# EAT, DOSE, MOVE & LOSE!

#### **LUXE 750 HCG DIET**

# A Cutting-Edge Take on the Traditional HCG Diet

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# Introduction

# The History of the Simeon HCG Diet

# and

# the LUXE HCG 750 Modern Modifications to the Diet

You have just taken probably the most important step of your life by opening this book. This nine week program will change your life when followed closely. Get ready for the challenge and the feeling of weight loss of up to 30 lbs in a single cycle! I’m Dr. Sherryl Shipes, a board certified ABFM physician. I operate a successful medical wellness spa in Frisco, Texas, and have had multiple requests for a comprehensive weight loss plan that is based in core science, that can help my patients see visible, remarkable results after concluding one cycle of the diet. So come with me as we take this journey to the understanding of the LUXE 750 HCG Diet Plan!

How did this all start? In 1954, an endocrinologist by the name of Dr. ATW Simeons noticed that women that gave birth in tropical countries gave birth to healthy weight babies regardless of their nutritional status. His investigation into this phenomenon caused him to consider the real reason that these babies were born with all the nutrition needed to promote a healthy birth weight was due to the pregnant woman releasing a hormone in vast quantities called human chorionic gonadotropin (HCG) all during their pregnancy. This hormone mobilizes fat and allows the body to break that fat down to usable subunits which can then be taken up by the baby’s placenta and utilized for growth and development of the fetus during the pregnancy. This was the start of Dr. Simeon’s successful diet for his patients at his clinic in Rome, Italy.

Thereafter, he came back to his clinic and began writing his initial manuscript. His book “Pounds and Inches” is broadly recognized as the foundational tool for the understanding of the HCG diet. Mind you, it was in the 1950’s and he didn’t have the tools at his disposal that we as practicing physicians have now. Therefore, this book of his is at times confusing and hard to understand for the lay person. Decades later, many are still utilizing the diet, which surges in popularity regionally as the time has gone on. It was a rigid 500 calorie diet coupled with daily HCG shots and daily weigh-ins at his clinic. He had rigid control over the patients and the weight loss was dramatic.

There were four phases to the diet. Our LUXE 750 HCG Diet generally follows this format. We call ours the CLEAN, LEAN, WEAN and KEEN phases. The first phase of Dr. Simeon’s diet was a 2 day calorie and fat loading process. The LUXE 750 HCG Diet has modernized this initial phase, calling it the CLEAN phase. We divert from the Simeon protocol in that we want you to do a full two days of Keto-based Fat Loading with NO sugar and NO carbohydrate in the diet for two days while hydrating and taking your HCG shots. There is no calorie counting and no quantity restriction on the amount you are allowed to eat during this two day period. A REQUIRED list of foods is given to you in this book and you may not deviate from the list of acceptable foods during this two day period. This enables you to rapidly get into ketosis for the next phase of the diet, which is the LEAN phase. You will stay in the LEAN phase for a six week period, during which you have a weekly suggested menu, meal prep suggestions for every Sunday, weekly weigh-ins, and full support.

Several of my colleagues allow 800 calories during the LEAN phase, or phase 2 of the standard HCG Diet. We recommend 750 calories because it is far too easy to “fudge” on 50 calories and ingest over the 800 calories that other programs allow. Giving yourself a 50 calorie lee-way still keeps you in the “Low Calorie” rather than the “Very Low Calorie” diet zone. That being said, I also will compute your Basal Metabolic Rate when you are in your initial consult and we will hone your exact daily requirements based on your body, weight and age. This is a far more exacting way to get the best results out of your diet cycle.

After successful completion of the LEAN phase, you will move into the WEAN phase, which will take your caloric allowance from 750 calories up to 1000 calories. Again, if your Basal Metabolic Rate shows that you should have less caloric intake, we will adjust these figures at the time of your initial consult. At this phase, you will maintain and gradually ramp your caloric intake up to 1000 calories per day. You can also have the option of restarting the initial week of CLEAN phase at this time if you want to lose more weight. The WEAN phase is critical for long term success and cannot be substituted. We recommend staying in the WEAN phase at least three days before restarting the program if desired. At this point you have reset your “set point” metabolically and your subsequent cycles will reflect this new set point. Your engine is burning hotter and you have achieved a resetting of your basal metabolic rate, when the diet has been properly adhered to.

After the WEAN phase, roughly three days if repeating to up to 2 weeks if not, you will go into the KEEN phase of maintenance of your results. Suggestions for healthy lifetime eating and how to enjoy your newly reset metabolism abound during this phase. Key points are ongoing support through life for the results you have achieved and want to maintain; when you know you need to consider going back on a LUXE 750 HCG Diet cycle; what foods to eat in minimal amounts; what foods to build meals around, and other key lifetime pointers. Behavior modification plays a role in the successful maintenance of your weight loss efforts through life, and we at LUXE Medical Wellness Spa are ready to support you in maintaining the results you have achieved with our revolutionary modernized diet plan.

We do believe that the Very Low Calorie original Simeons diet is more dangerous and has more proven risk factors than our LUXE 750 HCG Low Calorie Diet. Many on modified versions of the Simeons diet find a higher caloric intake to be easier to handle, especially for men and women leading active lives. Our LUXE 750 HCG Diet also does not require calorie counting other than simply knowing how large your portion sizes should be, nor does it require measuring of food on a scale. I have designed an easy program with shopping lists that can easily be obtained and utilized in any household. We are firm advocates of our plan and the results speak for themselves!

So let’s dive into this modernized, state-of-the-art, cutting edge way to lose all the weight you ever wanted to lose, with the LUXE 750 HCG Diet! Good luck!

I wish you wellness,

Dr. Sherryl Shipes

1. **EAT**

* 1. **Your First Medical Consult and Deciding to Succeed**

You’ve made a decision to open this book and get started on your weight loss journey utilizing the proven science behind the revolutionary LUXE 750 HCG Diet Plan. Throughout this book, we want you to read, study and ascertain your fit with this particular program. It’s going to take dedication and intent on your part. But many decades of results on the original Simeon protocol have caused Dr. Shipes to investigate and structure her own diet regimen that is more user-friendly, less strident and easier to follow, with the addition of caloric intake per day that has not shown to disrupt results. You will get the same or similar results following our modified plan to the original Simeon HCG Diet, and will have an easier time of it, with many more dietary choices available to you during all four phases of the diet.

Your first medical consult will be comprehensive. You will give us a complete history and Dr. Shipes will perform a complete physical. We will draw blood which we will detail in this chapter in order to get a good idea of your baseline. This bloodwork is necessary. Your history is vital to the success of the diet. We will ask questions such as what other forms of weight loss you have tried, and your relative successes with different types of programs. We will ask about your workout status, whether you do or not, how much you do, and if you incorporate weights into your program. We will ask you if you would like to have the names of our personal trainers who would be willing to come to your home to train you, if desired. LUXE Medical Wellness Spa is here for you and we will hold your hand and assist you in a professional, medically supervised way to achieve your ultimate goals. So how does this happen?

* + 1. **Measurements: BMI, Orthometry, Weight, BMR, all Baseline**

We first need to get an idea of where you are starting. What your baseline body shape is, how much you have attempted to lose the weight that plagues you, and what has worked for you in the past. Dr. Shipes will perform orthometric measurements including computing your baseline Body Mass Index, and will do full body measurements to start you off on your journey. Your weight will be taken and you will leave with a scale to match calibration with our clinic scale to keep accurate daily weights every morning, recording them in your log.

Your Basal Metabolic Rate will be computed, and an estimated ceiling for your caloric intake per day will be computed. This is based on your age, weight and height, then we take 40% of that number as your weight loss goal for calories daily. This may diverge from the 750 calories on the LUXE 750 HCG Diet. Everyone is not the same, and we view each case as a customized diet plan to meet your exact needs based on these parameters instead of just setting some arbitrary numbers to try to hit daily calorie-wise.

