

## **My Personal Notes on Pounds and Inches**

*\*\*Remember, when deciding to do this protocol, your primary health care provider is the final word. If you have concerns about anything in this manuscript, you are encouraged to seek their professional advise. We cannot recommend or advise you medically on this protocol/diet.*

1. When the manuscript talks about intramuscular injections, remember this was developed in 1954 and that was the method used at that time. In the 57 years since then, science and medicine has changed a lot. We now know that you can use subcutaneous injections (just into the first layer of fat), or pharmaceutical grade sublingual, as well as the newest addition of homeopathic drops taken under the tongue 3 times a day. Pellets are also available as a homeopathic product/method.
2. In the foods portion of the protocol, you may only eat the foods that are given there with the exception of an orange. For some reason, it was left out of the choices of fruit but in reality should have been in there.
3. Regarding makeup: You can use any oil free foundation or mineral based makeup including powdered eye shadow, blush, powder, etc. Mascara is also not a problem as it is not on your skin.
4. Hair coloring: You may have a bit of a stall or weight gain after coloring your hair. Be sure to wear gloves and when you are using the moisturizers and conditioners. Try to keep them off the scalp and only on the hair shaft.
5. Medications: In 1954, most medications were either injections or liquids. The liquids contained a form of sugar to make it tolerable. Today, pill forms are not usually a problem. You should never stop taking a medication that your doctor has prescribed to you without their express approval. If you are on diabetic medications or blood pressure medications, make sure you are monitoring sugars and pressures. If need be, talk with your doctor about the need of adjusting the dosage. If you experience any symptoms of light-headedness, dizziness, weakness, or other symptoms, be sure to talk with your doctor and give them the recordings of your blood sugar and/or blood pressure so they will be equipped to know how to adjust your medications.
6. You do not need to use a postal scale. If you already have one and want to use it, that is fine. But in this era we have digital food scales available in most department stores such as WalMart, Target, K-Mart, etc. They are a bit easier to find and perhaps less expensive.
7. Menstrual cycle. When Dr Simeons was managing his hCG clinic in 1954, he did not have to contend with added synthetic hormones placed in our food and plastics. My own personal theory is that women do not have the higher amounts of hCG during their cycle as they once did. I do agree that we should not start hCG until after a cycle and never

stop hCG while on your cycle. The reason is that you would not have a realistic weight to use as your LDW/LIW (last dose or last injection weight) to base your 2.1lb over or under weight on.

8. Aspartame and other artificial sweeteners. Splenda did not exist when Dr Simeons developed this protocol. But we do know that any artificial sweetener will spike insulin, cause cravings, and a plethora of other conditions. We do not recommend using anything with an artificial sweetener or sugar alcohol in it. Stevia is the recommended sweetener along with Sweet 'n Low. We personally do not like the use of Sweet 'n Low because of the potential harmful effects on our body. Sugar free gum and mints should be used with caution as they do not contain stevia. We have some clients that use Trident sugar free gum and say they do alright on it. If you choose to use anything with artificial sweeteners or sugar alcohol in them and are not losing like you expected, take those items out of your diet.