

Ch1. Fat over fiction: Is it incidental?

Suffering from pangs of guilt because of those tires around your stomach? No need to be.

Kevin Trudeau explains that fat people are fat, not due to any fault of their own. Fat people process fat differently from thin people. There are certain *physical constraints* in obese people that make them fat. Their bodies follow different patterns of metabolism. Fat people release fat differently. That is why many overweight people find it difficult to lose weight, particularly from their problem areas. To understand this better, let us take a moment to understand what is happening inside the body.

Ch1.1: Kinds of fat

Did you know that there are three kinds of fat in the human body? Understanding the difference between these is vital to understanding the process in which our body normally loses weight.

1. Structural fat: This fat surrounds the organs and the joints, cushions the bones of the feet and keeps our skin smooth and supple.
2. Normal fat reserves: This is the fat used by the body as fuel in its day-to-day functioning.
3. Secure fat reserves: This fat is the body's energy storehouse. This surplus fat that is deposited in secure reserves so that it can be utilized during periods of starvation or other major physical crisis. It is stored as a survival mechanism and is released only during times of the most severe nutritional emergency. This is the fat you carry in your midriff, thighs, buttocks and arms.

When overweight people try to lose weight, they lose the first two kinds of fat. Your healthy fat goes out along with the much required muscle mass. That is why people who lose substantial amounts of weight continue to have grotesque stomachs and thighs while they look haggard and drawn.

Ch1.2: Physical causes of obesity

Fat people and thin people process food in different ways. As a general rule, overweight people are accused of nurturing faulty eating habits and an indulgent lifestyle. The truth however is that the factors that lead to obesity are often beyond the control of the person in question.

These are:

- A low metabolism: People who are naturally thin tend to burn calories faster. In overweight people, the rate of metabolism is very slow. So they cannot burn food and fuel, and the excess food is converted to fat.
- Excessive and intense hunger: Overweight people have intense physiological hunger that is not easily suppressed.
- Emotional eating: In fat people, what is often considered as bingeing or emotional eating has underlying physical causes.
- Faulty genetics: Genetics is the main contributing cause of a low metabolism, compulsive physical hunger and emotional eating.
- Defective eating habits: Certain components of food trigger weight gain and obesity in overweight people.

Why do overweight people develop these problems? Overweight people experience intense hunger because of an abnormally operating hypothalamus which leads to low metabolism. The hypothalamus is the master gland of the body which regulates hunger and metabolism in human beings. In fat people this gland does not operate in a normal state. Prolonged fasting and acute dieting shock the hypothalamus. Physical conditions like Candida yeast overgrowth, clogged colon and liver contribute to this. Certain food additives, allergies and psychological causes compound the problem.

The main physiological causes that lead to obesity are:

- Abnormal hypothalamus
- Genetics
- Intense hunger
- Low metabolism
- Abnormal physical conditions that lead to storing of fat in the secure problem areas, from where it is difficult to remove fat.
- Clogged liver.
- Clogged colon.
- Poor digestion.
- Candida overgrowth.
- Lack of enzymes in food.
- Hypoactive thyroid.
- Hormonal imbalances.
- Insulin resistance due to abnormal working of the pancreas.
- Constant dieting.
- Toxins in the fatty tissue of the body.
- Lack of muscle mass.
- Poor sleeping and breathing habits.
- Sluggish lymphatic system.

- Parasites within the body.
- Poor circulation.
- Impact of prescription drugs.

Certain psychological factors also contribute to weight gain. These are:

- Stressful incidents.
- Food cravings.
- Mental triggers and brainwashing from food and restaurant advertisers.
- Stockpiling food.
- Lack of sleep.

Certain eating habits also contribute to the rapid gain of weight in people who already suffer from the aforesaid problems:

- Eating high calorie, low fiber, highly refined and sugar-rich food.
- Nutritional deficiencies due to the lack of calcium, zinc, vitamin E and CLA.
- The consumption of artificial sweeteners, MSG (monosodium glutamate), genetically modified food, carbonated beverages, ice cold drinks and over consumption of wheat.
- Not drinking enough water.
- Eating highly refined food late at night.
- Consumption of micro-waved, irradiated and pasteurized food.
- Consumption of food that has been treated with pesticides, herbicides or any other kinds of chemical additives.
- Eating food that is rich in trans-fats.
- Eating food that does not sufficiently excite the palate.