* + 1. **Labwork including Hormone Levels**

We will do a full panel of bloodwork including a Complete Blood Count and a Chem 8 in order to determine if there is anything we see that could be corrected along with the balancing of your metabolism that will occur with the LUXE 750 HCG Diet. We will also run a steroid hormone level panel that will tell us whether you need testosterone or estrogen supplementation, which we will discuss with you as augmenting your results in our LUXE 750 HCG Diet program.

* + 1. **Full History and Physical**

Your full history and physical is necessary in order for us to see if you are a candidate for the LUXE 750 HCG Diet. This is a critical part of the examination.

* + 1. **Symptoms and Goals Consult**

You will be given paperwork asking you to disclose your symptoms as well as your goals. We want to understand everything we can about you before helping you embark on this weight loss journey. This is a private consult with Dr. Shipes and will be the moment that you need to disclose your true reason for entering our program. There are so many benefits to the LUXE 750 HCG program, and we want to take this time to go over the features and benefits of the program, as well as introduce you to the daily diet choices, the shots you will need to give yourself daily, discussion about the weekly weigh-ins, as well as other factors. We want you to be fully informed and all of your questions answered in regard to starting and completing this modernized version of the Simeon HCG Protocol. It will be your time to counsel directly with Dr. Shipes and get started on your pathway to lose weight and keep it off permanently.

## Diet Success BOOT CAMP – Preparation for your First Successful Journey

* + 1. **What Foods To Throw Out, Avoid At All Costs: Prepare that Pantry!**

Time to clean out the pantry! Especially getting rid of your trigger foods! This means the freezer and refrigerator too! We want you to remove everything that is not allowed on the diet. This means it’s time to clean out the pantry and freezer of all temptations and junk food. Keep any foods your family eats if you have children out of your direct line of sight by storing them so you are not seeing them when you open the pantry. Cleaning out the cupboards and stocking with fresh foods from your LUXE 750 HCG Phase 2 LEAN Phase Shopping List is the best way to maintain the diet.

The process of cleaning out the pantry getting prepared to start your diet is very satisfying and empowering. Use a large black trash bag and dump away. Make sure you have nothing in your line of sight that will impede your progress should you get weak. Now on to the diet!

* + 1. **Phase 1 Kickstart: Your Fat-Loading CLEAN Period**

You are going to start with two days of Fat-Loading. The LUXE 750 HCG injections will start on day one of Phase 1 CLEAN Kickstart. We are attempting to put your body in borderline ketosis (fat burning) during this period. Some authors online call this the GORGE period as there is no caloric restriction and there is no quantity restriction. The only restriction is that you have to have ZERO sugar and ZERO carbs. So let’s see what that looks like.

* + - 1. **NO Sugar and NO Carbs for Two Days**

You are going to start with two days of Fat-Loading. The LUXE 750 HCG injections will start today. This is day one of Phase 1 CLEAN Kickstart. We are attempting to put your body in borderline ketosis (fat burning) during this period. Some authors online call this the GORGE period as there is no caloric restriction and there is no quantity restriction. The only restriction is that you have to have ZERO sugar and ZERO carbs. So let’s see what that looks like.

* + - 1. **No Exception to this Required List of Zero Sugar/Zero Carb Foods for CLEAN Period: These Foods Only**

**Zero Carb/Zero Sugar List for first 2 days of LUXE 750 HCG Diet**

Meats: Chicken, Beef, Turkey, Duck, Veal, Lamb, Pork, Organ Meats, Goose

Seafood: Fish, Shellfish, Mollusks

Vegetables: Leafy greens (lettuce, arugula, spinach, swiss chard, kale, turnip greens, bok choy), Cucumber, Radish, Herbs, Alfalfa sprouts, Chicory family (Endive, Escarole, Radicchio)

Dairy: Butter, Margarine, Most Cheeses, Heavy Cream

Eggs

Oils: Coconut, Olive, Sunflower, Sesame, Avocado, Safflower, Corn and Peanut

Condiments: Vinegar (NOT balsamic), Mustard (avoid honey variety), Salt, Black Pepper, Many hot sauces (read the ingredients), Regular full fat mayonnaise

Drinks: Water, Tea (no milk or sugar), Coffee (no milk or sugar), Diet soda, Herbal tea, Most water enhancers

Everything else: Pork rinds, Sugar Free Jello, Shirataki noodles

If it is not on this list, you may not have it for Phase 1 CLEAN period of the LUXE 750 HCG Diet. Eat often and eat as much as you want in quantity. No limit on quantity, do not count calories, and take your HCG shots every day.

## Phase 2 Weight Loss: Your Six Week LUXE HCG 750 LEAN Period

* + - 1. **Your Weekly Medical Monitoring Meeting with Dr. Shipes**

Every week on the day you initiated your diet you will meet for a 20 minute weigh-in. We will compute your BMI and will offer tips and help in any way we can. We will prepare your next week’s injections of HCG and your B-12 shot as well to take home in a refrigerated pouch. Bring your questions and observations to us weekly, we are here for you!

* + - 1. **Counting Calories on the LUXE 750 HCG Diet: It’s Critical!**

Here’s the calorie count of the approved food list which will help you get 750 calories per day on your LUXE 750 HCG Diet. This can help you better plan out the foods you intend to eat, what quantities you will eat, and help you stick to your goal.

The LUXE 750 HCG Diet differs from the Simeon protocol in that we actually want you to stay in ketosis rather than having the fruits in the original plan, or the toast. Green leafy vegetables and protein should be your mainstay. Fruits take you out of the ketosis fat-burning zone and cause wider fluctuations in blood sugar. Breads and crackers convert immediately to sugars in the body. So take these off the menu in the LUXE 750 HCG Diet. You will see much more dramatic results by doing so!

**LUXE 750** [**HCG Food List Calorie Count**](https://www.hcg-injections.com/hcg-food-list-calorie-count/)

**PROTEIN SOURCES:**

**EGG**

May have one whole egg per day preferably boiled with no fats, can add 3 more egg whites to it for an omelet. – 78 calories per egg, 17 calories per egg white = 129 calories. May substitute egg for any meal during the day and can be repeated up to twice a day if preferred.

**PROTEIN SHAKES:**

May substitute for any meal or snack: EAS Carb Control, Muscle Milk Lite, Whey Protein, Pure Pro, Isopure, Pure Protein Clear or Flavored – 90 to 110 calories

**YOGURT:**

Dannon Lite & Fit Carb Control (must be low carb/low fat)

**MEATS:**

For every 100 grams of meat

Veal

Loin Chop – 117 calories

Sirloin – 110 calories

Beef

Sirloin Tip Side Steaks – 130 calories

Top Round Steak – 166 calories

93/7 Lean Ground Beef – 150 calories

Cube Steak – 160 calories

Tri-Tip Steak – 154 calories

Chicken Breast – 162 calories

**FISH:**

Halibut – 110 calories

Cod – 83 calories

Crab Meat – 100 calories

Shrimp – 110 calories

Tilapia – 94 calories

Red Snapper – 110 calories

Haddock – 88 calories

Lobster – 98 calories

Flounder – 90 calories

**VEGETABLE:**

For every 100 grams or 3.5 oz of vegetables

Cucumber – 12 calories

Asparagus – 20 calories

White onion- 25 calories

Green onions- 25 calories

Radishes – 12 calories

Celery – 15 calories

Green sweet pepper- 20 calories

Green beans- 40 calories

Cauliflower – 22 calories

Lettuce – 20 calories

Spinach – 20 calories

Tomato – 20 calories

Cabbage – 24 calories

Tomato- 20 calories

Broccoli – 34 calories

Spinach- 55 calories

The calorie count on meats and vegetables above do not include any sauces, butter or salad dressing. Avoid any sauces on meat such as A-1 steak sauce and barbecues sauce. Do not use salad dressings on salads and vegetables too.

* + - 1. **Your Relationship with Alcoholic Beverages: It’s a Choice**

Alcohol is not advised while you are on a low calorie diet. But drinking alcohol at most once a week is something that won’t affect your [LUXE](https://www.hcg-injections.com/buy/hcg-injections-4-month-kit/) 750 HCG diet much.

