

Oral HCG Diet Instructions

**YOU MUST FOLLOW THESE INSTRUCTIONS CAREFULLY OR
YOUR WEIGHT LOSS WILL BE SIGNIFICANTLY LESS**

Reconstitution & Administration of Oral HCG Drops

HCG Drops must be kept refrigerated, although short times (up to 4 hours) out of refrigeration for travel are allowed.

HCG Drops are effective for 60 days after being reconstituted.

To Reconstitute: Cut off the metal top on the vial with the white powder. Place a few cc of the NILEan liquid into the vial containing the white powder and swirl or shake. Transfer the dissolved solution back to the liquid dropper bottle and swirl. Your HCG is now mixed. Refrigerate.

HCG Dosage...

Dosage for NILEan is .5mL – 2x a day (12 hours apart, if possible)

Measure the dosage of using the dropper lid which has the dosage marked on it. Squirt that amount under the tongue and hold it there for 1 minute. Swallow the remaining liquid and wait 10 minutes before eating or drinking anything. Not eating or drinking for 10 minutes is important for full absorption of the HCG.

You must take HCG twice daily. It does not matter if it is taken on an empty stomach or not. Patients, who have routinely forgotten the second dose, will have more hunger and lose less weight

Day 1 & 2 – Fat Loading Days. These days are critical for success.

Take HCG twice a day for 2 days and eat unlimited foods high in fat (Whole milk, eggs, cheese, sausage, bacon, steak, fried foods, gravy, cream soups, ice cream, nuts). Eat very little starch (breads/pasta/potatoes). The fat will be used for energy and curb hunger as you start the diet. You will still lose the first week.

The reason for these two days is to create enough fat reserves that can be used in the first 3 days of the diet. It seems to take 3 days before abnormally deposited fat begins to circulate and thus become available. If you do not eat high fat foods for the first two days of the diet, you will be markedly hungrier than those that did.

Day 3 – 20

You must follow the diet strictly without interruption for the first 20 days. This is the time when the hypothalamus and metabolism are improving.

You cannot make any exceptions to the diet plan. Only eat the quantity suggested and the food suggested on the diet plan.

Your success will depend entirely on the how well you follow the first two days eating high fat foods and the subsequent days on the diet plan.

The first 20 days reprograms the hypothalamus. It takes this long for the effects on the hypothalamus to occur so it is critical to be completely dedicated to the diet for this time. The most positive results will be obtained if you stay on the diet without adding anything for the first 20 days. It is during this time that you reduce your food addictions to carbs and fatty foods.

After 20 days

If you go off the diet for a day or even a meal, there will be a set-back in weight loss by about 3 days and you will experience increased hunger, but it will not undo the progress that has been made to that point. The first 20 days the reprogramming of the body is taking place. A disruption during this time will affect long-term weight loss. After 20 days, the occasional lapse in diet will not affect long-term weight loss. You can continue the diet for up to 2 months without interruption.

Diet Tips

- Purchase a food scale and weigh all the meat and vegetables raw.
- If possible, eat only organic meat, chicken, vegetables, and fruit. Or choose items that are free of antibiotics and hormones. Beef should be very lean cuts with no marbling and all fat removed before weighing and cooking. GROUND BEEF is not allowed.
- No fat whatsoever is allowed on this diet. Nothing can be added to the diet without increasing hunger. Even fat-free salad dressings have sugar, which will increase appetite. Do not take Omega-3 capsules.

Patients can add spices and hot sauce, but they must be warned to read the labels and buy those without sugar. Making food spicy can be very satisfying, help to decrease cravings and increase water intake. Barbecue sauce is very high in sugar and **MUST BE AVOIDED**.

There is no limit of coffee or tea. 2 diet sodas are allowed daily. Crystal Light is allowed. Those liquids should not be consumed in place of water. There is absolutely no alcohol of any kind allowed.

Weigh-Ins

You may come into our clinic once a week to weigh in. You can come in anytime we are open, no appointment needed. We also recommend that patients do NOT weigh themselves at home more than once per week. During treatment, patients are compulsive about weighing and this causes a stress hormone cascade, which can interfere with results.

Weight loss occurs in stair-step fashion. First, you will drop then plateau, etc. During the plateau phase, patients will still be losing inches. Usually the plateau does not last more than a week and may coincide with the onset of menstruation in women.

Supplemental Medications

Vitamin B12

Vitamin B12 is included in the **NILean**.