In addition to all these factors, obese people also suffer from certain defeating and self damaging habits like:

- Lack of exercise.
- Overexposure to air conditioning, fluorescent lights and electromagnetic frequencies from wireless devices.
- Skipping breakfast.
- Lack of exposure to the sun.
- The use of consumer products that consist of mineral oil, propylene glycol and sodium laureth Sulfate.
- Lack of organic raw fruits and vegetables in the diet.

Why 'the weight loss cure protocol' works:

'The weight loss cure protocol' identifies the underlying physical causes that lead to obesity and corrects these causes. Invariably, this leads to an easy, quick and fail proof weight loss system. More importantly, the weight lost is fat from the troubled areas like the hip, thighs, buttocks and waist. Because it attacks the secure fat reserves in the body, people who've done this protocol look as if they've had liposuction. Since it seeks to identify and destroy the underlying physical causes that contribute to obesity, 'the weight loss cure protocol' is the only system that can lead to permanent weight loss. Some of the most significant benefits of following this protocol are:

- ✓ Quick results (you will be losing between 1 to 10 pounds per week).
- ✓ Consistent results (you will not hit plateaus with this program)
- ✓ Hunger pangs become virtually non-existent.
- ✓ Fat is lost from secure areas, thus giving your body a sculpted look. Muscle and structural fat is not lost.

- ✓ Increased energy levels throughout the phases of the protocol.
- ✓ No feelings of deprivation or signs of depression.
- ✓ Weight lost is lost forever.
- ✓ Emotional eating vanishes.
- ✓ Hunger and appetite mechanisms are reset to normal levels.
- ✓ Internal body weight levels will be reset and your natural metabolism will speed up.

To reset the hypothalamus and to wash away the toxins and residue collecting in the body from years of abuse, 'the weight loss cure protocol' must be followed stringently and accurately in four distinct phases. A precise mix of a tested hormone-like substance coupled with specific dietary suggestions is all you need to actualize your dreams of a long awaited permanent cure for obesity. Finally, it's time to start *DOING* something about the fat you're carrying around!

Ch2. The Weight loss cure protocol revealed

Introducing hCG, the wonder drug

Note – HCG does not come in an oral form and is only legally available when prescribed by a physician after the proper testing and evaluations. But if your local MD or family doctor has not heard of this treatment, he may refuse to give you a prescription. Since most doctors are unaware of or unwilling to experiment with a new drug, however effective it may be, getting your prescription of hCG may prove to be a difficult process. To get your prescribed doses of hCG from a qualified doctor WITHOUT hassles, click here [website name].

Before we get into the actual cure, let's just take a moment to find out what makes 'the weight loss cure protocol' such a success. After all, diets have come and diets have gone, but fat has remained forever. So, what makes this one different?

'The weight loss cure protocol' as researched and perfected by Dr Simeons, more than 50 years ago, works on a single indomitable concept: attack the root of the problem and the problem will not occur ever again.

Dr Simeons found out that stubborn fat reserves are naturally released from the body at two times:

1. During acute periods of starvation, the body releases fat reserves to function normally.
2. In *pregnant* women, secure fat reserves are released naturally to ensure the health of the unborn baby.

To Dr Simeons, the second option seemed to be a possible *healthy* solution to the problem. He found out that the hormone-like substance called `human Chorionic Gonadotrophin' (hCG) that occurs naturally in pregnant women could be combined with a very low-calorie diet to lose fat permanently.

What makes this treatment amazing is that people undergoing the Protocol are able to sustain a low calorie diet without suffering from hunger pangs, depression, anxiety, irritability or any other symptoms associated with it. In fact, because hCG releases secure fat reserves from the body, individuals undergoing the Protocol feel energetic and vibrant.

Listen to what some people undergoing the treatment had to say:

"The significant difference, however, was the fact that with hCG the following occurred:

- Patients never lost structural fat, only the abnormal fat deposits.
- hCG released 2500 calories of abnormal fat cells."