The secret to successfully drink alcohol while you are on your LCD is choosing the right alcohol and drinking in moderation.  If you must have a drink, consider your health goals and eating habits. Before you pour yourself a glass of something intoxicating there are a couple of options for you to choose from.

Alcohol you can drink in moderation on special occasions:

Rum

Tequila

Red and white wine

Though it’s high in calories and carb, it is rich in antioxidants. Drink 2-3 glasses a week.

Vodka

Drink 2-3 glasses straight per week.

Other allowable options:

Vodka and orange juice

Vodka and water with a squeeze of lemon

NOTE: Keep the calories as low as possible. Avoid sugary mixes that can double your calorie intake. Avoid tonic water. It’s high in sugar. Alcoholic beverages with lots of carb and sugar can make you hungry.

Alcoholic beverages to avoid (grain-based, not gluten-free)

Beer

Alcoholic beverages like beer have the highest calories. One can is around 100 calories. That makes up 20% of your daily calorie intake. If you will have a can of beer each day, you will be forced to compromise your meal. This will cause a deficiency of nutrition in your body and plateaus.

Gin

Some are grain-based.

Bourbon

There is no immediate danger if you will combine HCG and alcohol. However, it can set your diet back quite a bit. Not only drinking alcoholic beverages in moderation can cause your weight loss to stall for 3-6 days. It can possibly give you a weight gain. Alcohol is one of the worst things you can drink that can undesirably affect your weight loss. If your body is busy oxidizing alcohol than fats, it will accumulate in your liver and systemically in your belly, thigh and arms.

Some factors to help you decide whether to drink or not:

Alcohol is addictive.

Alcohol is not good for your liver.

Your liver can’t help you burn fats if it’s busy detoxifying your body from alcohol.

* + - 1. **Phase 2 Recommended Weekly Shopping List and Alternatives**

**HCG Diet Shopping List**

**VEGETABLES**

· Any kind of lettuce, spinach, beet greens, chard, cabbage

· Any kind of onions

· Any kind of tomatoes

· Fennel

· Cucumber

· Radishes

· Celery

· Asparagus

Canned vegetables are NOT allowed.

**PROTEINS**

Your meats/poultry cannot be cooked on the bone. All meats should be

trimmed of all fat (and skin)

* White Fish
* Lobster
* Crab
* Shrimp
* Extra Lean Beef (steak, 96% premium lean ground beef, pot roast)
* Bison
* Chicken

Eggs are allowed on the LUXE 750 HCG diet but only one whole is allowed per day mixed with three egg whites.

**Meats that are NOT allowed:**  
Deli meats (cold cuts), salmon, eel, tuna, herring, dried or pickled fish. Regular (non-lean) beef cuts or ground of 80/20, 90/10, 93/7 are not allowed.

**SNACK**

10 count of any nuts or assorted (14 g)

Hard-boiled egg

Pork rinds

Beef jerky (no sugar added)

**PROTEIN SHAKES:**

May substitute for any meal or snack: EAS Carb Control, Muscle Milk Lite, Whey Protein, Pure Pro, Isopure, Pure Protein Clear or Flavored – 90 to 110 calories

**YOGURT:**

Dannon Lite & Fit Carb Control (must be low carb/low fat)

**DESSERTS:**

No sugar jello, No sugar/no fat chocolate pudding, Walden Farms Peanut butter or Chocolate, Philly Swirl (no sugar/no fat), Glenny’s low fat soy chips, Smucker’s Chocolate and Strawberry no-sugar spreads, Fudgsicles (chocolate, fruit or creamsicle), Extend bar, Dill pickles

**DRINK & OTHERS**

Any 0 calorie, 0 sugar and 0 fat drink is acceptable.

· Herbal Tea

· Bottled Water

· Sugarless Gum

· Stevia (natural sweetener, any flavor)

· Braggs Liquid Amino (this is a soy sauce type of product)

· Mustard

· Apple Cider Vinegar

· Any natural herb or spice, salt and pepper, garlic

**SAMPLE LUXE 750 HCG Diet Menu Day 1 of Phase 2 LEAN Phase**

* Breakfast - Coffee or tea with Stevia and 1 tablespoon of 2% milk. Protein shake or yogurt.
* Morning Snack – 10 count serving of nuts, natural, no sugar coating, no dry roasting, or hard-boiled egg or pork rinds (handful)
* Lunch - 3.5 oz. of any one approved protein, 1 vegetable or mixed vegetables
* . Some people like to eat a heavier protein portion at lunch time, and a lighter one, such as fish, for dinner.
* **​** Dinner - 3.5 oz. of any one approved protein, 1 vegetable or mixed vegetables.
* Evening Snack – 10 count serving of nuts, natural, no sugar coating, no dry roasting, or hard-boiled egg or pork rinds (handful)
* TOTAL CALORIES: 750
  + - 1. **Sunday Meal Prep for Each Week’s Success, What To Buy/How to Do It**

# Preparing your food ahead of time will make your entire week easier and there will be no guesswork. A successful LUXE 750 HCG Diet plan can also include eating out occasionally, but having “go to” meals prepped and ready is always the best alternative. So plan a few hours per week to make that happen, and the benefit will be proven to you the first time you get to reach into the refrigerator and pull out a prepared, appropriate meal that has been fixed based on the LUXE 750 HCG guidelines. Do your shopping once a week with the list we have provided, and get prepping! We recommend that you purchase BPA-free storage containers, at least 20 of them, in order to prepare your meals. There are wonderful youtube videos online showing active dieters in their meal prepping zone. Watch the videos and educate yourself about what recipes you enjoy, then cook once and spread them out. There are delicious gourmet recipes available as well as Cookbooks for the HCG lifestyle available. We highly recommend The Ultimate HCG Diet Quick Start Cookbook Collection: Volumes I and II.

* + - 1. **Biofeedback: Your LUXE LOG Workbook and Your Weekly Visit**

Your workbook consists of a daily diary to record your journey. Bring this log with you to every meeting with the staff at LUXE Wellness and Medical Spa.

## Phase 3 Steady State: Your Two Week 1000 Calorie WEAN Period

* + - 1. **Adding Back In Some Tasty Alternatives**
      2. **Behaviors during the WEAN Period**
      3. **Philosophy on Gapping/Beginning Another Round after Three Day WEAN**

The two week gradual increase of caloric intake in the WEAN period on your LUXE 750 HCG Diet will take your body slowly out of ketosis and enable you to watch and correct your plan if things change. We want you to stay within 2 weeks of your lowest daily weight you achieved during the LEAN phase. Introduce calories gradually, including increasing the amount you eat. Add back in up to 30 carbohydrate grams per day. Do not eat if you are not hungry and don’t rush out and start immediately eating starches and sugars. If your weight goes above the two pounds over your lowest weight, you need to consider starting the three week phase 3 period over again.

Remember, the most important thing is NO sugar, NO starch and NO gorging on foods you have resisted. Stay calm and you will succeed through this period.

There are many delicious recipes online for the Phase 3 LEAN period of the LUXE 750 HCG Diet. HCGChica on the web has a downloadable list we highly recommend delineating the foods that can be eaten during this two week period. We recommend you download and print this list from this amazing author. She has had great success on the diet and comes highly recommended. Wine? Hard cheese? Avocado? All a part of the Phase 3 LEAN period. Squash is also allowed, as are more dairy choices such as sour cream and whipped cream (sugar free).

The key in this phase is to continue monitoring your weight and to not deviate from your learned behaviors. Keep at it, and your daily discipline will pay off in great dividends.

## Phase 4 Stabilization: Your Lifetime KEEN Period

* + - 1. **Food For Life**
      2. **Behaviors For Life**

Goodness, that’s it! You’ve done it! You’ve achieved the weight you wanted, gotten through the WEAN period and now you are KEEN! If you have no more weight to lose and have successfully completed your WEAN period while maintaining no more than a two pound weight gain over your Lowest Weight you achieve in Phase 2 LEAN period, then you are ready to transition. Phase 4 completes your journey. You add complex healthy carbs and maintain. You watch carefully for any sign of gaining any weight at all, so it is time to allow for your body to readjust to eating occasional carbohydrates in order to develop a more well-rounded albeit highly disciplined form of eating for the rest of your life.

