

How do I take the drops?

You will begin taking the hCG Homeopathic Oral Drops on the two days you load and take them for the rest of the time you are doing VLCD.

You will get up in the morning, urinate before drinking or eating or taking your drops and immediately weigh yourself naked. Record that weight in the hCG tracker I will be emailing you shortly if I haven't already. Then take your drops. **DO NOT BRUSH YOUR TEETH.** The drops can't be assimilated as efficiently as necessary for this protocol. Mint should also not be used with homeopathic drops as it is deemed to have a barrier effect. Brush your teeth **AFTER** you take your drops and wait 30 minutes. Your first day and second day you will take **10 drops 4 times a day**, morning, noon, evening and before bedtime. Remember, nothing to eat or drink 30 minutes before or after taking the drops. You do not have to coordinate the taking of the drops with a meal, you just need to not take in anything by mouth before and after for that 30 minutes. I took mine at 6am 2pm 7pm, and 11pm. Hold them under your tongue for at least 3 minutes then swallow. Be aware that mint, as in toothpaste, can diminish the effect of the homeopathic hCG drops. I suggest using just baking soda for the entire Phase 2 (P2) period until you are no longer taking the drops. Or you can always wait for the 30 minutes after using the drops and then brush your teeth with your own toothpaste. The first two days are your loading day which **MUST** consist of high fat foods. Please read the document I email you about how to load properly. It will help you to learn load properly so you do not have hunger issues. If after your second day of VLCD you begin to feel like your hunger is more than normal, we need to identify if it is true hunger or just emptiness that you are not accustomed to feeling or dealing with.

True hunger is when you see your neighbor's dog outside and think that with a little mustard that little pooch would really taste good right now because if you don't eat something, anything, soon, you will go off the deep end. Hunger is not specific either. In other words, it's not like a craving, i.e.: if I don't get a piece of chocolate, cheesecake, ice cream, pizza, etc. I am going to break down and cry or act like a crazy person. Hunger is you would eat almost anything put in front of you whether you like it or hate it and eat every bit of it. (Including a live frog.) On the other hand, emptiness is more of a feeling that you sure wish it was closer to lunch or dinner time because that chicken and cabbage you are planning to make would sure taste good and be a satisfying thing to eat right now. And emptiness will occur close to when you should be eating something and you will feel satisfied with your food. It should not wake you up at night either. And when you have eaten your meal, you may have a feeling of you would like more but remember....we are learning to eat until satisfied not stuffed.

On the third day, you will begin the VLCD (very low calorie diet). You will take your drops 3 times a day and increase it to **12 drops**, morning, noon, and dinner. If you are feeling hunger at bedtime, take an additional dose of 6-12 drops. Please follow your food choices exactly to optimize your chances of reaching your goal for the entire period of time you are doing your round for. You should not be drinking diet or regular soda at all. Stevia or Sweet 'n Low (the pink packet) are the only recommended sweeteners to use during Phase 2. Do drink tea, coffee, green tea, water. And use Stevia (flavored are available and wonderful for coffee and teas). You need to drink around ½ your weight in water ounces. Example- you weigh 100. One half would be 50 oz of water and that would be your own personal water goal. A good amount to aim for is 70-80 oz. You may count your other fluids toward that goal but I personally only count the water towards that goal because your body is made up of 75% water not tea or coffee. Water is pure and a natural diuretic. Try to drink purified water when possible.

If you have a day where you seem to be hungrier than normal, increase your dosage by 2-3 drops each time you take it until you reach a comfort level again. You can't overdose on the drops. My optimal dose was 19-21 three times a day and I was at a great comfort level. I have heard of some people that have taken up to 35 drops. Personally, I think they were empty and identifying it as true hunger. Please learn the difference so you are not disappointed in the way the hCG works.

You will continue on this course for the number of protocol days you have chosen, 40 or 23. At the end of either of those choices, you will take your last dose of hCG and then wake up on day 41 or 24 and continue the VLCD but without the hCG for a total of 48 hours after your last dose of hCG. Remember to record your last dosage weight (LDW) because that is the number you must stay within 2 pounds up or down for all of Phase 3 (P3) and Phase 4 (P4 or lifetime, depending on if you are at the final round or not). Multiple rounds will be dealt with later in a different document. As will how to transition into P3 or P4. So as not to overwhelm you during your loading days and VLCD, this is all I want you to concentrate on until about a week before your next phase.

Keep a journal of the food you are eating so that you gauge the calories correctly. When drinking your water, use a 20 oz. bottle. Let's say you have to drink 60 oz. of water per day. Put 3 rubberbands on the bottle. After you drink your first 20 oz. of water from the bottle, take a rubberband off. The after the second 20 oz., take another rubberband off. Continue in this manner until all the rubberbands have been taken off. You have then completed your requirements for your water goal for the day. But feel free to continue to drink more when you are thirsty. Try to drink your water slowly throughout the day. Don't guzzle and tax your kidneys. They are being put through a lot right now.

Finally, be sure you "pop" the bottle before each use. That simply means to rap it sharply against the palm of your hand about 8 times. You will see a quick foam up and then it will settle down. That is just the activation. Do this each time you use it. And NEVER touch the glass dropper to any part of your mouth or body. Doing that will contaminate the entire bottle and potency will be effected.