T.G. Oklahoma

"When I saw the weight loss others were achieving from hCG, I went to an obesity doctor and began to receive the injections. During the first month, I received 24 needles and lost 30 pounds!"

A.S. Florida

loss, never have been able to stick to a diet before. I've lost 21 lbs, feel great and blood sugars have lowered..."

M.B, Texas

hCG is a key ingredient in several weight loss programs, including Kevin Trudeau's program. What makes hCG so beneficial is that it melts harmful body fat while retaining the structural fat that the body needs to function.

However, in America, hCG is not available over the counter. It is illegal to procure it without a doctor's recommendations. Some doctors are suspicious or plain unwilling to prescribe the drug because they are totally unaware of the dramatic changes taking place in the medical field. This makes it very difficult for ordinary people to get the required dosage, particularly if your own doctor has not heard of it or recommended it before. In this context, please remember that the medical fraternity is very suspicious of trying something new, even when it something very beneficial to scores of people around the world.

You can get your recommended dosage of hCG from a medical doctor after the necessary tests and evaluations by clicking here. [[Website name](#)]. hCG is a naturally occurring hormone in pregnant women and is therefore not known to have any side effects. It does not interfere with a woman's menstrual cycles. In fact, some doctors even prescribe it to women suffering from hot flashes caused by PMS (Post Menopausal Syndrome). If you find it difficult to procure your supply of

the medicine, you can get it from our website [[name of website](#)]. We have an in-house doctor who will be performing all the necessary medical tests to determine your physical condition. If you pass muster, our medical doctor will prescribe the optimal and recommended dosages for you. Further, you will also receive detailed instructions on storage and proper usage of the drug, so you can derive maximum benefits from it.

Kevin Trudeau phased out the Protocol into four distinct segments to make the Protocol more effective and suitable to the living conditions we have today. Let's go into each of these separately.

Ch2.1 Phase 1

Time taken: 30 days

Benefits:

- ✓ Increasing metabolism
- ✓ Decreasing hunger and food cravings
- ✓ Alleviating depression
- ✓ Flattening the stomach
- ✓ Increasing overall health and vitality

Potential weight loss expected: between five and 30 pounds.

Phase 1 is recommended because it initiates the process of cleansing the body. This makes the body accept the actual weight loss cure that follows in phase 2.

Recommended cleansing and rejuvenating programs in this phase:

1. Colonics: Receive 15 colonics from a licensed colon therapist.
This will gently flush out toxins and lead to dramatic flattening of the stomach.
2. Liver cleansing: Cleaning out clogged or sluggish liver increases energy, decreases depression, lowers hunger and fills you with energy.
3. Heavy Metal Cleanse: This is vital for good health, increased energy and better metabolism

Pectasol Chelation Complex is recommended.

Websites: www.advancedbionutritionals.com ,
www.scienceformulas.com , www.qnlabs.com and
www.rxvitamins.com

What to eat:

1. Apples: Eat a minimum of two organic apples everyday.
2. Grapefruit: Eat a minimum of two organic grapefruits everyday.
3. Whole food supplement: Take a whole food supplement to make up for normal nutritional deficiencies in the body.

*Garden of Life Living Multiple, Mega Food, Healthy Habits
Maximum Health Maxis are recommended.*

Website: www.qnlabs.com

4. Coral Calcium: Use Coral calcium that comes in a sachet and can be mixed with water you drink.

Ericssons Coral calcium and Coral Calcium Daily are

recommended

Website: www.ericssoncoral.com and www.trycocral.com

5. Probiotics: Taking in friendly bacteria improves digestion, speeds up metabolism and cleanses the body.

Probiotics Plus is recommended

Website: www.mercola.com and www.qnlabs.com

6. Candida Yeast Overgrowth: Take ThreeLac as recommended.

Website: www.123candida.com

7. Insulin: Insulin must be taken to correct the pancreas and reset its function.

Eleotin tea is recommended.

