



# ***4 EZ Steps To Success!***

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*Hi. My name is Barbara and I would like to tell you a little about my weight loss journey. I, probably like you, was in desperate need of a weight loss program that worked. At my high I weighed 250 pounds! I tried every diet out there. Most worked but I usually ended up gaining the weight I lost plus a few.*

I was a little different when I was pregnant. My first pregnancy I gained weight as most women do, 40 pounds in fact. But with my second and third pregnancies I actually lost 12 pounds. That's right, I weighed 12 pounds less right before I delivered than I did the day I found out I was pregnant. My doctor wasn't concerned because each of my babies grew at a normal rate. He then mentioned a hormone that pregnant women produce called HCG and how it released stored fat (and I had plenty!) to be used as energy. At the time I didn't think anything of it. It was after that third pregnancy that I weighed 250 pounds. I was desperate. I had put back on that 12 pounds I'd lost while I was pregnant.

I was talking to my doctor and I asked him about HCG. What I liked about HCG was that it was a natural hormone that my body already produced. He told me it was available through injections. At first I was hesitant to inject my body with a high dose of a "pregnancy" hormone. I'd just got through having a baby! My hormones were still out of control! But I read through Dr Simeons HCG protocol and did the HCG injections and followed the diet and couldn't believe how quickly I lost weight. And what was even more amazing was that I wasn't hungry. I felt great and I was sleeping better than I had in years! I still have the energy of someone at least ten years younger. It took me a year to lose 110 pounds but I did it! This was 14 years ago, and I have kept all of it off!

Since the time I've lost my initial weight I have discovered HCG EZ Drops and I LOVE IT! It is so much more cost effective. I can't tell you how sore my hips got from all those injections!

I hope you enjoy this guide and find, like I did, the last weight loss cure you will ever need!

Please let me know if I can help you in that goal.

Barbara Holgreen

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# *What is HCG?*

## ***HCG = Human Chorionic Gonadotropin***

HCG is a naturally occurring hormone, that is produced in high quantities in the body of pregnant women. (But guys, keep reading! It works for you too!) When a woman takes a pregnancy test, it's the HCG that turns the strip blue. Its primary purpose is to release stored nutrients for the fetus during times when there is improper nutrition.

When the HCG is taken and there is no fetus present to use these nutrients, the body still releases the stored substances, and the body then gets rid of them. This enables the body to release stored toxins and fat.

HCG works directly with the Hypothalamus gland. This gland actually controls body fat and emotions, and helps to develop the reproductive organs during puberty.

You do not lose muscle mass, which is what occurs in other diets. HCG has been researched since the 1950s by Dr. Simeons and that research was published in 1970 in a book called Pounds and Inches. His research is still considered by many to be revolutionary. It started when he was in India, and working on obese men. He wondered if HCG, injected into an obese man, would have the same effect it had in a pregnant woman, of naturally converting excess fat into calories. He discovered his hypothesis to be correct, and went on to found a highly successful weight loss clinic in Rome in the 1960's. He claimed that he had a 98% success rate in helping people lose the pounds they wanted to.



**The HCG EzDrops diet plan is based off of Dr. Simeons “Pounds & Inches - A New Approach to Obesity.”**

For about sixty years, the protocol was only available through a prescription,

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and required a daily visit to the doctor for a shot. But in recent years, HCG has been successfully converted into a drop format, making it easy for anybody to take HCG at home.

You can expect to lose between 1-2 pounds per day if you follow the diet as directed. Note that this is the average weight loss we have recorded from our clients. Some people lose more, some people lose less. But you will definitely lose weight on this regimen without heavy exercise, and without having to buy expensive potions or special foods.

## *The HCG Diet*

The HCG diet is founded on a very simple premise. Every pound of fat on your body can be converted into usable calories. Dr. Simeons discovered that HCG had to be taken for a minimum of 21 days, and recommended no more than 40 days at a time. So during that time, as the body converts fat into calories, the caloric intake from food is greatly reduced. Each pound of fat converts to 1,200 to 2,000 calories of usable energy, so only 500 calories is necessary through food during that time. Once the weight is lost, you resume a normal caloric intake.

