

HWL DIET

FREQUENTLY ASKED QUESTIONS ABOUT HWL DIET

What is the HWL hormone and how does it work?

It has many functions and is used medically to treat a variety of conditions. It is the pregnancy hormone. This hormone allows the body to metabolize fat and use it as energy for both mother and fetus. This acts as a "fail-safe" mechanism when energy is needed immediately. For weight loss, we use only a very small amount of HWL to capitalize on this same mechanism. Using HWL in this way does not mimic pregnancy; in fact, it can be safely used by both men and women.

Is HWL Safe?

HWL is extremely safe. Women may experience very high levels during pregnancy with no adverse affects. The small amount used for weight loss has absolutely NO side effects.

Where is the actual HWL manufactured and what are the quality control guidelines?

The HWL that we distribute is manufactured by a laboratory that has been producing homeopathic remedies and natural healthcare products around the world for more than 20 years. All homeopathic remedies are registered with the FDA and are assigned a National Drug Code (NDC) number, which is displayed on the primary display panel. Regular inspections by the FDA ensure compliance with current Good Manufacturing Practices (cGMPs) and the Code of Federal Regulations (CFRs) for your safety.

Is HWL safe for men?

The HWL is actually already found in men. It is found in every human tissue, including males and non pregnant women as well as pregnant. Men get even faster results and tend to lose more weight than women.

If HWL works so well for weight loss, why don't pregnant women lose weight?

HWL works to mobilize fat for utilization by the body only when there is a significant decrease in calories and fat. For weight loss, a very low calorie diet of all the right foods is used to trigger HWL to help rid the body of fat.

Will my metabolism slow down if I am on a very low calorie diet?

It is true that normally when cutting back on calories and fat, our body stores fat and our metabolism slows down. This happens because fat is really a life-saving source of stored energy. When a very low calorie diet is used in conjunction with the HWL, the

HWL DIET

hormone signals the body to use stored fat for energy, and eliminates excess fat reserves. It is a natural process, so no ill effects on your metabolism will result. The HWL keeps the body from going into starvation mode and holding onto fat as it resets your metabolism.

Wouldn't I lose the same amount of weight eating a very low calorie diet without HWL?

You can lose weight simply by eating fewer calories and fat, but because the body stores fat during times of deprivation, you will most likely lose muscle and bone before fat. This causes cellular metabolism to slow down, so in the long run, it would make gaining weight easier, as well as decrease bone density and muscle mass. By using HWL with the low calorie diet, extra fat is mobilized for energy and the rest is eliminated; the low calorie diet is vital in preventing immediate refilling of emptied fat cells. You benefit by preferentially getting rid of excess fat without affecting your bone and muscle. With HWL you can lose the weight quickly and keep it off!

The HWL diet is very low calorie, will I get hungry?

It is common to feel mild hunger during the first few days. This will pass and by the second week you will find your servings to be satisfying. Because HWL mobilizes fat and makes it available to the body as an energy source, it naturally reduces appetite. So even though you are taking in fewer calories, your body can access the energy you have stored in fat cells. Drinking lots of the green tea all day (we like the cold fruity sweet one sweetened with stevia) helps a ton as a natural appetite suppressant and your energy level. Overall, most people have plenty of energy and feel good while on the program.

Will the HWL diet interfere with any medications I am currently taking? What about birth control pills or Depo-Provera injections?

HWL does not interact with ANY medications, including birth control pills or Depo-Provera, so there are NO side effects.

Will I experience any changes in my menstrual cycle taking HWL?

Because the amount of HWL is so small, there are no changes to your menstrual cycle. Likewise, HWL will not affect your ability to become pregnant, nor will it increase your chances of getting pregnant. It is best to avoid starting the HWL Diet if you are within 5-6 days of your menstrual period. Wait until after your menstrual period is complete to start HWL. Once on HWL and you have a menstrual cycle, you can maintain the diet and continue taking HWL.

HWL DIET

Will about pregnancy and taking HWL?

If you are pregnant or become pregnant during the HWL diet, stop taking HWL and consult your physician.

Why are some people calling HWL the "Weight Loss Cure"?

HWL is also being called the "Weight Loss Cure" because after taking it for weight loss, it reprograms your body to use stored fat for energy when calories are reduced for a period of time. It helps you maintain your weight and not regain the pounds you lost.

How much weight can I expect to lose on the program?