Website: www.eastwoodcompanies.com

8. Acetyl L-Carnitine: This amino acid turns fat into fuel and speeds up the burning of fat cells.

9. Hot peppers: Organic hot peppers and hot salsa reduces appetite and increases metabolism.

10. Cinnamon: This regulates insulin and blood sugar and stimulates the hypothalamus.

11. Krill Oil: With one of the highest concentrations of Omega-3s, Krill Oil improves circulation and oxygenation in the body. It is therefore beneficial to the liver and pancreas.

Websites: www.mercola.com , www.qnlabs.com

12. Vitamin E: All natural vitamin E improves liver and gall bladder function and it keeps the arteries open.

4 Spectrum E (call 800 581-8906) and Unique E are recommended.

Websites: www.acgraceco.com , www.qnlabs.com

13. Digestive Enzymes: Digestive enzymes help in digesting food and bring the body back to its normal health.

Garden of Life Q-Zyme Ultra is recommended.

Websites: www.naturalcures.com and www.qnlabs.com

14. AlphaCalm: Use one capsule to times a day as this helps in reducing stress and promoting relaxation.

Call (800) 554-6051

15. Use natural sweeteners: Choose stevia, raw organic agave nectar, raw organic honey or raw organic sugar cane to sweeten food.
16. Eliminate parasites: Eliminating parasites helps you get rid of allergies, skin disorders, constipation, gas and bloating. So a complete parasite cleanse is recommended.

What to drink:

1. Water: Drink one large glass of water immediately upon rising and one half to 1 gallon throughout the day. Spring water is best, followed by filtered water.

Volvic, Fiji and Evian water are recommended

2. Raw organic Apple Cider Vinegar: Take one tablespoon thrice a day to stimulate metabolism and cleanse the internal organs.
3. Green Tea: Drinking a minimum of 1 cup per day cleans the cells, increases metabolism and regulates hunger.

Wu Long Tea is recommended.

Website: www.wulongforlife.com

4. Organic Yerba Mate Tea: Drinking at least 1 cup per day increases energy and reduces appetite.
5. Chamomile tea: One cup of organic chamomile tea every day reduces stress and helps relax the body.

What to avoid:

1. No Trans Fats: Hydrogenated and partially hydrogenated oil must be avoided.
Shop at stores like Whole Foods, Wild Oats or Trader Joe's.
2. No high Fructose Corn Syrup: Corn syrup, sucrose, dextrose or malto dextrose should be avoided.
3. No Artificial Sweeteners: Any food that has NutraSweet, Splenda, aspartame, sucralose or saccharin should be avoided.
4. No Monosodium Glutamate (MSG): This is an excitotoxin which affects the hypothalamus, makes you fat and leads to depression. Avoid it.
5. No Nitrites: These cause hormonal imbalances and lead to allergies, food cravings and weight gain.
6. No farm raised fish: Fish grown in farms contain chemicals and poisons that lead to hormonal imbalances. Do not eat them.
7. No microwaving.
8. No fast food: Fast food is rich in processed sugars, MSG, nitrates, artificial sweeteners, growth hormones, antibiotics and drugs. They overtax the hypothalamus and make you fat.
9. No lotions or creams: Poisonous chemicals on the skin can enter the bloodstream and adversely affect the organs and glands. Avoid them.
10. No drugs: All nonprescription, over-the-counter and prescription drugs and medications lead to weight gain and obesity. Stop using them.

NOTE: It is recommended that you stop using all prescription drugs only after consulting with your doctor.

Dos and Don'ts:

Along with what you can and must not eat, there are certain behavioral changes that initiate and accelerate the process of weight loss.

- Eat 100% organic food.
- Eat only organic meat and dairy.
- Eat salad with lunch and dinner: Include lettuce, onions, radishes, cucumbers, spinach, broccoli, cauliflower, garlic, tomatoes, asparagus, mushrooms, carrots, celery, herbs, fresh lemon juice, extra virgin olive oil, raw organic apple cider vinegar, sea salt and hot peppers.
- Eat six times a day: Eat a minimum of two organic apples and two organic grapefruits daily as snacks in between meals. Eat six times a day even if you are not hungry during this phase as this helps in normalizing hunger and increasing metabolism.
- Eat dinner before 6 p.m.
- Eat protein before bed: Eat 100 grams of organic beef, veal, chicken, and turkey or fish right before bedtime.
- Limit carbonated drinks.
- Limit ice cold drinks.
- Infrared Saunas: Sweating in a sauna releases accumulated toxins, increases metabolism and thus stimulates the release of fat cells. Sweating for 20 minutes a day is highly beneficial.
- Get sun: Do not use any lotions, sunscreens or sunglasses.
- Get some sleep: Ideally, you should go to bed at 10 p.m. and arise at 6 a.m.
- Eat a large breakfast consisting of organic eggs from cage-free chicken, organic rye toast, organic raw butter, organic asparagus, organic tomatoes, organic beef, chicken or turkey.