Adding back in breakfast and making healthy choices will enable you to spread your calories out over the day and will prevent overeating at lunch.

This is your lifetime maintenance period, as a KEEN LUXE 750 HCG Diet success. Your “setpoint” has radically shifted through your journey. You will make better choices now and hopefully will be able to eat a full, normal diet in the correct portion sizes, and will be able to maintain your weight lost during the diet. A few indulgences here and there are acceptable, as well!

If you find yourself lapsing and gaining over two pounds, you can have what the original Dr. Simeon diet stated is allowable, which is a STEAK day. On the steak day, you don’t eat breakfast or lunch, drink at least ½ gallon of water that day, and at dinner, cook yourself a nice big steak and enjoy it.

We recommend adding back in one carbohydrate food at a time, seeing how your body processes it. For example, adding in corn, waiting two days, then seeing if you experience any weight gain from the addition. If not, move on to potatoes, wait the two days, and see if you have any change off baseline in your weight. Note how many carbohydrate grams you are adding. Most people are able to have a “new normal” diet after the LUXE 750 HCG Diet of between 25 to 40 carb grams without subsequent weight gain. Just watch it closely and make sure you are not fooling yourself. Each meal should have no more than 10 to 15 carbohydrate grams. Each snack should have no more than 6 to 7 grams of carbohydrate.

What Else Should I Do?

These are excellent tips from http://hcgloss.com/protocol-overview/phase-4/

To keep the weight off permanently, here are some guidelines:

1. Drink your water!! Keep up the 2 liters per day you drank during the VCLD and Phase 3. Water is critical to healthy functioning of your body, so don’t slack off now that you’re ‘done’ with the protocol.
2. Eat organic food if you can. Do the best you can. You don’t have to count calories or be concerned with fat, carbohydrates, protein, or sodium, except to keep a loose running balance of carbs (sugar and starch, not fiber) to keep moving towards normal insulin response levels.
3. Relax, eat when you’re hungry and stop when you’re full. You should have more fat and and protein than carbohydrates, as that is what your body needs. I end up at around 50% fat, 40% protein and 10% carbs. This number is \*not\* set in stone, just what I do. It might serve you as a guideline to start with as you explore \*your\* bodies’ needs.
4. Mimimize fast food, regional or national chain restaurants. This food tends to be loaded with chemicals, sugars and starches. Much of it has been injected with sugar, MSG and other chemicals for preservation and or flavoring. If you must eat it, return as soon as possible to your clean eating habits to negate the effects of such food. Drink plenty of water to keep your system cleaned out and hydrated.
5. Do a Candida cleanse. In Simeons’ day Candida yeast overgrowth was almost nonexistent. Today, over 80% of the U.S. population has some degree of Candida yeast overgrowth. This condition creates massive food cravings, systemic inflammation, gas and bloating, depression, increased hunger, poor digestion, and fatigue.
6. Clean your colon and liver and do a heavy metal cleanse. Since it is impossible for you to eat perfectly for the rest of your life, Periodic colon, liver and heavy metal cleanses are helpful to good health.
7. Do a liver cleanse. Cleansing the liver will dramatically improve digestion, increase metabolism, and make permanent weight loss very easy.
8. Drink at least a couple of liters of water daily. If your local water is city water, you might want to consider using purified water instead. Mine is from a well and contains none of the chemicals that city water has. This will keep the cells hydrated and continually flush toxins from the body.
9. Walk for one hour, outside, every day. Make sure you have \*some\* sort of exercise program that gets you moving for an hour a day. Inactivity will lead to gaining weight. Your body is designed to \*move\*! After all, the meat won’t bring itself to you to be eaten!!
10. Eat! Always eat breakfast, eat something for every meal, and finish your dinner three and one-half hours before you go to bed. Avoid eating a huge meal as this overtaxes the hypothalamus.You should have your largest meals at breakfast and lunch, and dinner should be lighter to make sure you can digest it all before you go to bed and your digestive functions shut down for sleep.
11. Eat lots of low-glycemic veggies with lunch and dinner (made with organic ingredients).At least half your plate should be veggies at every meal.
12. Add organic hot peppers and cinnamon as often as possible.They help increase digestion and have a tonic effect on the system.
13. Use organic virgin coconut oil as often as possible. I get mine from [Tropical Traditions](http://www.tropicaltraditions.com/). Sign up for their newsletters and they’ll send you weekly sales circulars.
14. Use organic raw apple cider vinegar as often as possible. Get the stuff that has gunk in the bottom. This is the ‘mother’ and means the cider is alive and much more effective.
15. Sleep eight hours per night; ideally, between 10:00 p.m. and 6:00 a.m. Losing weight or maintaining weight loss is impossible if your body isn’t rested. Not being rested puts your body into a fatigue and stress state that will cause inflammation, poor digestion and ultimately weight gain.
16. Drink organic Yerba Mate tea, chamomile tea, Wu Long tea, and green tea liberally. They help digestion and can encourage more weight loss if needed.
17. Every day take a whole food supplement, probiotics, Vitamin E, and krill oil.
18. Use stevia as your sweetener of choice. Honey is sugar. Agave nectar is sugar (and is also a trash food that is bad for you). Rice syrup is sugar. Added sugar is not what your body needs. If you want sweeter things, eat fruit, sweeten with fruit or small amounts of fruit juice or applesauce. AVOID artificial sweeteners such as Splenda and Nutrasweet like the plague. They promote insulin resistance and weight gain, and are poisonous to boot. Don’t believe me? Google ‘splenda dangers’ or ‘nutrasweet dangers’. Don’t eat before you do, because it will make you sick. Trust me on this.
19. Get sun on a regular basis.Your body \*needs\* Vitamin D to survive. If you live in a sunless area (like the Pacific Northwest) or are in a job that keeps you indoors, take a D3 supplement, 10,000 IU per day is the recommended amount. If you can get out in the sun, get at least 20 minutes a day (WITHOUT sunscreen) and you’ll get your D for the day.
20. Take digestive enzymes with food. They will help your body process.
21. Limit carbonated drinks. I have switched to Zevia, a stevia and erythritol flavored carbonated soda.  I only drink those for a treat, not for an every day thing. The are much healthier than soft drinks, but still processed.
22. Limit non-prescription, over-the-counter, and prescription drug use. The side effects of such drugs are long, and many are harmful. Obviously you may have to take some meds, but keep track of how you are feeling. Getting healthier, losing weight and rebalancing your body may reduce or even eliminate your need for them!! As always, check with your medical specialist before stopping any medications.

***The following items must be avoided at all costs as they will quickly and easily make you gain weight:***

1. No super highly refined sugars. These include high fructose corn syrup, corn syrup, sucrose, and dextrose.
2. No genetically modified food (GMO). If it doesn’t say 100% organic, it is probably genetically modified. This includes 99% of soy in the US. So no soy milk or other soy products made in the US.
3. No artificial sweeteners. This includes NutraSweet, Splenda, aspartame, sucralose, and others.
4. No  partially hydrogenated oils.
5. No monosodium glutamate.MSG is nasty stuff. It often hides in foods as ‘natural flavorings’.
6. No food with nitrites. (I haven’t been able to resist this one, I \*love\* bacon…..)
7. If possible, no meat, poultry, or dairy that is not 100% organic. Nearly all meat, poultry, and dairy that is not 100% organic is loaded with growth hormones, antibiotics, and other drugs. These absolutely cause weight gain and other physical and emotional problems.
8. No farm raised fish. Look for packages that say ‘wild caught’.
9. No propylene glycol or sodium laureth sulfate. Make sure your shampoos, conditioners, moisturizers, soaps, lotions, and creams do not contain these deadly poisonous chemicals.

