



The "Original"

HCG Diet

800 Calorie Protocol

SECOND EDITION

By Sonia E. Russell, LPN
Licensed Nurse and
Professional HCG Diet Coach
Foreword by Dean Yannello



Hcg Diet 800 Calorie Protocol Second Edition

Olivia J Wood



Hcg Diet 800 Calorie Protocol Second Edition:

Hcg Diet 800 Calorie Protocol Second Edition Sonia E. Russell, 2012-08 Licensed nurse Sonia Russell LPN is recognized as a leading expert in hCG diet research and weight loss safety. Many dieters have claimed to be weak, tired, complain of hunger, frequent headaches, and hair loss on the original 500 calorie VLCD. The HCG Diet 800 Calorie Protocol was developed from years of patient data obtained in the clinical setting to provide the dieter with a safer, effective, and more comfortable plan. The 800 Calorie Protocol includes the use of vitamins and minerals, adding breakfast, more protein sources, an extra fruit serving, and more food choices. The results have shown to yield the same if not better weight loss when compared to the original 500 calorie protocol. The modified version also includes an improved phase 3 stabilization plan by removing certain foods that many dieters have been known to overindulge upon. The 800 Calorie Protocol teaches the principals of eating clean by prohibiting canned and processed foods, fat-free, sugar-free, store-bought foods or products containing preservatives, flavor enhancers, pesticides, herbicides, sugar substitutes, corn syrups, or hormones. The dieter will learn healthier ways to grocery shop, read food labels, and prepare and cook healthier foods. The HCG Diet 800 Calorie Protocol Second Edition contains detailed updates to each phase of the 800 Calorie Protocol, including new stall-breaking techniques, egg white protein alternatives, approved breakfast protein shakes, updates to the phase 2 food guide, phase 2 allowable water, veggies, more delicious phase 2 and 3 recipes, sample menus for phases 2 and 3, a detailed phase 3 stabilization plan, dieter testimonials, all required hCG essentials, updated hCG diet FAQ's, recommended supplements, calorie counting charts, and exercise routines.

[Hcg Diet 800 Calorie Protocol](#) Sonia E. Russell, Sonia E. Lpn Russell, 2011-05-24 A modernized medical revision of the original hCG Diet Protocol that details all of the 4 phases. The new 800 Calorie hCG Diet Protocol was developed over 3 years ago, peer-reviewed, and tested on thousands of dieters with spectacular results. The new modified version will provide the dieter with a more tolerable, healthier, and safer program. HCG drops dieters are strongly encouraged to follow this protocol to achieve healthier long-term weight loss results. This book includes the phase 2 800 calorie hCG diet protocol, food guide, all required hCG essentials, sample menus, phase 2 recipes, new plateau-breaking tips, modernized detailed guidelines for all 4 phases, phase 3 maintenance guide, hCG diet FAQ's, long-term patient testimonials, recommended supplement and nutritional information, calorie counting charts, high glycemic foods to avoid, easy exercise routines, and published hCG diet articles.

The Best Diet You Have Never Heard of - Physician Updated 800 Calorie Hcg Diet Removes Health Concerns Dr. Larry Vickman, MD, 2011-04 *The Best Diet You Have Never Heard Of* is a modernized and improved revision of the original Dr. Simeons 500 calorie hCG diet protocol. Developed over 3 years ago, Dr. Larry Vickman MD, Dr. Connie Odom MD, and Sonia Russell LPN are the first medical professionals to provide a safer and more tolerable protocol for the patient by removing the safety concerns many experience with the original 500 calorie protocol. The physicians have integrated the latest modern medical advancements and increased both the daily protein and caloric intake from the original