- Use organic fruits and vegetables. A large breakfast is recommended.
- Rebound: Gently jumping on the rebounder stimulates the lymphatic system, increases muscle strength and flexibility, oxygen aids the blood and improve circulation. 5 to 10 minutes, once or twice a day is recommended.
 - Massage: Get as many massages as possible. Vary the type of massage to increase the benefits you derive.
 - Do some Yoga.
 - Use a shower filter
Website: www.wellnessfilter.com
 - Use an electromagnetic chaos eliminator: This device neutralizes the harmful electromagnetic frequencies emitted by radio, TV, cell phones, wireless devices and other electronic products.
Website: www.ewater.com , www.clarus.com , www.bioprotechnology.com
 - Reduce Air-Conditioning.
 - Breathe deeply for 10 minutes twice a day.
 - Reduced exposure to fluorescent lights.
 - Add more fiber to your food. Some of the best blends include organic flax seed, oat bran and acacia.
Organic Triple Fiber Max is recommended.
Website: www.advancednaturals.com or call (800) 690-9988.
 - Listen to de-stressing CDs.
 - Lift weights to increase muscle mass and to look younger.

30 days on this program completes the Phase 1 of the Protocol. At this time, you will feel increased energy and a constant feeling of fullness.

You would look younger and healthier and would have lost between 5 and 30 pounds.

Ch2.2 Phase 2

Time taken: Between 21 and 45 days

Drug taken: 125 – 200 units of hCG (human chorionic gonadotrophin), available from [[website name here](#)].

Note: It is illegal to procure nCG without a doctor's recommendation. However, qualified patients can get their prescribed doses of hCG after their medical examinations by [[clicking here](#)]. If your local MD has not heard of this revolutionary new aid to natural weight-loss, then you may find it difficult to get a prescription for hCG. hCG needs to be used fresh and procured periodically. You can get your required dosages by visiting our website at [[website name](#)].

Benefits of this phase of the Protocol:

- ✓ Reprogramming the mind and body.
- ✓ Tremendous weight loss and body sculpting
- ✓ Increased energy and vitality

Potential weight loss expected: one pound a day.

Note: This phase must be carried out under the supervision of a licensed health care practitioner.

Benefits of hCG:

- ✓ Stubborn fat reserves are released.
- ✓ People on hCG do not feel the strain of a very low calorie diet because their body is releasing large amounts of secured fat reserves under the influence of hCG.
- ✓ Helps induce proper sleep.
- ✓ Reduces strain, tension and depression usually associated with a low calorie diet.
- ✓ Enables patients to achieve amazing results which gives them a trimmer body.

Women please note: Start treatment immediately after periods. If that is not possible, start the treatment at least 10 days before the next period. Do not take any injections during menstruation.

Day one and Day two:

1. Take an injection of between 125-200 units of hCG first thing in the morning.
2. Drink one half to one gallon of water that is fortified with coral calcium sachets.
3. Eat as much food as you can. But keep it healthy and organic.
4. Continue with the activities (do's and don'ts) you've been doing in Phase 1.

Day 3 to day 45:

1. Weigh yourself immediately upon arising after emptying your bladder.

2. Take an injection of between 125-200 units of hCG first thing in the morning.
3. Drink one half to one gallon of water that is fortified with coral calcium sachets.
4. Breakfast:
 - black organic coffee or
 - organic green tea or
 - organic Yerba Mate Tea or
 - organic Wu Long Tea or
 - organic chamomile tea.

You can consume as much of these teas as you need throughout the day.