Potassium 10meq

We ask you to take a potassium supplement as the HCG can cause some loss of potassium over time. This is given as a prescription.

Appetite Suppressants

In most cases on this diet, significant hunger only lasts a couple of days at the beginning, then subsides naturally. Because the diet is very low calorie, some patients might feel they need an appetite suppressant. We want to strongly discourage you from using this while on the HCG diet. People who use stimulants early on usually delay their hunger until the second or third weeks and have a great deal of trouble finishing the month without cheating.

Magnesium

OptiMag (available in our office) – patient can take 2 tablets daily or if needed for constipation. Milk of Magnesia and Acai berry juice are other alternatives.

Multivitamin

Please take a multivitamin of your choice every day. If you don't have one, we have a great one we can suggest for you at a reasonable price.

hCG as a hormone & pregnancy

hCG is not a true hormone like we think of sex hormones and thus, will not affect the menstrual cycle and can be used by men and women alike with the same effects. The very small dose for weight loss will not make any pregnancy test turn positive nor will it show up in a blood test. If a patient's blood test becomes positive for hcg, they are indeed pregnant.

Maintenance

Consider using meal replacements (discussed below) or reincorporate certain foods based on the schedule below:

Week 1 Off HCG: Increase portions but eat only foods on the list

Week 2 Off HCG: It is OK to eat all meats, all fruits, all vegetables (except potato)

Week 3 Off HCG: Add Nuts, Eggs, Dairy

Week 4 Off HCG: Add whole grains, flour, sugar, and potato in extreme moderation.

If you gain weight during any of these maintenance weeks, you must go back to the menu for the prior week and weigh your portions again.

OR...Try our Nutritional Resources entrees, bars, shakes, and soups are the ideal foods to add once you transition off HCG.

First 2 weeks off the HCG...

The best transition would be to add 1-2 of the Promed 100 shakes for breakfast each day, then continue eating the same foods and portions you did while on the HCG. Otherwise, just continue eating the same foods as you did on the diet, but slightly increase the portions. A bar can be used to supplement meals or add as a snack.

Weeks 2-4 off the HCG...

Add two soups, one protein bar, or one entrée to the above regimen. Watch carefully for any signs of regaining. If you regain more than 15% of your lost weight, do not proceed to the next step and consider restarting HCG. You may select from all meats and all vegetables (except white potato) and fruit at this time. Add small sides of pasta and/or rice when desired. Still stay away from flour or sugar.

Exercise

Exercise is essential for weight maintenance. You must exercise at least 30 minutes a day, 3 days a week to wake up your metabolism. Any exercise that gets your heart rate into the fat burning zone (HR=110-120 depending on age and medications) should work well.

ORAL HCG FOOD GUIDE

Breakfast: Only Non-Calorie Fluids in any amount. (See fluid options below)

Protein Foods: 3 ½ oz's twice daily (Lunch and Dinner)

Example: About the size of a makeup compact

Choose only lean meats particularly

- * Veal or Leaner cuts of Beef (preferably organic/free-range)
- * Fresh White Fish (Halibut, Cod, Flounder, Monkfish, Perch, Pike, Pollock, Snapper, Sole, Tilapia, Whiting, Crab meat, Lobster, Shrimp, Scallops)
- * Chicken-no skin (Chicken Breast Only)

All visible fat must be removed before cooking and the portion should be weighed raw. It must be cooked without additional fat.

Luncheon meat, Salmon, eel, tuna fish, herring, DRIED, PICKLED or SMOKED fish are not allowed

Fresh Vegetables: 3 ½ oz's selected vegetables twice daily (Lunch and Dinner)

- * Spinach, Romaine Salad, Tomatoes, Celery, Green Beans, Onions, Red Radishes, Cucumbers, Asparagus, Cabbage, Broccoli, Cauliflower, Zucchini.
- ❖ **NO Pumpkin, Potatoes, Carrots, Peas, or, Corn**

Fruit: Two portions per day, at least 6 hours apart

- * Apple, Strawberries (6 large), Orange, ½ Grapefruit

Fluids: A minimum of two liters of water daily

Each day a **MINIMUM OF TWO LITERS** (10 glasses) of water should be consumed.

- * Tea/coffee, Soda Water, Mineral Water, Diet Soft Drinks (up to two cans)
- * Do not count coffee, tea, diet soda in your total water intake.