500 calories day to an LCD of 800 calories day The revised protocol is also utilized as the new standard in hCG weight loss therapy for the prescribing practitioner **Anti-Aging Therapeutics** Academy A4M American,2011-06-20 Proceedings of the American Academy of Anti Aging Medicine s A4M Seventeenth World Congress on Anti Aging Medicine Regenerative Biomedical Technologies Spring Summer and Winter Sessions 2009 conference year Also includes Anti Aging Clinical Protocols 2010 2011 *New Pounds and Inches* Richard L. Lipman M.D,2013-02 The HCG diet has caught the attention of most overweight Americans as it promises to help the dieter lose a pound a day without hunger or cravings and without a minute of exercise The HCG diet was conceived in 1950 by Dr A T Simeons who wrote in his booklet Pounds and Inches that injecting HCG a hormone produced normally by pregnant women could not only produce spectacular weight loss results but at the same time re set the metabolism centers in the brain permanently Simeons plan required daily injections of HCG and a rigid semi starvation 500 calorie a day diet Although many people have been successful with the plan an equal number have found the HCG diet difficult to follow and have increasing questions about the HCG s safety and effectiveness In the New Pounds and Inches Richard L Lipman M D a board certified endocrinologist and internist updates and revises Simeons 1954 plan using modern day science and his personal experience treating thousands of patients with HCG Dr Lipman clarifies all of the controversies surrounding the HCG diet The New Pounds and Inches uses oral HCG an 800 calorie food plan protein with all three meals many fruits unlimited vegetables and many more foods beverages and snacks unavailable to Dr Simeons It presents a workable exercise program a maintenance plan and concludes with hundreds of appropriate HCG recipes The New Pounds and Inches offers a safe effective weight loss plan that sets the standard in weight loss for both practitioners and patients **Ephedra** United States. Congress. Senate. Committee on Governmental Affairs. Subcommittee on Oversight of Government Management, Restructuring, and the District of Columbia,2003 **Intra- and Extra-Environment and Reproduction** Zhao-Jia Ge,Francesca Gioia Klinger,Teruko Taketo,2022-12-01 Eight Hundred Calorie Secret Richard Lipman,2012 **New 800 Calorie HCG Diet** Richard Lipman,2017-12-26 Safer healthier and just as easy and fast as the original 500 calorie HCG diet writes Richard Lipman M D board certified internist and endocrinologist in The New 800 Calorie HCG Diet Many weight loss physicians agree that the original 500 calorie a day HCG diet is too limited in calories and choices for most patients Over the past three years Dr Lipman added additional low calorie and ultra low carb and fat foods snacks and condiments to the diet of hundreds of HCG dieters Not only did they feel less hungry and less deprived but they lost the same weight as those following the original Simeons diet from 1954 Dr Lipman writes almost all my patients noted more energy and less cravings with the larger portions and more choices in the new 800 calorie plan In addition they lost the same weight without feeling deprived Dr Lipman has explored hundreds of new meal combinations added twenty new snacks including new five fruits unlimited vegetables soups condiments and even ultra low carb wraps Many of the products were originally for diabetics or for low carb dieters developed during the 2004 low carb craze All of the choices are based

principles originally described by Dr Simeons This book describes the use of human hormone HCG or Human Chorionic Gonadotropin This natural hormone reduces hunger and cravings and increases metabolic processes This results in the same rapid weight loss observed in 500 calorie version In fact many of Dr Lipman s patients have experienced weight loss of between 1 2 to 1 pounds per day on this plan This book includes not only phase 1 and 2 but a completely re written phase 3 All of the HCG meal menus use thumbnail pictures showing choices portions and preparations No calorie counting is needed The new 800 calorie HCG diet minimizes cooking and shopping for unusual foods Everything than the dieter need is usually in the house or even and school or office cafeterias This modernized HCG plan includes the new food protocol all required HCG essentials sample menus new plateau breaking tips modernized detailed guidelines for all three phases of the HCG plan

HCG 2.0 - Don't Starve, Eat Smart and Lose Zach LaBoube, 2013-07-09 Now the 1 diet of 2016 ranked by Consumer Affairs Magazine HCG 2 0 written by Dr Zach LaBoube founder of InsideOut Wellness and Weight Loss is a contemporary ketosis based version of the original HCG diet Medicine is called a practice for a reason As new technology and research becomes available treatment protocols evolve always for the better Shouldn t the HCG diet be the same First published in 1954 the traditional HCG diet as seen on many of your favorite daytime TV shows including Dr Oz has helped millions achieve weight loss success However the strict tone and outdated calorie recommendations make the diet far more difficult than it needs to be While the concepts and theory that inspired the traditional diet are still very relevant the protocol itself is still stuck in the 50s and in dire need of revision Introducing HCG 2 0 the first diet of it s kind that is more about calorie replacement rather than calorie restriction HCG 2 0 utilizes current research into a variety of topics such as low carb ketosis dieting the high protein fat diets of Inuit Cultures and innovative new food statistics such as Estimated Glycemic Load Fullness Factor and Caloric Ratios to add smart calories to the diet thus making it a safer more realistic weight loss option for the working adult HCG 2 0 uses a BMR Basal Metabolic Rate calculation to determine the amount of calories you re allowed to consume This is a significant variation from the traditional diet that only allows each dieter only 500 calories per day whether male or female big or small HCG 2 0 also uses basic food chemistry to give you a wider variety of protein options and increases portion sizes of items higher in nutritional value but void of empty calories that only contribute to weight gain Whether you re looking to lose weight or simply eat healthy HCG 2 0 will accommodate Understand Ketosis and the benefits to low carb living Learn the difference between positive calories and negative calories Understand how to cut your caloric intake by 200 300 calories per day by simply addressing unnoticed habits and much more Don t beat yourself up with the traditional HCG diet There s a smarter way to lose **Pocket Guide to the HCG Protocol** Tiffany Prinster, Linda Prinster, 2009-06-30 Based on reviews the authors are adding this preface This is NOT a how to or a recipe book for the HCG Diet and was never purported to be The Pocket Guide to the HCG Protocol was created and made available in response of many customer requests for a small book to carry in their purse for convenience especially during Phase 3 the maintenance

