with crushed. Melba toast at the last minute if desired.

What if I have Questions?

If you have questions about how you are feeling please remember that I, and/or a designated health coach, will be available throughout this program and can be contacted by phone at (740) 687-0279.

Welcome to Day 22

Cheating on our program can quickly lead to weight gain. On other diets, some cheating will not adversely affect the long term results. A small cookie, with its increased calories, can be dealt with by reducing calories the next day to balance it out. This is not true on the HCG plan.

The HCG plan works differently. It takes a few days (possibly 3 or 4) of HCG and the reduced no sugar, no fat 500-600 calorie diet to start using fat stored in belly fat for fuel. During this time the body shifts from burning sugar and fat to burning harmful fat. Swollen fat cells release fat molecules which are converted into ketone bodies in the liver. They are excreted in the lungs and kidneys.

It appears that the HCG diet is more sensitive to changes in sugar than fat. Adding only a small amount of sugar, or foods that turn to sugar like pasta, stops the fat burning process. The dieter is returned to the old metabolism where there are spikes and falls in blood sugar associated with fatigue and weakness. The weight gain with cheating on the HCG diet is far out of proportion to the calories in the food.

How Should I Feel Today?

There are usually no major developments around day 22. You should basically be feeling the same way you have for the past few days and probably will for the next few days.

Waist Not Want Not

Check your ketone levels regularly so that you have an additional tool to show that you are in fat burning mode.

(Day 22 con't.)

Recipe of the Day

Spicy Crab Salad

Ingredients:

3 oz. crab (not artificial)
1 cup celery, diced
1 tbsp. lemon juice
2 tsp. apple cider vinegar
1 tsp. Bragg's Liquid Amino
1 tbsp. finely chopped red onion
Dash of garlic powder
Dash of onion powder
Cayenne pepper to taste
Salt and pepper to taste

Directions:

Steam the crab and chop into medium chunks. Toss with onions, spices and liquid ingredients. Marinate for 15 minutes or more and serve over salad greens.

What if I have Questions?

If you have questions about how you are feeling please remember that I, and/or a designated health coach, will be available throughout this program and can be contacted by phone at (740) 687-0279.

Welcome to Day 23

You may have noticed that people are curious about what you have been doing for the last 23 days and would like to know more about the program. This is your opportunity to help someone else find the answer that you have already found. Encourage them to come to our introductory meeting, volunteer to attend with them to give them courage or point them to our website. Every one needs a mentor and you could make a big difference in someone else's life.

Also, you might help organize a support group at my office or on-line. There are many people, including ourselves, who would benefit from a kind word, a helpful hint or a firm nudge. You have earned very valuable knowledge while going through this process and you might find it rewarding to share it with others. It will also help keep you on track. It is psychologically harder to cheat when you know other people are counting on you.

Research some sites on the web and our website at NaturalWellnessCentre.net. Many people are posting their experiences, recipes and tips on their blogs and they can be very useful and informative. Make sure that they are giving the correct information though. Check with our office if you aren't sure if their advice is sound.

How Should I Feel Today?

You should continue to feel wonderful today, especially considering how close you are to completing the "Slim In Time By Design" program. As always, if you have questions about something that is concerning you, please contact our office.

Waist Not Want Not

Don't forget to take an "after" picture when you end taking the HCG portion of our program. You can have a visual comparison of where you started that will be a good incentive to stay the course.

Thanks For The Reminder

Remember, tomorrow is your final day of taking the HCG drops unless you have decided to extend your program. After that you still will continue to eat 500 calories for 72 more hours until the HCG is out of your system. You should not feel any hunger, but if you do then increase your vegetable and protein intake slightly.

(Day 23 con't.)

Recipe of the Day

Frozen Grapefruit Slices

Ingredients:

1/2 grapefruit, separated into sections
2 tbsp. lemon juice
Powdered Stevia

Directions:

Coat grapefruit with lemon juice and place on plate. Sprinkle With Stevia and place in freezer until frozen. Makes a great refreshing treat. You can make a few servings ahead and keep those on the ready for a quick pick me up.

What if I have Questions?

If you have questions about how you are feeling please remember that I, and/or a designated health coach, will be available throughout this program and can be contacted by phone at (740) 687-0279.