5. Lunch: 100 grams of grilled
 - organic grass fed beef or veal,
 - organic chicken breast or
 - wild Chilean sea bass or
 - flounder or
 - sole or
 - halibut

One large handful of the following organic vegetables:

- spinach
- Chard
- Beet greens
- Lettuces
- Tomatoes
- Celery
- Fennel
- Onions (white, yellow or red)
- Red radishes

- Cucumbers
- Asparagus
- Cabbage

You may season the food with juice of half a organic lemon, white or black pepper powder, sea salt, organic garlic, organic basil, organic parsley, organic herb, organic marjoram, organic thyme. No butter, oil, dressings or anything else.

6. Dinner: The same choice as for lunch, varying the vegetables and the meat you eat.

Eat everything as described. Do not skip any meal, even if you feel tempted to. Each meal must contain protein, vegetables and fruit. If you choose, you may eat the fruit in between meals in stead of with it.

Things to avoid:

- No medicines
- No over-the-counter non-prescription drugs
- No cosmetics other than lipstick
- No eyebrow pencil and facial powder
- No lotions, moisturizers or creams

Note: Once you have stopped the injections, do not kick the food plan immediately. Stick to the diet program for two days more as this will allow your body to get rid of the excess hCG.

Note: During the entire phase 2, weigh yourself daily and take measurements of your calves, thighs, hips, waist, chest and back. These records will keep your motivation levels sky high.

Note: Suspend using your prescription drugs only after consulting your medical practitioner.

You can continue with the good habits that you've been developing in Phase 1, with regards to exercises, body cleansing activities and avoiding unhealthy food. In fact, if you've been adhering to these strictly, you would not experience serious hunger pangs during this period.

Note: 'The weight loss cure protocol' is entirely dependent on hCG for its success. Without hCG injections:

- ✓ A person cannot withstand such a low calorie diet for long.
- ✓ Symptoms of stress, deprivation and shock will appear.
- ✓ You will not be losing the stubborn fat reserves that are harmful to the body.
- ✓ Weight loss will not be constant and steady.

Remember, you can order your hCG injection through [[name of website](#)].

Phase 2 can last for a minimum of 21 and a maximum of 45 days. If you want to lose more weight after 45 days, take a break of six weeks. Eat normally with the exception of sugar, starch, additives and fast food. Resume 'the weight loss cure protocol' for another 6 weeks, if necessary.

To be completely effective, hCG injections have to be fresh. They need to be combined with a very strict and specific food plan. Food that is not mentioned in the list may cause chemical reactions in the body and set back the progress of your weight-loss plan. At this time, you

are on a very low-calorie diet, consuming approximately 500 calories. This magic number has to be maintained.

Note: It is illegal to procure hCG without a doctor's recommendation.

To find out more, [\[click here\]](#).

You may wonder why your body does not show signs of deprivation even when you're on such a low-calorie diet. The reason is simple. Under the influence of hCG, your body is utilizing the vast stores of fat reserves being released. So, your system is flush with fat and 'feel-good' hormones. In short, the magic IS working!

Ch2.3 Phase 3

Time taken: 21 days

Benefits:

- ✓ Resets metabolism,
- ✓ Eliminates intense hunger,
- ✓ Prevents abnormal storing of fat in problem areas.

Potential weight loss expected: None. (You move to Phase 3 only after you have lost enough weight and reshaped your body)

During this phase, you can eat as much food as you can hold.

What you must eat:

- ✓ A minimum of two organic apples per day.

- ✓ At least one organic grapefruit per day.
- ✓ Take ThreeLac as directed.
- ✓ Use stevia as sweetener.
- ✓ Eat a large breakfast.
- ✓ Eat six times a day.
- ✓ Take in hundred grams of organic chicken, veal, beef, turkey or fish before bedtime, on occasion.
- ✓ Take in digestive enzymes with food.
- ✓ Take probiotics daily.
- ✓ Take a whole food supplement.
- ✓ Take vitamin E daily.
- ✓ Take Krill oil daily.
- ✓ Take AlphaCalm daily.
- ✓ Add cinnamon to food.
- ✓ Take in hot peppers.
- ✓ Eat the big salad with lunch and dinner.
- ✓ Take in lots of fiber from flax seed, oat bran and acacia.