## DOSE

## What Exactly is HCG and How Is It Going To Help Me Lose Weight?

HCG is human chorionic gonadotropin. HCG is the hormone made when a woman is pregnant. Advocates say that HCG can trigger your body to utilize fat for energy rather than muscle. The LUXE 750 HCG Diet utilizes HCG injections. It has been shown to be the most effective way for a dieter to lose fat and spare muscle. It has been heavily studied over the years since the FDA labeled it as “not effective for weight loss”. Dr. Simeon back in the 1950’s saw his patients as inpatients, on a daily basis, and monitored their intake stridently. That coupled with what he noticed was the hormone enabling third world malnourished women to have full weight full term babies, HCG, was his mix for diet success. But what about HCG makes it effective and why do so many tout its benefits?

The LUXE 750 HCG Diet is a modernized, updated version of the original Simeon protocol, using tools Dr. Simeon did not have at his disposal in the 1950’s. So many more delicious alternatives are available to the patient, including protein shakes, etc., and we have incorporated them into our modified form of the original Simeon protocol. The HCG augments the weight loss and this is demonstrable. I dose customized to the patient, and I base my diet on the Basal Metabolic Rate rather than just stating everyone should keep to a 500 calorie diet. The caloric intake I compute for every patient will ensure short- and long-term success when adhered to.

Dr. Sheri R. Emma, MD, has explained it very well on a recent Dr. Oz program. She states that HCG decreases patient’s feelings of hunger so that they may eat very little, very comfortably. She recommends injection only, which is what we do at LUXE. The other ways of taking HCG available on the market are ineffective, as we will demonstrate in the next section.

HCG is a prohormone that elevates hormone levels in the body, including testosterone. Testosterone induces an anabolic, or MUSCLE-building state, which is demonstrated by studies showing that hormone levels have increased in patients taking the HCG injections. Muscle wasting is a serious problem in any Very Low Calorie Diet. Our diet, the LUXE 750 HCG Diet, is not “very low” calorie. It is “low calorie” therefore much safer. Drops in muscle mass are mitigated by the HCG shots. I am a firm believer that HCG injections, when given at the appropriate doses, protect muscle from being loss. My patients will become leaner, will have higher metabolic rates, and will keep their weight off much longer after completing the six week diet (2 days of loading in the CLEAN phase, 40 days in the LEAN phase).

## What types of HCG Are Out There and Which is Best For Me?

* + 1. **Avogadro’s Number and Homeopathy**
    2. **Can HCG be absorbed orally?**

HCG is sold as drops to be absorbed “under the tongue” or sublingually. There is a “ceiling” regarding the size of a molecule that can be absorbed orally, and that is approximately 1500 daltons, a measure for molecular weight. HCG’s molecular weight is approximately 30,000 daltons—about six times larger than insulin, which, by the way, has to be injected. Neither insulin nor HCG can be absorbed orally. The Jefferson City Medical Group in Mid-Missouri discusses the use of HCG and the dangers of the Very Low Calorie Diet propounded by Dr. Simeon. We have modernized the diet to decrease the danger, increased caloric intake to safe levels based on Basal Metabolic Rate, and are seeing effects same or better on our protocol which is more ketosis-based and easier to manage and maintain.

Homeopathy is based the belief that disease symptoms can be cured by small doses of substances which produce similar symptoms in healthy people. Avogadro’s number ll HCG drop formulations are inert, or having no pharmacological action, due to high molecular weight. Moreover, it is the specific shape and structure of a molecule on which the hormone’s action depends. In other words, it has to fit like a “key into a lock” or nothing happens. Therefore, it would be impossible to “take a small dose” or “a segment” of a hormone and expect to cause any kind of biological action. The Jefferson City Medical Group’s website goes into great detail explaining how homeopathic preparations are completely unable to be absorbed, are illegal and ineffective.

Homeowatch.org states, “Advocates (of homeopathy) claim that the lower the concentration of a substance, the more potent it becomes. This concept, often referred to as the "Law of Infinitestimals," is the equivalent of saying that the less sugar you put into a cup of coffee, the sweeter it will become. This is just the opposite of the dose-response relationship that pharmacologists have demonstrated. Homeopathy's founder (Samuel Hahnemann, M.D.) himself realized there was virtually no chance that an original molecule would remain after extreme dilutions. But he declared that vigorous shaking ("succussion") or pulverizing between dilutions would leave behind a spirit-like essence that cures by reviving the body's "vital force." In essence, highly dilute homeopathic products have absolutely no measurable active ingredients and produce no measurable response. Most of the HCG products on the market today tout that they are homeopathic preparations, meaning that no real HCG is present in the formulation. Therefore any other method other than injection (sublingual drops, etc.) has no effect and the HCG if present could not be absorbed due to its particle size.

* + 1. **Why Injections Work**

Only injections can raise blood levels of HCG, therefore injection under a doctor’s supervision is the only treatment offered in the LUXE 750 HCG Diet. That being said, HCG has not been approved as a weight loss drug by the FDA. While many sources state that the real benefit from our modern modification of the Simeons protocol works due to extreme caloric restriction, numerous testimonials from patients who have successfully completed the diet state that the HCG injections do help control appetite and help with adherence to the diet. HCG is a drug which has not been approved by the FDA as safe and effective in the treatment of obesity or weight control. There is no substantial evidence that HCG increases weight loss beyond that resulting from caloric restriction, that it causes a more attractive or “normal” distribution of fat, or that it decreases the hunger and discomfort associated with calorie-restrictive diets.

As with any weight loss program, there are no guarantees for individual weight loss. Information provided herein is based on historical research, studies, and results from the many thousands of former HCG (human chorionic gonadotropin) weight loss clients. Individual success is dependent upon a variety of factors. The HCG injection is an adjunct and is intended to be utilized along with our full LUXE 750 HCG Diet program.

## To Phen or Not To Phen

Phentermine is the most popular prescribed appetite suppressant available by prescription. The LUXE 750 HCG Diet has an option to use this powerful suppressant along with the HCG shot, or not. It is an individual decision. We recommend trying it for a week during Phase 2 LEAN Phase of our diet. If you like the effect, we will call it in for you. We want you to use the absolute lowest dose to achieve the suppression of your appetite, and you will stay on it for the full forty days of the diet to augment your results. It is optional and not necessary, but if you tend to have food addictions this will help stop cravings and help you manage your symptoms of hunger better while on the LUXE 750 HCG Diet.

## Your Weekly Vitamin Supplements

The original Simeons HCG diet recommended no supplemental vitamins be added to the daily intake. Our modernized version of the protocol changes that up, as Dr. Shipes is all about balancing your electrolytes and assisting the body to achieve normalcy. This will prevent fatigue and will help maintain your homeostasis, or metabolic balance, during your weight loss journey. The LUXE 750 HCG Diet includes daily HCG shots as well as a once weekly Vitamin B-12 shot. We recommend starting a multivitamin including trace minerals, magnesium and potassium during the diet, and have these vitamins available for purchase in the office.

## MOVE

## Your Weekly Discipline: Get Moving!

“Should I exercise while on the LUXE 750 HCG Diet?” is one of our most frequent questions we get. This is a personal choice but adding in a 30 minute walk outside or on the treadmill per day is a great way to boost metabolism. If your Body Mass Index (BMI) is over 30, exercise should definitely be added to the protocol every day. Resistance training is also important, but don’t overdo it. Your body is going through a rapid weight loss on the LUXE 750 HCG Diet and this is taxing and demanding on the system. Getting your heart rate up with a vigorous walk, lifting up to 20 pounds of weight for the upper body, or getting on the elliptical for 30 minutes will help preserve lean body mass and is highly recommended during the program.