Most people will lose 26 pounds on the 26 day program. Everyone is different. It depends on many factors including how much excess weight you have and how much needs to be lost. Often, people lose 7-14 lbs in the first week. You need to have at least 12 lbs to lose in order to do the 26 day program.

Does the weight loss slow down after the first two weeks?

Many times there is a large amount of weight loss in the first week, then a plateau or leveling off of weight loss. This does not mean that your weight loss has stopped. Typically, inches are being lost continuously while on the program, and after a period of time, patients will experience another large drop on the scale. Weight loss is thus achieved in this stair-step fashion.

Is it ok to skip a meal or protein at one of my meals?

No, you don't ever want to skip any of your meals. It's important to eat all of your 500 calories and especially your protein so that you only lose fat and not muscle.

Can I exercise daily?

No exercise! If you must exercise, low key exercise only. You can do about 20 min. of walking a day and a few sit ups or push ups if you feel that is needed. Exercise burns calories and therefore causes your hunger to increase. The combination of low calorie intake and exercise could cause your body to go into starvation mode. This can negatively impact your stamina and commitment to the diet. So take it easy. And remember, you will be losing fat. So when you do go back to the gym, it's a skinner, more energetic you!

Do I have to take vitamins while doing this diet?

You must take B12 everyday. The B12 Sublingual is the recommended B supplement because it is in liquid form and is absorbed right in your system. This will increase with energy and increase your metabolism. Also a good multi vitamin helps, make sure it is sugar free and has no fat soluble ingredients like fish oils or vitamin D. Potassium is also

HWL DIET

good especially if you experience leg cramps (which can be common while on this diet). Calcium/magnesium combo is also a good one to take if needed.

Is it normal to get a headache during the first week?

Some people may experience light headaches during the first week, this is because your body is releasing fat cells very rapidly and you will be going through a major detox. You may take an Aspirin or Tylenol as long as it's not sugar coated.

Can I take the drops longer than 26 days if I want to keep losing weight? Yes! You can take them up to 40 days. After 40 days you must take a break for how many days you were on the drops before you start another session. This is to make sure your body doesn't become immune to the HWL. 20 days is the shortest amount of days and 40 is the longest you can do the drops. Just remember the last 3 days of your plan is no drops and continue diet for 3 days until the HWL is flushed out of your body before going into maintenance. Exercise is encouraged once you start maintenance and are back to 1500-1700 calorie diet.

Can you split up your fruits and eat them when you want?

Yes, you can eat them for breakfast or as a snack. Most don't eat them with their meals so they will have a snack when they feel hungry. You get 2 fruits a day.

Can I wear makeup?

No lotions, moisturizers or liquid make-ups with oil. HWL diet is very sensitive to oils, creams and fats. These could slow the weight loss process down; you only want it to target your stored fat. You can use any mineral makeup or pressed powders and of course oil free foundations are fine. Other eye makeups and lipstick are fine. Stay away from lip glosses and Chapstick. If your lips get dry the protocol says to use Carmex. It also says if needed you can use mineral oil (baby oil) if needed as a moisturizer.

HWL DIET

Sample Shopping List

Meat

- chicken breast
- steak (allowed cuts)
- ground turkey
- fish (allowed types)

Veggies

- onions (green, red, white, yellow)
- tomatoes
- asparagus
- spinach
- celery
- romaine lettuce

Fruit

- lemons
- apples
- oranges
- grapefruit
- strawberries

Spices

- cumin
- onion powder
- chili powder
- cayenne
- thyme
- rosemary
- oregano
- basil
- bay leaf
- paprika
- celery salt

Other

- garlic
- cilantro
- parsley
- Melba toast
- apple cider vinegar
- Stevia (clear and variety of desired flavors)

Sample Weekly Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Coffee, Tea	Coffee, Tea	Coffee, Tea	Coffee, Tea	Coffee, Tea	Coffee, Tea	Coffee, Tea
Lunch	Spicy Taco Salad	Chicken Lettuce Wraps	Spicy Shrimp & Salad	Buffalo Chicken Salad	Shrimp, Tomato & Melba	White Fish & Green Salad	Chicken Fajitas
Dinner	Chicken w/ Marinara sauce	Rosemary Cod & Asparagus	Bun-less Turkey burgers	Chilean Sea Bass & Asparagus	Chicken Lettuce Wraps	Grilled Steak and Asparagus	Meatballs & Marinara
Snack	Fruit Medley	Apple Cobbler	Jamaican Grapefruit	Strawberries	Orange Slushy	Strawberry Orange Smoothie	Apples with Strawberry Sauce