Foods to avoid:

- Sugar, dextrose, sucrose, honey, molasses, high fructose corn syrup or any sweetener.
- All artificial sweeteners like aspartame, sucralose, NutraSweet, Splenda and saccharin.
- All kinds of starch including pasta, breads, white rice, potatoes, yams and any wheat product.
- Fast food.
- Trans fats including hydrogenated or partially hydrogenated oils.
- Nitrites.
- Nonprescription and prescription drugs.

- Mono sodium glutamate.
- Farm raised fish.
- Ice cold drinks.

Note: Do not suspend the use of prescription drugs without consulting your doctor.

Dos:

- ✓ Use a rebounder daily.
- ✓ Sweat 20 minutes a day in an infrared or conventional sauna.
- ✓ Get 20 minutes of sun every day.
- ✓ Yoga.
- ✓ Resistance exercise and weight training.
- ✓ Wear a q-link or e-pendant and use Biopro on your cell phone.
- ✓ Listen to stress reducing CDs.
- ✓ Use a shower filter.

Don'ts:

- Avoid microwaved food.
- Avoid overexposure to the air conditioner.
- Avoid overexposure to fluorescent lights.
- Avoid creams lotions and other body care products.

Note: weigh yourself daily.

In case you notice an increase of more than 2 pounds, you must:

- ✓ Skip all food until 6 p.m.
- ✓ Drink as much pure water as possible.
- ✓ Drink the various teas as much as possible.

- ✓ In the evening, eat the biggest grilled or fried steak you can lay your hands on.
- ✓ Avoid salt.
- ✓ Eat one organic apple or a large organic tomato.

It is important to do this on the same day when the weight gain is noticed. Weigh yourself daily to keep a strict control over your weight.

Cultivate long-term healthy eating habits:

- ✓ Relax and enjoy your food.
- ✓ Do not gobble.
- ✓ Do not eat while watching TV, working on your computer or talking on the phone.
- ✓ Eat consciously and chew your food slowly.
- ✓ Put smaller amounts of food on a smaller plate.
- ✓ Stop eating when you feel full.

By the end of Phase 3, you will have reset your hunger mechanism, metabolism, eating habits and fat reserves. In a way, you're ready to start from scratch. You'll find yourself feeling good, with high energy levels and a normal healthy appetite.

In the next Phase of 'the weight loss cure protocol', you are ready to begin the first day of the rest of your hunger-free, diet-free life.

Ch.2.4: Phase 4

Congratulations are in order if you've made it thus far! You may already be experiencing a new you.

At this time, you will be:

- ✓ Eating normally.
- ✓ Enjoying normal and healthy appetite.
- ✓ Free of hunger pangs and urges to binge.
- ✓ Wearing a healthy and sculpted look with healthy fat reserves only.
- ✓ Having high energy levels.
- ✓ Sporting glowing skin, healthy hair and a youthful, radiant look.

So, let's see what you can do to continue this happy state of affairs.

Do's:

- ✓ Eat 100% organic food.
- ✓ Drink at least one gallon of pure water, preferably fortified with coral calcium tablets.
- ✓ Avoid 'branded' food that is high on hype and low in the good stuff.
- ✓ Fast food is taboo.
- ✓ Get a Candida cleansing done.

Websites: www.123candida.com , www.lifeforceplan.com and www.naturalcures.com

- ✓ Cleanse your colon.

Websites: www.drnatuara.com , www.tryalmightycleanse.com , www.pbiv.com , www.qnlabs.com and www.dr-schulze.com

- ✓ Cleanse your liver.
Websites: www.drnatuara.com , www.liverdoctor.com www.dr-schulze.com and www.qnlabs.com
- ✓ Cleanse yourself of parasites.
Websites: www.naturalcures.com , www.qnlabs.com , www.drnatuara.com , www.drstockwell.com and www.paradevices.com
- ✓ Do a heavy metal cleansing
Websites: www.rxvitamins.com , www.advancedbionutritionals.com , www.scienceformulas.com , www.qnlabs.com and www.drnatuara.com
- ✓ Drink fresh cantaloupe and watermelon juice.
- ✓ Do a full-body fat cleanse.
Website: www.purification.org , www.clearbodyclearmind.com
- ✓ Continue with all the healthy habits (dos and don'ts) you've developed from phase 1 like exercising, yoga, good sleep, sunbathing, sweating in a sauna etc.
- ✓ Read the labels and ingredients on all food products.
- ✓ Use 100% organic, non-refined, whole food with real ingredients.