* 1. **Your Top Three Keys for Success on the LUXE HCG 750 Plan**
     + 1. PLAN AND EXECUTE YOUR PLAN: Keep your mental focus and mindset straight, especially during the Phase 2 LEAN Phase. If you are not focused on your goal, it will be hard to maintain a daily discipline. We recommend preparing by meditation and visualization of your final outcome. If you can visualize the end of the journey, it will be far easier to go through the program. There are great rewards at the end of the cycle, and you will succeed with proper preparation.
       2. BELIEVE YOU ARE STRONG ENOUGH TO DO THIS: You will have days where you deviate slightly from the plan, and this is normal. But absolutely believe in yourself. You can definitely get through the cycle if you have a positive attitude. Do not get discouraged. You CAN and WILL succeed if you follow the diet to the letter. Each day in Phase 2 LEAN Phase builds on the days before. You will have an additive effect and your best result will build to a final amazing result. We believe in you and we know you can do it!
       3. LOOK FOR SUPPORT AND ENCOURAGE OTHERS AS THIS WILL IN TURN ENCOURAGE YOU: There are wonderful online communities of dieters engaging in other forms of the Simeons HCG Diet. Our LUXE 750 HCG Diet increases your caloric uptake by 250 to 300 calories per day, making it far easier than the original protocol. We enjoy hCGChica’s youtube videos, and they have encouraged many who are attempting the LUXE 750 HCG Diet for the first time. She is a reliable source and has a vast network of dieters who are encouraging one another through her website. We highly recommend watching her videos as well! There is a great community out there, so utilize it!
     1. **How Hot Is My Oven Burning?**

## We all have a built-in metabolic rate, or the rate at which we process and break down food and nutrients to utilizable particles. To find out how many calories you specifically should intake during the LUXE 750 HCG Diet, we use the Harris-Benedict Formula. We will compute this at your initial consult, and this will be the exact amount of calories allowed daily during the Phase 2 LEAN Phase of the LUXE 750 HCG Diet.

For women: BMR = 655 + (4.35 X Weight in Pounds) = (4.7 X Height in Inches) –(4.7 X Age in Years).

For men: BMR = 66 + (6.23 X Weight in Pounds) + (12.7 X Height in Inches) – (6.8 X Age in Years).

Then multiply that number by 0.40 to determine your daily caloric level on the LUXE 750 HCG Diet to achieve dramatic weight loss.

* + 1. **How Long Will I Be On This Diet?**

The duration of the LUXE 750 HCG Diet depends on how much weight you desire to lose. If you want to lose 15 pounds or less, we recommend doing the program for 26 days, called a “short round”. If you want to lose over 15 pounds, we recommend the 42 day program, or a “long round”. You then go on three weeks on the Phase 3 WEAN Phase, then can restart another round if you still have weight you want to lose. You should not do back to back long rounds or short rounds without a three week gap between the rounds as your body will become desensitized to the HCG and desensitized to the diet, hence your weight loss will not be as dramatic as if you completely adhere to the program and get into the Phase 3 LEAN Phase for at least three weeks between rounds.

1. **LOSE**

## How Much Do Dieters Lose on the LUXE 750 HCG Diet On Average?

Studies have shown that the maximum weight loss possible on a short round is around 25 pounds and the maximum reported weight loss on a long round is 37 pounds.

## The Scientific Basis for Your Medically-Monitored Program

The original Simeons HCG Diet was a Very Low Calorie Diet (VLCD), often considered dangerous due to the strident nature of the diet. Many articles have been written in regard to the potential dangers of the VLCD diet. It is virtually impossible to meet daily nutritional targets at a 500 calorie level per day, hence adding 250-300 calories makes the diet more tolerable, and increases the likelihood of successful weight loss without the dangers associated with VLCD diets. The LUXE 750 HCG Diet is not a VLCD, it is a Low Calorie Diet. This allows for less hunger, less cravings and less sense of deprivation which were all common with the more antiquated Simeons HCG Diet. Multiple studies have shown that there are no measurable differences in weight loss when calories are reduced much below 750 to 800 calories. The NIH reports “VLCDs and low calorie diets with an average intake between 400 an 800 calories do not differ in body weight loss. Nine randomized control trials, including VLCD treatment with long-term weight maintenance, show a large variation in the initial weight loss regain percentage, which ranged from −7% to 122% at the 1-year follow-up to 26% to 121% at the 5-year follow-up. There is evidence that a greater initial weight loss using VLCDs with an active follow-up weight-maintenance program, including behavior therapy, nutritional education and exercise, improves weight maintenance.”

## Why LUXE 750 HCG Low Calorie Diet is Better than the Simeon 500 Very Low Calorie Diet: Scientific Backup

Dr. Richard Lipman has a similar diet recommendation to the LUXE 750 HCG Dietm known as the “New 800 Calorie HCG Diet”. He states, “Dr. Simeons based his 500 calorie HCG diet on putting the body into “starvation” mode which forces it to burn stored fat for fuel. Indeed this happens when carbs and fat are reduced to these levels. However, since 1954 when Dr. Simeons wrote [Pounds and Inches](https://dochub.com/hcgdiet), there have been [hundreds of weight loss studies with what are called Very](http://europepmc.org/abstract/med/7024153)Low Calorie Diets (VLCD’s). They reveal no difference in weight loss between eating 500 or 800 calories a day. In fact, more weight loss and protein sparing have been found at the 800 calorie level. In addition, adding 200-300 calories per day, especially in the form of lean protein for breakfast and a little more protein at the evening meal makes a lot of sense.”

## HCG Diet Tips and Testimonials

## Successful Patients on the HCG Diet

“I did hCG diet injections for a couple of months and lost weight. I was very happy with the entire process. I have been able to keep the weight off now for a few months without injections. I have even continued to lose weight. I changed my lifestyle to focus on low calories and exercise. I promise it will work for you,” encourages once successful dieter.

“I have been trying to lose weight for the last year but nothing I tried worked. I would lose 2-5 lbs but gain 6 lbs back. I weighed 190 lbs when I started using hCG injections. In two month, I have lost 53 lbs. I used to wear a size 20 dress but now I wear a size 12. I could not be happier.”

“I was pushing 200 lbs and I could not stand to look at myself in the mirror. I had tried other diets but everything had failed. I heard about hCG from a coworker and decided it was my last chance. I found the hCG program hard at first but I stuck to it and pretty soon my body adjusted and I started to lose weight. I am down to 125 lbs today and I feel fantastic.”

Mark could not be more satisfied with his hCG diet. “Hi, my name is Mark. I have tried to lose weight for 14 years. I would lose some weight but then I would put back on twice the amount. I was at the end of my rope when I decided to try hCG drops. Since I started the diet regime, I have lost 59 pounds and I feel wonderful.”

Mary undertook the hCG diet and achieved [phenomenal weight loss](https://www.hcgspot.com/hcg-diet-results-and-testimonials). She reports, “The hCG program was really easy for me. I started to lose weight quickly. I lost 19 lbs in 30 days. I have even been able to keep it off for the last six months.”

One dieter states, “I have used hCG with great success. I am so satisfied because I lost 30 lbs in the first round. I have successfully kept the weight off for the last eight months.”

“I was really overweight and I knew I needed help. At first, I was skeptical of hCG, but once I started using it and my body adjusted to the low calories the pounds started to drop away. I lost 81 lbs in four months,” boasts an ecstatic user.

## Tips to Guarantee Success on the LUXE 750 HCG Diet

**All Phases of Diet CLEAN/LEAN/WEAN AND KEEN:**

* Eat slowly to keep yourself from over-eating. The faster you eat, the more you eat which can cause weight gain not only during the LUXE 750 HCG Diet, but throughout life.
* For a coffee treat safe for all phases of the LUXE 750 HCG Diet, mix 1 tablespoon of milk (you’re allowed 1 tablespoon of milk per day) with stevia, cinnamon, and vanilla extract into your coffee…AWESOME!
* To stay on track, make sure you are weight in EVERY morning on all phases of the LUXE 750 HCG Diet.
* Drink, drink, drink! Drinking water is one of the most important things to do to keep your body functioning correctly in all phases of the LUXE 750 HCG Diet.
* Dr. Shipes will take your orthometry measurements of entire body before, during and after your LUXE 750 HCG Diet. Taking body measurements throughout the whole process of the diet can help you keep track of your inches lost and body reshaping.