HWL DIET

26-30 Day Diet Program

Instructions/ Rules

Instructions

- Take .4 ml 3 times a day and hold under tongue for 15 seconds. Swallow any extra liquid.
- Use the Oral Measuring device (oral syringe) provided not the dropper that comes in the bottle.
- Store drops in a cool dry place, a refrigerator is best
- First 2 days eat LOTS of fattening food! This is very important to jump start the metabolism. Eat all day!!!!
- Take drops for 23 days, then no drops for the next three days, but continue to diet, as all HCG is being flushed out
- Weight of protein is to be based on PRECOOKED weight, not post cooking- this can make quite a difference in the prescribed serving with certain proteins
- Drink lots of water (at least 2 liters)
- Follow these instructions for the drops (not the instructions on the HCG drop bottle)

Rules

- No gum, mints
- No lotions or moisturizers
- Don't eat or drink 15 min before and 15 min after you take your drops. This helps to let them absorb.
- No diet drinks including Crystal Light, diet soda
- No butter, oil or dressing

Most Common Errors During Diet

- Not loading enough fat during the first two days of HCG. This might explain hunger, headaches and crankiness during the first week of diet.
- Mixing veggies at meals. ONLY ONE VEGGIE PER MEAL.
- Not drinking enough water

Homeopathic Weight Loss

HWL Diet

Dr. Jeffrey E. Weber MA, DC, DCBCN

718-376-2300
oceanchiro.net

HWL DIET

- Consuming spices or seasonings that are not allowed (have sugar in them)
- Eating the same protein for both lunch and dinner.

The Diet

Day One and Two:

- Take .4 ml first thing in the morning (and at lunch and dinner). Hold under your tongue for 15 seconds. Don't eat or drink for 15 minutes before and 15 minutes after you take the drops.
- Eat LOTS of fattening food! This is very important to jump start the metabolism. Eat all day!!!!

Day Three to Day Twenty-three:

- Weigh yourself immediately, after emptying the bladder and without clothes.
- Take .4 ml first thing in the morning (and at lunch and dinner).
- Hold under your tongue for 15 seconds. Don't eat or drink for 15 minutes before and 15 minutes after you take the drops.
- Drink LOTS of water (at least 2 liters) all day
- Breakfast: Tea or coffee in any quantity without sugar. Only one tablespoonful of milk is allowed in 24 hours. Saccharin or Stevia may be used.
- Lunch: 1. 100 grams of VEAL, BEEF, CHICKEN BREAST (removed from the bird), GROUND TURKEY, FRESH WHITE FISH, LOBSTER, CRAB, OR SHRIMP**. All visible fat must be carefully removed before cooking, and the meat must be weighed raw. 2. One type of veggie to be chosen from the following: SPINACH, CHARD, BEET-GREENS, GREEN SALAD, (1) TOMATOES, CELERY, FENNEL, (1) ONIONS, RED RADISHES, CUCUMBERS, ASPARAGUS, CABBAGE. 3. An APPLE or a handful (9) of STRAWBERRIES or one-half GRAPEFRUIT, ORANGE
- Dinner: The same choices as lunch.

For the salad type veggies start with 2-3 cups and 2 cups of the other allowed veggies (unless otherwise stated). If you find you are absolutely starving try to up your veggies by 1/2 -1 cup (max).

(*Allowed Beef cuts- filet mignon, flank steak, t-bone, top round, top sirloin, tenderloin. If you are going to eat ground beef it must be at a minimum of 93% fat free; and eaten no more than 2 times a week.)

(**Allowed fish- raw, not pickled or dry- bass (sea or striped), burbot, cisco, cod (Atlantic or Pacific), cusk, flounder, grouper, haddock, ling cod, monkfish, northern pike, rainbow smelt, snapper, sole, tilapia, walleye, whiting, wolfish. Allowed seafood- lobster, shrimp, crab (do not use imitation crab), scallops)

Day Twenty-four to Day Twenty-six:

- Follow the day three to day twenty-three diet (the 500 calorie part). Stop taking drops. For three days.

