

First Visit – Approximately 2-3 hours

- Personal metabolic evaluation
- Comprehensive History
- Laboratory Evaluation Blood Tests: Vitamin D 25 (OH)D, Hemoglobin A1C, Lipid Panel, and Comprehensive Metabolic Panel
- Metabolic Group Conference
- Purchase HCG kit

Included in your HCG kit:

- 30-day supply prescription sublingual pharmaceutical HCG (not homeopathic)
- 60-day supply Natural Health & Wellness Natural Supplements
 - ¡ ProD5
 - ¡ Probiotics with FOS
 - ¡ Betten-Aid (digestive enzymes with probiotics)
 - ¡ Multi-Pro (multi-vitamins, minerals and probiotics)

First Follow-up Visit - Approximately 15-20 minutes

- Report of findings = review of your examination and lab results
- Check vitals, weight, measurements and BMI
- Obtain medical advice regarding additions to your program based on your exam and lab results such as:
 - Blood Pressure Pro – elevated blood pressure
 - Cholesterol Pro – elevated cholesterol
 - Sacchromyces Boulardii or Ultra Clear: if you are prone to diarrhea

Follow-up visits are scheduled as follows:

- Are every 2 weeks during both the 'HCG' phase and the maintenance phase (4 total after your initial)
- To monitor your progress, answer your questions, help and support with any issues

Each follow-up visit will consist of:

- Metabolic evaluation
- Body composition analysis * (see page 35)
- Laboratory evaluation every 3-4 months (see list of tests on previous page)

This cycle repeats with extension of the maintenance phase as you get closer to your goal weight.

* This analysis is very important. We want to ensure you are losing fat pounds and not muscle mass.

The Basics:

- You will weigh yourself every morning
- You will take your HCG twice a day (morning and evening)
- You will take your supplements twice per day **WITH YOUR MEALS**
- You will eat only two meals per day (**lunch and dinner**)
- You will drink a lot of water!
- You will not exercise
- You will not be hungry...but you still have to eat all of your lunch and dinner

Your meals Shall Consist of only the Following:

1 Serving of Protein (approx.. 4 oz.)

1 Serving of Fruit

1-3 Serving of Vegetables

ALL FOODS ARE PURCHASED FRESH AT YOUR LOCAL GROCERY STORE

Allowed Proteins while on first 30 days

Beef (lean)

Chicken (white meat only)

Turkey (white meat only)

Ground Turkey (lean, white meat)

Pork Chops—very lean center cut w/o bone

Crab

Lobster

Shrimp

Tuna – packed in water

White Fish

Eggs

Fruit Allowed while on first 30 days

Apple

Grapefruit

Strawberries

Orange

Vegetables allowed while on first 30 days

Asparagus	Broccoli	Brussel Sprouts	Cabbage
Cauliflower	Celery	Chard	Chicory
Cucumber	Fennel	Kale	Lettuce, all varieties
Mushroom	Onion	Peppers, all colors	Red Radishes
Spinach	Tomato	Zucchini	

NO ARTIFICIAL OR PRE-PACKAGED FOODS TO BUY!!

NO SHAKES TO DRINK!!

NO NEEDLES OR INJECTIONS!!!