**Phase 1 CLEAN Phase:**

* Prep all your meats at one time.
* Purchase meats in large quantities. Some complete this process for their whole round of HCG, others will do it for half a round of HCG, and some people do it weekly. So, it is truly up to you and your schedule how often you want to prep your meats. Just be aware that this will save you tons of time through the week and for the rest of Phase 2.
* Remove all visible fat from the raw meats.
* Measure the meat out into 100-gram portions (can use a scale or estimate a deck of cards).
* Place all your meats into single zip-top bags.
* Store all the protein servings in the freezer.
* Now your protein is ready to thaw and cook quickly when it is time for a meal. This way you don’t have continually handle the meat. Handy tip!

**Phase 2 LEAN Phase:**

* If you have leg cramps try using cell salts, which will give you adequate potassium in combination with calcium in various formulations. These are usually in pellet form and can be dissolved under the tongue. Cell salts are safe on the LUXE 750 HCG Diet and will help ease muscle cramping.
* Once you’ve completed LUXE 750 HCG Phase 2 LEAN Phase, make sure to take your “after” pictures and measurements to see how far you’ve come in your weight loss journey!
* Like venison? It’s safe on the LCD of the LUXE 750 HCG Diet!
* Although crab meat is allowed on the LCD of the LUXE 750 HCG Diet, imitation crab is not allowed on because it has too much sugar.
* Be careful with your serving sizes of onion and tomatoes because they’re higher in carbs than other vegetables.
* Try increasing your water intake to increase your weight loss! You should be drinking a bare minimum of 2 liters of water every day. Keep it up through LUXE 750 HCG Phase 3 WEAN Phase and the rest of your life to stay healthy.
* Avoid tanning while on Phase 2 LEAN Phase of the LUXE 750 HCG Diet. It will make you retain water and as a result, affect your weight loss.
* Think you’re catching a cold during LUXE 750 HCG Phase 2 LEAN Phase? Try juicing your orange from your meal for a vitamin C boost.
* Remember to take your before pictures and measurements before starting the LUXE 750 HCG Diet. They’ll help motivate you along the way.
* Stay away from flavored coffee and tea. They’ll most likely have hidden sugars or oils that can slow weight loss.
* To get maximum weight loss, make sure you’re getting a good night’s sleep…at least 8 hours per night.
* Don’t forget: mixing veggies at mealtimes is not allowed because this will make you stall or gain on Phase 2 LEAN Phase. Think LEAN!
* Canned tuna wasn’t allowed in Dr. Simeons’ time since it was packed in oil. Now that it’s packed in water, it’s safe for the LCD of the LUXE 750 HCG Diet.
* Use spices with caution on LUXE 750 HCG LEAN Phase. Check all ingredients for hidden sugars, oils, and starches (ex. maltose, orange peel, modified corn starch, etc.) that will affect HCG weight loss.
* It’s best to hold off on taking any vitamins or supplements until after the LCD of the LUXE 750 HCG Diet since they may cause stalls in weight loss. Only approved injections prepared at LUXE for the LUXE 750 HCG Diet are recommended.
* DON’T CHEAT on LUXE 750 HCG Phase 2 LEAN Phase! It can cause major weight gain which can take up to 3 days to recover.
* While on LUXE 750 HCG Phase 2 LEAN Phase, be aware of EVERYTHING you touch. Don’t forget the “no oil” rule for touching things that contain oils or fats.
* Stay motivated in your weight loss with a ‘goal picture.’ Use an old picture of yourself or one cut from a magazine.
* Hidden sugars in food have many names. Look for words ending in –ose, -tol, -dextrose, or –dextrin and avoid them.
* Craving sweets on Phase 2? Try cutting an apple in half, sprinkle with stevia and cinnamon, and microwave for about 2 minutes.
* For a refreshing beverage, mix the juice of 1 lemon (you’re allowed the juice of 1 lemon per day) with plenty of stevia and ice water to make a delicious lemonade!
* To save time use a non-stick grill like a George Foreman for all your meats and even some of your veggies. It cooks most things in about 3 minutes!
* Cover up or stay out of the sun to avoid water retention and stalls or gains on the scale.
* A great way to maximize weight loss both on LUXE 750 HCG Phase 2 and in life is to drink a couple cups of green tea each day.
* Constipated on the LUXE 750 HCG Diet? It’s totally normal. Try using green tea or [Smooth Move Tea](https://diydietstore.com/smooth-move-hcg-tea/) for relief of constipation.
* Dill pickles are allowed as a vegetable on the LUXE 750 HCG Diet. Just make sure the only ingredients are cucumbers, water, vinegar, and salt.
* Remember oily makeup can cause stalling or gaining. Use oil-free, mineral powder-based makeup for best weight loss results.
* Regular lip balm or chapstick are not allowed. You may use baby oil or mineral oil.
* Try adding 2 tablespoons of apple cider vinegar to your diet each day to maximize your weight loss.
* No chewing gum or mints on the LCD on the LUXE 750 HCG Diet! Even if they say ‘sugar free’ they still have ingredients that can cause stalls or gains.
* No diet soda is allowed on the LCD of the LUXE 750 HCG Diet! Even if it says ‘sugar free’ it still has ingredients that can cause stalls or gains.
* Stay away from flavored beverages. Unless you make it yourself with stevia, it probably has bad ingredients that can affect your weight loss.
* Make sure to eat enough high-fat foods on your gorge days. If you don’t you might feel extra hungry your first week on the LCD of the LUXE 750 HCG Diet.
* Be careful when using ground beef on the LCD of the LUXE 750 HCG Diet. If it’s not lean enough, it may cause stalls or gains.
* If you have to eat on Phase 2, try ordering plain lettuce with a plain chicken breast and use lemon juice for dressing.
* Some cuts of steak are better than others. The best cuts are filet mignon, flank steak, T-bone, top round, top sirloin, and tenderloin.
* Mix up your proteins as much as possible. Try and have a different protein for each meal of the day to maximize weight loss.
* Get ample amounts of stevia to satisfy any sweet tooth. Stevia is used in many HCG Diet drinks and other recipes... so stock up on at least one flavor of diet safe flavored stevia to keep your sweet tooth while on the LUXE 750 HCG Diet at bay!
* Remember that not all brands of stevia are allowed on the LUXE 750 HCG Diet, the top brand of stevia that's allowed on LUXE 750 HCG Phase 2 LEAN Phase is called ['SweetLeaf® Stevia'.](https://diydietstore.com/low-calorie-weight-loss/flavored-stevia/)
* Other brands or stevia are not allowed on the LUXE 750 HCG Diet, such as Stevia in the Raw, Truvia, Z-Sweet, Purvia, Only Sweet, Sun Crystals, etc. ALWAYS check the ingredients for words ending in -ose, -tol or containing the word -dex, etc.
* You should only use 'pure' stevia while on the LUXE 750 HCG Diet. Yes, they are more expensive because they do not contain 'fillers', but they are the best to ensure fast weight loss.
* If you like drinking coffee while on Phase 2 LEAN Phase of the LUXE 750 HCG Diet, we recommend:
* English Toffee Stevia
* Vanilla Crème Stevia
* Hazelnut Stevia
* Chocolate Stevia
* If you like flavored water while on Phase 2 LEAN Phase of the LUXE 750 HCG Diet, we recommend:
  + Berry Stevia
  + Lemon Drop Stevia
  + Chocolate Raspberry Stevia
* If you like drinking soda while on Phase 2 LEAN Phase of the LUXE 750 HCG Diet, we recommend:
  + Root Beer Stevia
  + Grape Stevia
  + Cola Stevia
  + Valencia Orange Stevia
* If you like drinking tea while on Phase 2 LEAN Phase of the LUXE 750 HCG Diet, we recommend:
* Lemon Drop Stevia
* Clear Stevia

### **Remember Helpful Mantras**

### Some of my favorite mantras & quotes for the HCG Diet are:

* “I can do ANYTHING for a month!”
* "Nothing tastes as good as skinny feels."
* “Every choice you make has an end result.” ~Zig Ziglar
* "Is it physically hunger or emotional hunger?"
* “Every day do something that will inch you closer to a better tomorrow.” ~Doug Firebaugh
* "The best thing about the future is that it only comes one day at a time.” ~Abraham Lincoln
* “Every day, in every way, I am getting better and better.” ~Emilie Coue

Another thing that helps many HCG dieters stay on track is looking up inspirational quotes or pictures of 'dream bodies'. Get on twitter, facebook, or instagram and search hashtags like #inspo (short for inspiration), #qotd (quote of the day), #fitfam (fitness family).