HWL DIET

Maintenance

For twenty-six days following day twenty-six you are allowed to eat as much food and any type of food you choose (up your calories to 1500 per day), with the following exceptions:

- No sugar, dextrose, sucrose, honey, molasses, high fructose corn syrup, corn syrup
- No starch (including breads, pastas, white rice, potatoes)
- No artificial sweeteners
- No fast food
- No Trans fats
- No nitrites

You may add dairy (i.e. milk and cheese), nuts and any and all fruits and/or veggies back in.

This is extremely important to follow. As this phase resets your metabolism to a high state and prevents abnormal storing of fat. Remember to always have a scale on hand (especially when traveling). You must weigh yourself every morning when you get out of bed (and have emptied your bladder).

It takes approximately 3 weeks before the weight reached at the end of the cycle becomes stable.

As long as your weight stays within 2 pounds of the weight reached on the last day of your HCG dose you are fine. If it fluctuates even a few ounces, on that same day you must entirely skip breakfast and lunch, but drink plenty of fluids. For dinner eat a huge steak and 1 apple or 1 raw tomato (nothing else).

HWL DIET

Breakfast: Tea or coffee in any quantity without sugar. Only one tablespoonful of milk allowed in 24 hours. Stevia may be used.

- Lunch:**
1. 100 grams of veal, beef, chicken breast, fresh white fish, lobster, crab, or shrimp. All visible fat must be carefully removed before cooking, and the meat must be weighed raw. It must be boiled or grilled without additional fat. Salmon, eel, tuna, herring, dried or pickled fish are not allowed. The chicken breast must be removed from the bird.
 2. One type of vegetable only to be chosen from the following: spinach, chard, chicory, beet-greens, green salad, tomatoes, celery, fennel, onions, red radishes, cucumbers, asparagus, cabbage.
 3. One breadstick (grissino) or one Melba toast.
 4. An apple, orange, or a handful of strawberries or one-half grapefruit.

Dinner : The same four choices as lunch (above)

Drinks and Seasonings

The juice of **one** lemon daily is allowed for all purposes.

Salt, pepper, vinegar, mustard powder, garlic, sweet basil, parsley, thyme, majoram, etc., may be used for seasoning, but no oil, butter or dressing.

Tea, coffee, plain water, or mineral water (2 liters of water per day is recommended) are the only drinks allowed, but they may be taken in any quantity and at all times.

The fruit or the breadstick may be eaten between meals instead of with lunch or dinner, but not more than than four items listed for lunch and dinner may be eaten at one meal.

No medicines or cosmetics other than lipstick, eyebrow pencil and powder may be used without special permission.

HWL DIET

Portions and specially prepared unsweetened, low calorie foods

"In many countries specially prepared unsweetened and low Calorie foods are freely available, and some of these can be tentatively used... the total daily intake must not exceed 500 Calories if the best possible results are to be obtained, that the daily ration should contain 200 grams of fat-free protein and a very small amount of starch."

Important Highlights:

- The 500 calorie limit must always be maintained.
- 2 small apples are not an acceptable exchange for "1 apple."
- Very occasionally we allow egg - boiled, poached or raw - to patients who develop an aversion to meat, but in this case they must add the white of three eggs to the one they eat whole.
- Cottage cheese made from skimmed milk is available 100 grams may occasionally be used instead of the meat

Personal Care and Beauty Products on the HWL Diet:

- We do permit the use of lipstick, powder and such lotions as are entirely free of fatty substances. We also allow brilliantine to be used on the hair but it must not be rubbed into the scalp. Obviously sun-tan oil is prohibited.
- Aspirin and birth control **are** allowed on the HWL Diet.
- No massage of any kind.

HWL Protocol.

"Patients who need to lose 15 pounds or 7 kilos or less require 26 days of diet with 23 daily treatments." The very low calorie diet (VLCD) is continued for 3 days following the end of the drops to avoid weight regain.

During menstruation the HWL program is stopped, however the VLCD is continued. Once menstruation is over, dieters must reinstate the HWL treatment.

"When a patient has more than 15 pounds to lose the treatment takes longer but the maximum we give in a single course is 40 days, nor do we as a rule allow patients to lose more than 34 lbs. (15 Kg.) at a time. The treatment is stopped when either 34 lbs. have been lost or 40 days. The only exception we make is in the case of grotesquely obese patients who may be allowed to lose an additional 5-6 lbs, if this occurs before the 40 days are up."