As you may have noticed, 'the weight loss cure protocol' is not just a temporary health program that spans over a period of 60 days. It is a way of life. It initiates a change in eating habits and drives you from unhealthy, unwholesome food to healthy choices. You will re-learn your eating habits and develop a natural liking towards healthy food options.

Ch3. Some techniques to help you reach your destination

Overweight people know how difficult it is to say 'no' to a favorite food. If you've been eating a luscious piece of chocolate pastry everyday with your evening coffee, refusing it can be next to impossible. Every fat person is aware of the insane and uncontrollable urges people sometimes have to eat, eat and eat. Even the best dieters agree that there are times when things just seem to 'snap' out of control. It's the festive season, your best friend just got promoted and it's your brother's wedding – what more reason do you want?

At such times, you need an iron will to combat the never-ending compulsions to eat. Every episode of bingeing, compulsive overeating, food cravings and uncontrollable urges have the same physiological causes that lead to low metabolism. Candida yeast overgrowth, a clogged liver and colon, trans fats, genetically modified food, hormonal imbalances, stress, environmental toxins, oxygen and nutritional deficiencies are just some of the contributing reasons.

Correcting these imbalances will automatically correct the physical problems caused by it. But there's more to eating food than physical imbalances alone. Some kinds of food, particularly those that are packaged beautifully and marketed cleverly, have a sheer will of their own. These foods get under your skin and worm their way into your stomach, *without your realizing it*. In such cases, what can you do?

Turn away from ads:

Clever advertisements are smack full of visual and auditory cues that make it impossible for you to turn away from what they want you to

buy. Fast selling food joints depend as much on their brightly colored ads to pull customers as they do on what they are selling. So, try to keep away from appealing food ads till you're well and truly done with your program.

De-stress yourself:

In the modern world, our lives are under tremendous amounts of pressure. With tight deadlines and increasing work pressures, we move on autopilot most of the times. We're always on the lookout for opportunities to relax and unwind. But where's the time? That's where food comes in. Food is often shown as a viable de-stressor and tranquilizer. Even food ads show restaurants as places where people connect with each other, relax and unwind. It's quite easy to fall into this trap and take the family for an outing to the nearest 'Mac' joint or Pizzeria. The next time you feel like an outing with the family, look for other ways to relax: listen to some music, meditate, sing a song, play a musical instrument or go for a picnic. Or better yet, listen to a stress reducing CD. Relaxing music and peace-inducing talk dramatically increases health, vitality, enthusiasm and energy.

The Callahan technique:

This is a powerful tool to eliminate uncontrollable urges when you're eating to appease your 'emotional hunger' as opposed to physical hunger. Once you master this technique, you can use it throughout the various phases to curb your cravings. It can be used to get over stress, anxiety, phobias and uncontrollable 'urges'. It is a technique that gives you power to resist urges by helping you control your mind. You can read more about this technique from Dr. Callahan's book 'Tapping the Healer Within, the Anxiety Addiction Connection' and

'Why Do I Eat When I'm Not Hungry'. You can visit the website www.tftrx.com or www.emofree.com for more information.

Losing weight is a struggle whichever way you look at it. Most conventional diet plans require you to starve, exercise AND stick unflinching to their program. Many a time, these plans are just not humanly possible. The advantage of 'the weight loss cure protocol' is that it combines the elements of healthy eating with a magic component that makes your weight loss more effective. It introduces a new way of life and cures your eating problems once and for all. Even if you do not want to lose weight and simply need to get your body into shape the Protocol can help you. For those who want to shed pounds, the Protocol makes it easier and much more effective.

By bringing the wonder hormone hCG into the plan, Dr Simeons and Trudeau have made it possible to finally kick the fat in the butt. Here's the ideal weight loss program that makes it possible for you to lose weight fast and forever. Try it to believe it!