## *Premium HCG ezDrops*

Premium HCG EZ Drops is a professional grade proprietary formula, that is provided by doctors and weight loss clinics to patients nationwide. Premium HCG EZ Drops clients are experiencing amazing results. We are helping people of all sizes get rid of abnormal fat and transforming their bodies and increasing confidence in just a few short weeks- and you can too!

Gone are the days of injections! Yippee! No more prescription, daily trip to the doctor, or injections. HCG EZ Drops make the HCG diet simple, inexpensive, and fun! Following is the exact protocol that will help you lose those extra pounds!

Just visit <http://hcgezdrops.com> to order now!



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# ***STEP 1 - Fat Loading Days***

## *(days 1 and 2)*

- ☑ **Read Dr. Simeons "Pounds And Inches" guide.**
- ☑ **Drops** – Place 10 Premium HCG EZ Drops (approximately ¼ of the dropper) under your tongue 3 times per day; when you wake up, around lunch, and at night before dinner. Hold the drops under your tongue for 1-2 minutes, to increase absorption. Do not eat or drink anything for at least 15 minutes before or after taking the drops. If it's more convenient for you, you can also take 15 drops twice per day
- ☑ **LOAD UP!** Eat anything you have ever wanted to eat for the 2 day period (FATTY FOODS). There is nothing that you have ever wanted to "sinfully" indulge yourself in that is off limits; ice cream, avocados, butter, a burger slathered in mayo, fried foods, etc. These 2 days are very important, they are essential to assisting you in with the energy that you will need during the transition to the 500 calorie daily diet.
- ☑ Use the attached weight tracker to track your progress! Measure on days 1, 7, 14, 21, 28, and 35.

# ***Step 2 - 500 Calorie Intake Starts***

## *(days 3 to day 23+)*

- ☑ It very important that you weigh and measure yourself, EVERYDAY! If you don't lose weight everyday don't get discouraged, it's common to have some fluctuation. But average is 1-2 pounds a day.
- ☑ Take 10 drops under the tongue 3 times a day: when you wake up, 15 minutes before lunch and 15 minutes before dinner.
- ☑ Following the recipes we provide is very important to your success! Make sure you stick with the 500 calorie a day diet, any cheating can result in weight gain. Eat the recipes you enjoy, the hCG diet can be delicious!
- ☑ NO Oil, NO butter or Dressing. NO Soda Pop. NO Beer. NO Wine. NO Crystal Light or Flavored Drinks. NO EXCEPTIONS!
- ☑ You must stay on Step 2 for 21 days and can continue on this step for up to 40 days before you move on to Step 3. If you have not reached you optimal weight goal you can do as many Cycles as you want although you must complete all 4 Steps before starting another cycle.
- ☑ Do not do any strenuous exercise: if you choose to do mild exercise and you get light headed or weak stop immediately. Walking, Yoga, and stretching are all welcome while on the low calorie diet.

# ***STEP 3 - Maintaining Your New Body Weight***

## *(3 weeks)*

- ☑ Congratulations! Hopefully you have been weighing yourself every day, now it is the exciting "After Shot!" Please email your before and after shot to us! [support@hcgEZDrops.com](mailto:support@hcgEZDrops.com) We look forward to celebrating your successful journey with you!



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- ☑ This is the most critical part of the weight loss program. Over the next weeks your body will lock-in the new “set point” (you are locking in your new weight). This where you can comfortably maintain your new weight through eating healthy and exercise.
- ☑ Consume 1,500 to 2,000 calories per day to help maintain your new “set-point” weight making sure you stay within 2 pounds of that weight.
- ☑ If you gain more than 2 pounds at any point during this step, have a steak day: Drink only water all day, and have only one large, lean steak for dinner with either a tomato or apple.
- ☑ It’s important to weigh daily during this phase!