phase of the HCG Diet Those customers particularly wanted the chart of 1 000 foods drinks and condiments charting whether or not each item is allowed cautioned or not allowed on each phase of the protocol that was easy to carry around for eating out and grocery shopping purposes So that is why this book is for sale and that is what its purpose is in your HCG Diet Library This is the description of the book If you don t want to lug the HCG Weight Loss Cure Guide around throughout your day this compact book is a great addition to your protocol library The Pocket Guide to the HCG Protocol is a very very short summary of the HCG Diet Protocol in purse pocket size purely for convenience This little book packs the basic information including a summary of a typical round of the HCG protocol Dr Simeons list of approved foods for the protocol rules for the maintenance phase and a nutrition chart of 1 000 foods drinks and condiments charting whether or not each item is allowed cautioned or not allowed on each phase of the protocol This small summary book was created solely out of customer demand for a more compact resource to carry around ALL information is extracted from The HCG Weight Loss Cure Guide to provide a convenient carry along version

Hcg Diet Victory Planner James Walker, 2010-07-01 HCG Diet Victory Planner A Personal Time Saving Success Guide This is the second book in the HCG Diet Victory Collection by James Walker Once again Walker has utilized his unique communication and graphics talent to produce a completely fresh approach to the weight setting and returning to normal steps of Dr Simeons HCG Diet protocol In his simple direct and easy to understand style Walker presents the perfect companion book to his highly regarded first book on the subject the HCG Diet Victory Tool Kit ISBN 978 0 9800641 7 9 The author answers critical questions and offers time saving practical help for resetting body weight and returning to normal at the end of the HCG protocol Walker goes further sharing well researched methods and references for determining what is normal for you James Walker believes that the successful completion of the HCG diet protocol is a golden opportunity to max your life and health by understanding and harnessing the uniqueness of your personal metabolism He calls it discovering your unique Metabolic Blueprint r Book content includes as always Walker s unique proprietary forms tables and flow charts An exclusive new feature in this planner is a great time saving set of pre made or customizable 6 day menu plans in 100 Calorie increments from 1200 to 2600 Calories A new Weight Setting Worksheet as well as other bonus forms and guides for the finalizing and maximizing of Dr Simeons HCG weight loss protocol Everything you need to secure your HCG assisted weight loss and stay on a successful health track in a straight forward and down to earth presentation Emphasis is on simplicity time saving and empowering you to take control of your weight health

Restaurants and Recipes for the Hcg Diet Richard Lipman M.D, 2013-02 Two thirds of U S adults are overweight or obese That staggering statistic drives an insatiable appetite for solutions preferably ones that are quick and easy Although the HCG diet has been around for years it s only in the past year that it has gained the attention of millions of dieters Promising to lose a pound a day without hunger or exercise it sounds like a dream Yet that s just what dieters across American have experienced A diet with amazing weight loss results and no hunger fatigue or weakness Dr Richard Lipman a board certified internist and

endocrinologist updated the HCG diet from the 1954 protocol of its originator Dr A T Simeons in his e book The New Pounds and Inches This book is based on modern research and what has worked for Dr Lipman s HCG patients during the past two years Dr Lipman s NEW Pounds and Inches protocol is based on a 700 800 calorie a day diet limited carbs and fat protein for all three meals numerous snacks unlimited vegetables and many fruits It s the 1950 s diet updated with today s great products More than 100 exciting recipes based on many of these new products are present in this guide book Recognizing that more and more food is eaten out of the home Dr Lipman has reviewed most of the common restaurants Americans eat at From McDonalds to Panera Bread to Bonefish Grill there are hundreds of HCG friendly meals in a restaurant near you You just need to know what to look for and what to avoid Dining out and preparing new recipes as offered in the Guide to Restaurants and Recipes on the HCG Diet makes the HCG diet fun prevents boredom and guarantees your success