Little Extras

- * One tablespoon of Milk daily only for coffee or tea.
- * Use artificial sweeteners. **No Sugar!!**
- * Salt, Pepper, Vinegar, Mustard Powder, Garlic, Mrs. Dash, Parsley, thyme, marjoram, and other spices are freely available as seasonings
- * NO Margarine, Butter, Oil, Dressing
- * Juice of 1 Lemon Daily
- * **Meal replacement shakes and bars we have in our office may be used after the first 20 days on the diet. Do not use Slim Fast or any other over the counter products!**
- * **Only the entrees we carry in our office can be substituted for a meal if you cannot eat the foods above. Our entrees do not require refrigeration and can be very convenient. This substitution is allowed after the first 20 days.**

Oral HCG Diet Informed Consent

NILean oral HCG is a prescription medication used by New Image Medical Aesthetics and Wellness in its weight loss program. The active ingredient in these (HCG) is FDA-approved as an injectible for indications other than weight loss. A number of studies and scientific articles have been published on using this ingredient in weight loss programs over the past 60 years.

Conditions of Participation

- You will have a consultation before starting the oral HCG in combination with a VLCD (very low calorie diet). You will undergo a blood test. A comprehensive metabolic panel to measure kidney function, liver function, hemoglobin, hematocrit, and glucose will be drawn. A blood pregnancy test may also be performed.
- You will be weighed; your blood pressure and pulse will be recorded.
- Any patients who are not compliant with follow up office visits and/or scheduled laboratory draws will not be allowed to have refills on their oral HCG.
- If at any time during your office visit, you should have any questions, concerns, or problems, you are encouraged to consult with our staff. If you should experience any problems or concerns after being discharged from our office, please call 706-769-5757 with any questions.

Program Costs

Office Visit #1: Initial consultation, weight and measurements, lab draw. Dispensing of **HCG medication**. Review of diet for the next month. Visit is billed to insurance. Cash price = \$100 if no insurance.

Cost of medication: NILean: \$199. The drops and contain the daily dose of B-12. You will also receive a prescription for a potassium supplement.

Office Visit #2: 2-3 weeks later. Weigh-In. Review of Diet and progress. If you choose to continue, an additional 1-month supply of NILean (cost of \$199) will be dispensed. Visit is billed to insurance. Cash price for visit: \$60.

Office Visit #3: 2 months later. Review of maintenance goals and discuss further months.

Risks

Oral HCG is virtually free of negative side effects, but because you must follow a very low calorie, low fat diet that can sometimes trigger a gallbladder attack in individuals who are genetically pre-disposed to gallbladder disease.

With any drug there is the possibility of an allergic reaction or unusual reaction that may cause skin rash, difficulty breathing, collapse, or even death.

Your medication will be discontinued if there is a severe adverse reaction.

I understand that the program and medications may involve risk. I understand that there are no refunds, returns or store credit for medication. There is no weight loss guarantee with our program. I have read and understand the information given to me about the medications. I have asked and had answered any questions that I may have after reading this form. I understand the possible side-effects and agree to advise our office should they occur. I understand that I may quit the program at any time. I agree to stop the **Oral HCG** if I become pregnant and agree to advise our office should I decide to become pregnant. No adverse side effects or complications are expected, but in the event that an illness does occur, I understand that I need to contact our office. Dr. Zengo and the practice are serving as consultants, not your primary care physician, during the course of this program.

My Primary Care Physician is _____.

You will not be allowed to start on this program if you do not have a primary care physician. If I experience an emergency situation, I understand that I need to go to an emergency facility.

YOUR SIGNATURE BELOW INDICATES THAT YOU HAVE READ THE INFORMATION ABOVE, HAVE HAD YOUR QUESTIONS ANSWERED, HAVE HAD POTENTIAL SIDE EFFECTS EXPLAINED, AND AGREE TO NOTIFY OUR OFFICE OF ANY CHANGE IN YOUR HEALTH STATUS OR MEDICATIONS PRESCRIBED.

I CERTIFY THAT I HAVE READ AND UNDERSTAND THE DIET NECESSARY TO ACHIEVE SUCCESS ON THIS PROGRAM. I WILL TAKE THE PRESCRIBED POTASSIUM SUPPLEMENT AS DIRECTED. I WILL FOLLOW THE DIET STRICTLY.

Patient's Name (PLEASE PRINT)

Patient's Signature

Date

Witness