## *Step 4 - Transition*

### Slowly Transition to Normal Eating Habits (3 weeks)

- ☑ Gradually introduce sugar and starches into your diet.
- ☑ Weigh daily.
- ☑ If you have reached the weight and size goals, again CONGRATULATIONS!
- ☑ Don’t forget to send us your before and after picture and your success story. We want to here it!
- ☑ If you have not reached the goal, you are free to start a new cycle, you can do as many as cycles as you want to until you reach your desired weight. Start from STEP 1 and continue your journey!
- ☑ Remember to drink plenty of water throughout the diet, water is a critical part of flushing out toxins that are stored in the fat.

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**HCG DIET**

Start \_\_\_\_\_

End \_\_\_\_\_

Day	Weight	Pounds Lost	Measurement	Inches Lost
1			Chest Size	
2			Waist	
3			Hips	
4			Right Thigh	
5			Left Thigh	
6				
7			<b>Day 7</b>	
8			Chest Size	
9			Waist	
10			Hips	
11			Right Thigh	
12			Left Thigh	
13				
14			<b>Day 14</b>	
15			Chest Size	
16			Waist	
17			Hips	
18			Right Thigh	
19			Left Thigh	
20				
21			<b>Day 21</b>	
22			Chest Size	
23			Waist	
24			Hips	
25			Right Thigh	
26			Left Thigh	
27				
28			<b>Day 28</b>	
29			Chest Size	
30			Waist	
31			Hips	
32			Right Thigh	
33			Left Thigh	
34				
35			<b>Day 35</b>	
36			Chest Size	
37			Waist	
38			Hips	
39			Right Thigh	
40			Left Thigh	
<b>Total Pounds Lost =</b>			<b>Inches Lost =</b>	

# Approved Foods List

*Approved, nutritious, delicious foods you can eat while on HCG EZ Drops!*

**Breakfast** - Tea or coffee in any quantity without sugar. Herbal teas are recommended. Only one tablespoon (Tbsp) of milk is allowed in a 24 hour period. Saccharin or other sweeteners may be used.

## **Lunch and Dinner**

1.) The **protein group** contains the following choices. Please note that the use of red meat is limited to three times weekly. Tuna or Salmon is also limited to three times weekly. All visible fat must be removed before cooking and the meat must be weighed raw. It must be cooked without additional fat or oils. It can be grilled, baked or broiled. \*You may use Pam or similar spray OR I Can't Believe It's Not Butter spray to lightly coat the bottom of your pan.

### **100 grams (3.5 oz) of Protein**

Beef

Chicken breast (boneless)

White fish

Lobster

Crab

Shrimp

2.) The **vegetable choices** are as follows: You may use one cup fresh, frozen or canned vegetables.

Spinach

Chard

Chicory

Beet-greens

Green Salad (lettuce only)

Tomatoes

Celery

Fennel

Onion

Red Radishes

Cucumbers

Asparagus

Cabbage

3.) Your **fruit choices** consist of the following: Only fresh or frozen fruits may be used. **NO CANNED FRUITS ALLOWED.**

An Apple

An Orange

Strawberries – 1 cup (about 10 whole strawberries)

1/2 Grapefruit

4.) You are allowed one **Grissimo breadstick** or one **Melba toast** with both lunch and dinner.

### **5.) Seasonings and Condiments**

Any and all spices may be used, **but NO Fat, OIL or BUTTER** may be used.

Any type of vinegar, lemon or lime may be used. You are allowed the juice of one lemon per day.

Tabasco, soy sauce, picante sauce and horseradish are allowed in moderation.

Make sure there is **NO SUGAR CONTENT** in any and all Seasonings and Condiments

6.) Tea, coffee, plain water and mineral water are the only drinks allowed, but may be taken in any quantity and at all times. You should drink about 2 liters of these fluids per day. Many people are afraid to drink so much because they fear that this may make them retain more water. This is false. In fact, the body is more likely to store water when your fluid intake falls below normal.

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