Phase 3 HCG Diet Sonia E. Russell, Candice Ekberg, 2013-02-21 Dieters are often uncertain on how to effectively follow the 21 day Phase 3 Stabilization and many fear they will gain the weight back Sonia E Russell LPN licensed nurse professional hCG diet coach and author of the HCG Diet 800 Calorie Protocol has teamed up with certified personal fitness trainer and hCG diet coach Candice Ekberg B S ESS NSCA CPT EMT I They have combined their years of hCG diet coaching knowledge in nutrition fitness training and medical background to develop a structured and comprehensive Phase 3 plan that will help ensure stabilization prevent the frustration of chronic correction days avoid unnecessary additional rounds and the possibility of gaining any weight back Their Phase 3 plan will reduce stress to the hypothalamus by prohibiting the dieter to over indulge on sugars starches grains breads nuts beans and limiting most dairy The expanded Phase 3 plan includes a comprehensive 3 week food tracking guide Phase 3 overview the science behind stabilizing Phase 3 food items how to read food labels Phase 3 calorie conversion chart the interval between rounds understanding basal and resting metabolic rates Phase 3 exercise how to begin Phase 4 and a large assortment of delicious Phase 3 recipes The recipes include beverages condiments breakfast foods appetizers snacks soups salads chicken beef fish and seafood dishes By following the structured Phase 3 plan the dieter will have the tools to enable a successful stabilization

HCG 2.0 Dr. Zach LaBoube, 2013 Medicine is called a practice for a reason As new technology and research becomes available treatment protocols evolve hopefully for the better Shouldn t the HCG diet be the same First published in 1954 the traditional HCG diet as seen on many of your favorite daytime TV shows including Dr Oz has helped millions achieve weight loss success However the strict tone and rigid calorie restrictions have been very polarizing While the concepts and theory that inspired the traditional diet are still very relevant the protocol itself is still stuck in the 50s and in dire need of revision Introducing HCG 2 0 authored and developed by Dr Zach LaBoube founder of InsideOut Wellness and Weight Loss HCG 2 0 utilizes current research into a variety of topics such as low carb Ketosis dieting the high protein diets of Inuit Cultures and innovative new food statistics such as Estimated Glycemic Load Fullness Factor and Caloric Ratios to add smart calories to the diet thus making it a safer more realistic

weight loss option for the working adult HCG 20 uses a BMR Basal Metabolic Rate calculation to determine the amount of calories you're allowed to consume This is a significant variation from the traditional diet that allows each dieter only 500 calories per day whether male or female big or small HCG 20 also uses basic food chemistry to give you a wider variety of protein options and increases portion sizes of items higher in nutritional value but void of empty calories that only contribute to weight gain Whether you're looking to lose weight or simply eat healthy HCG 20 will accommodate Understand Ketosis and the benefits of low carb living Learn the difference between positive and negative calories Understand how to cut your caloric intake by 200-300 calories per day by simply addressing unnoticed habits and much more There's a smarter way to lose

The Hcg Diet Gourmet Cookbook Volume Two Tammy Skye, 2011-12-01 This Second Volume in the HCG Diet Gourmet Cookbook Series by Tammy Skye features 150 more Low Calorie recipes for the HCG Phase of the HCG Diet Volume Two features a selection of egg and cheese vegetarian options as well as Chicken Beef and Seafood entrees as well as vegetable dishes beverages and desserts The recipes are compatible with the original Dr A T W Simeons Pounds and Inches HCG weight loss protocol