Or, get inspired by other people who successfully completed the LUXE 750 HCG Diet. At LUXE Medical Wellness Spa, we have a list of mentors, just ask and we will provide you with a coach/mentor.

**Phase 3 WEAN Phase:**

* Carefully read all labels. There is hidden sugar and starch in everything. Sugar has many names such as honey, agave, organic cane juice, dextrose, high fructose corn syrup, etc., so be sure to read up on this first and do not consume food with added sugar.
* When you eat at restaurants, ask good questions. Be ruthless about asking for ingredients. Often, restaurants brush their steaks with sugar and butter! There is hidden honey, and starches in many foods. There is often sugar in salt packets. There is usually sugar in ketchup and mustard. Chicken is often breaded. Be sure to ask, and be conscientious about avoiding all starches and sugars.
* TRACK EVERY SINGLE THING you eat, so you can learn to distinguish which foods make you gain weight. So start with beginner’s mind. You may be surprised at what you discover.
* I suggest that you rarely eat the cautionary foods during LUXE 750 HCG Phase 3 WEAN Phase, and that you do not eat ANY of them the first week or two after getting off the LEAN Phase. If you choose to eat cautionary foods, do so very carefully after that. Just be cautious and test individual foods in small amounts.
* Fresh coconut daily is pure heaven. Many testimonials about the benefits during Phase 3.
* Only add one new food at a time and see what effect each food has. Monitor your reaction when the food is added and cross it off your list if you notice any strange symptoms occur such as sweating, lightheadedness, a feeling of heaviness or decrease of energy. Wait before adding another food until you are sure you know how the one you have added is going to affect your system.
* The first two days after you stop taking HCG, stay on the LCD. STAY STRICT and stick with the protocol. You WILL gain weight if you don’t. And remember, you might lose weight on those last two days, but that weight will very likely come right back when you start eating, so your ending weight at the end of the six weeks on the LUXE 750 HCG Diet Phase 2 LEAN Phase is the weight that you want to maintain.

**Phase 4 KEEN Phase:**

* During this time you’ll be reintroducing carbs and sugars into your diet, but do so carefully. Stay away from “white” foods like breads, rice, pasta, flour, chips, and sugars, as well as fast food restaurants.
* Avoid processed foods, and try to eat organic when possible. Your carbohydrates should come from fruits, vegetables, and whole grains.
* If you find that you have gained weight, do a [steak day](https://www.hcgdietinfo.net/an-easy-guide-to-hcg-steak-day-why-you-should-consider-it/) like you would do when on the LUXE 750 HCG diet and be sure you are counting your calories and carbohydrate intake each day.
* Lots of people have to readjust while on LUXE 750 HCG Phase 4 KEEN Phase, especially when it comes to meal planning.
* There are hundreds of recipes online from dieters just like you who enjoy food and want to be able to do so without worrying about gaining weight.
* If you feel like you’re in a slump, set up a meal plan for the week using their online recipe books, that way you get the right amount of carbs and calories.

## VI: About the Author:

## Dr. Sherryl Shipes DO

Biography of Dr. Sherryl Shipes DO

Since the early 2000's, Dr. Shipes has been a leading physician and advocate in the category of age-reversing aesthetics, wellness, weight loss and primary/emergency medical care of her patients. She is an attending physician at Baylor Surgical Hospital at Las Colinas, and has been for over 5 years. She is available as your private physician through our extensive and rewarding concierge medicine and wellness service, offering a full primary care practice, weight loss program and wellness. On the aesthetics side, she is a personal proponent of nonsurgical techniques including PDO threading, use of Platelet Rich Plasma treatments for hair restoration and dermal restoration, use of dermal fillers and botulinum-related wrinkle treatments for her clientele. She is uniquely qualified as an American Board of Family Medicine (ABFM) Board Certified Family Medicine Doctor and as a Master Aesthetician with the American Academy of Facial Esthetics to perform expert restorative techniques that are appropriate and proportional. She believes in Dr. Mac's tenet of "unconditional positive regard" for everyone, regardless of their circumstance. Her wish is to put forth positivity in all aspects of her life, especially with her patients. She believe in a strong dedication to peer-reviewed medical practice in the lives of those she treats. Every modality at LUXE Medical Spa is FDA approved.

Practice website: [www.luxemedicalspa.com](http://www.luxemedicalspa.com)

CV available through American Academy of Cosmetic Surgery Website: <http://www.cosmeticsurgery.org/global_engine/download_custom.aspx?fileid=1fefc3f1-16d4-4033-a6d4-e66efc5eb4ba.docx&filename=CV%2520Shipes%2520revised%25201.2016.docx&blnIsPublic=2>

## References

<https://www.diyhcg.com/top-7-hcg-tips-tricks-weight-loss-part-1-3/> - highly recommended website for tips and tricks several of which we have included in this publication. Awesome and well thought-out tips! HIGHLY RECOMMENDED!

<https://www.inspiredgirl.me/hcg-maintenence-phase-3-tips-on-getting-started-on-p3/> Excellent tips for phase 3 WEAN Phase of the LUXE 750 HCG Diet. HIGHLY RECOMMENDED!

<https://hcgchica.com/phase-4-hcg-diet-add-carbs-maintain-weight/> This is one of the best authors I have found for information about the diet. She has repeated multiple cycles of a diet closely related to the LUXE 750 HCG Diet and has had great success. HIGHLY RECOMMENDED!

<https://www.hcg-injections.com/hcg-food-list-calorie-count/> This is a great site with chat support. Check them out. We used their HG Food List Calorie Count in this book. HIGHLY RECOMMENDED!

<https://www.hcg-injections.com/alcohol-hcg-diet-part-2/> The alcohol section is a great explanation on this website.

<https://www.hcgdietinfo.net/hgc-diet-plan-food-list/> great suggested daily meal plans.

<https://healthyeating.sfgate.com/quantities-eggs-allowed-hcg-diet-11080.html> explanation of egg allowance per day

<https://www.goodreads.com/book/show/19200335-the-hcg-diet-quick-start-cookbook> Highly recommended cookbooks by Anne Wolfinger with downloadable, ready to print weekly menus an shopping lists while you are on your LUXE 750 HCG Diet journey

<http://hcgloss.com/protocol-overview/phase-4/> Great tips for Phase 4! We have included them in this book. HIGHLY RECOMMENDED! Her recipe section is awesome.

<https://www.jcmg.org/why-you-should-avoid-using-hcg-for-weight-loss/> I do agree with the author’s view of why HCG should not be given homeopathically, or sublingually. It simply cannot pass through the mucosa! Its way too large! We appreciate the scholarship on this website but definitely dose at a much smaller range than would ever give the side effects of multiple pregnancy he discusses in his “caveats” about injectable HCG.

<https://hcgchica.com/> A great reliable source online for all things HCG diet. She has lost and kept off over 50 lbs through a few cycles and is now in the Phase 4 KEEN phase, or lifetime maintenance phase of the original Simeons protocol diet. Highly recommend watching her youtube videos.

<https://bestbuyhcg.com/800-vs-500-calorie-hcg-diet/> Dr. Richard Lipman of Miami, Florida has an excellent and substantially similar diet to the LUXE 750 HCG Diet. We highly recommend his book, New 800 Calorie HCG Diet, available at [www.amazon.com](http://www.amazon.com).