The Great Facts about Hcg Diet You Need to Know Olivia J Wood, 2020-11-04 At the time of publication the original form of the HCG diet has been widely discredited by scientists However many people have been enticed by the diet since its introduction a pound a day without hormone injections unlike other restrictive diets at L z Weinandy RD at Ohio State University Wexner Medical Center in Columbus When Mehmet Oz of The Dr Oz Show introduced the modified form of the HCG diet to limit it to 500 calories a day the original form of the HCG diet was used In his new updated version of the diet Dr Oz even states that the original HCG diet should not be used without the supervision of a physician though he does not mention the diet is still very restricted eating fat and hormone treatment Very little research has been done on the new version of the HCG diet and it's worth noting that the data Oz uses to back up these claims do not come from a peer-reviewed journal A prescription modification of HCG is used to treat fertility issues HCG is not recommended for women who have not proved to work for weight loss HCG medications are required to receive approval from the FDA noting that the modification is not effective for weight loss over the counter HCG weight reduction products are sold but the FDA says that all of these companies that sell the product are breaking the law So why have there been so many talks about the HCG diet Perhaps because the diet restricts to just 500 to 800 calories a day People who follow the diet are likely to lose weight but in the short term Some researchers have linked HCG weight loss to a possible increase in risk of HCG malignancy the reduction of androgen which could result in growth of certain types of cancers However it is noted that very few people have risks such as gallstones from restriction of fat limited intake of vitamins and minerals and an imbalance of electrolytes Side effects have also been reported with the HCG diet and include fatigue irritability restlessness depression fluid buildup swelling of the breasts and bloating Another serious concern is the risk of blood clots and bleeding blood vessel thromboembolism If weight loss is your goal there are safer ways to lose weight Talk with your doctor or health care provider about how to make healthy changes that lead to long-term weight loss while eating a balanced diet and getting regular exercise

Simple HCG Cookbook Molly Mills, 2020-04-29 We have revolutionized the HCG protocol with our cookbook that

contains recipes that are designed to assist you to lose and maintain your desired weight Enjoy our low calorie recipes for the HCG diet Our recipes feature three meal courses that will help you lose up to a pound in a day Our flavorful meals include breakfast sumptuous protein lunch and dinner all outlined in our step by step cooking guide The recipes are organized in chapters for easy retrieval Besides the book is written in a simple language to make cooking at home easy and enjoyable With our cookbook you will learn how easy your weight loss journey will be as long as you maintain the correct serving [The HCG Diet Quick Start Cookbook](#) Anne Wolfinger,2012-05-30 In a hurry to lose weight And keep it off for good Then the hCG diet is for you and the hCG Diet Quick Start Cookbook was written with you in mind The hCG Diet Quick Start Cookbook is all about the business end of the hCG diet what you eat what you don t eat when you eat it and how to cook it If you re brand new to the hCG diet the book covers the basics you need to know before you get started Then the fun begins Easy Chicken Cacciatore Asian Chicken Roll Ups Chinese Orange Beef Stir Fry the Big Bodacious Burger Orange Soy Glazed Shrimp believe it or not these are hCG diet Phase II very low calorie diet recipes The hCG Diet Quick Start Cookbook takes all the time out of meal planning stocking your pantry even calorie counting Here s how The hCG Diet Quick Start Cookbook has eight weekly menus four for Phase II of the hCG diet and four for Phase III planned around your protein choices Your weekly menu options are Chicken beef and seafood Chicken beef and vegetarian Chicken seafood and vegetarian Vegetarian You simply decide which menu to follow each week The hCG Diet Quick Start Cookbook provides weekly shopping lists for each menu One trip to the store each week and you re done In addition there s checklist of staples to have on hand for when you get going The hCG Diet Quick Start Cookbook features over 35 simple but delicious recipes with an emphasis on fresh ingredients and flavor That s all you need Finally the hCG Diet Quick Start menus are planned so you don t have to cook from scratch every meal Cook it once eat it twice The hCG Diet Quick Start recipes make excellent time saving leftovers Book Bonuses Downloadable ready to print weekly menus and shopping lists [Hcg Recipes Phase 2](#) Antonia Cruz,2011-11-07 HCG Recipes Phase 2 The 500 Calorie Diet Plan offers an all new collection of 30 low fat recipes for the HCG Diet Phase 2 Each recipe is healthy easy to make and uses official ingredients recommended by Dr A T W Simeon creator of the HCG Diet This cookbook features delicious main dish recipes for fish chicken beef soup salad and beverages such as Baked White Fish In Italian Herbs Persian Saffron Chicken Soup Grilled Rosemary Steak with Spinach and much more Enjoy meals that taste like 5 star recipes with half the fat and still lose weight Each recipe may also be used as part of a low calorie diet plan SAMPLE OF RECIPES INCLUDED Grilled Moroccan Sea Bass with Tomatoes Baked White Fish In Italian Herbs Taj Mahal Crab Soup Greek Chicken Kebabs with Bell Pepper Madras Chicken Curry with Cabbage Persian Saffron Chicken Soup Grilled Rosemary Steak and Spinach Red Cabbage Beef Stew Big Fat Greek Salad Creamy Asparagus Soup

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Hcg Diet 800 Calorie Protocol Second Edition Introduction

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