



You wouldn't be reading this information if you weren't making the commitment to change your life! Your journey to improved health and wellness begins here with the information that you need to begin your own weight loss program using our HCG Diet Plan.

The "Dr. G's Slim in Time by Design" program is real and it works! No smooth talk, no slick advertising and no exaggerated claims of success. Our program produces results that are typical in the majority of individuals.

It will take effort, commitment and willpower. I believe mostly, it takes self-respect to believe that you are in control of your life in positive ways. You now have all the tools. All it now takes is your doing your part. You need to familiarize yourself with the information included in this weight loss kit and you need to be determined. No one says that changing our behavior is easy. It may be difficult to make positive changes in your eating habits, to exercise regularly and to maintain positive thoughts. However, the real challenge is to take a long, deep, inside, honest look at yourself and summon the courage to recognize what needs to change. To make these changes it depends upon how you think, react and behave.

Investing in this program indicates your desire for that change – so let's get started!

Remember-perfection is not required! If you slip up a little, don't worry. Just get back on track right away. Certainly, do not allow other people to be negative or put yourself in situations where you are surrounded by fatty foods at least until your eating habits have changed and you feel emotionally strong enough to stay focused on your plan. It takes time to break a routine, so be patient; but, remain *committed!*

You can do it! You can control your life and you can make this happen – it's only a few weeks! I know you can do this because I did it myself! We're also confident in our ability to help you! Go to our website and have a look at what our "Slim in Time by Design" and "Healthy Life by Design" patients say about the results they have achieved; and, the new life that has been discovered physically and emotionally.

Congratulations again on starting your journey to a slimmer, healthier you!

Dr. James R. Grilliot
Chiropractic Physician

An explanation of the HCG Diet

HCG, Human Chorionic Gonadotropin, is a hormone which is produced naturally in the body. Combined with a low calorie diet of 500 calories a day, HCG is taken over a period of 21 to 40 days which allows the body to burn fat at a rapid rate. Unlike other diets which are low in calories, HCG does not shut down your metabolism. The hormone signals the body to use it's stored fat for energy, and will eliminate excess fat reserves. Dr. A. T. W. Simeons, who developed the HCG diet, theorized that by using this protocol, the body is able to reset it's hypothalamus gland and regulates the endocrine systems more efficiently. It is a natural process and, if done correctly, will rid your body of excess fat without affecting your bones and muscles as other low calorie plans have been known to do. Another benefit of the HCG plan is that it tends to redistribute fat away from your "problem areas". If you carry excessive weight in your hips, thighs and buttocks, the weight loss is usually concentrated in that area instead of through the face and neck as in other low calorie diets. This seems to be a unique characteristic of the HCG hormone. In the Slim In Time By Design program we use only the highest quality HCG from the best facilities.

The Slim In Time By Design Program is basically divided into four steps.

The first step is purchasing the supplements from our facility, reading, organizing and preparing yourself for the diet and deciding on a convenient time in your life that you can devote to this food plan. Although you can travel and eat out while on this program, it takes a good deal of planning and we recommend that you use this product when you are more home based for a two month period, especially if this is your first time using the product.

The second step is actually taking the HCG drops for a period from 21 to 40 days while restricting your calories to 500 per day. A list of foods will be provided later in this material. You will be expected to drink plenty of fluids, rest and partake of some moderate exercise for best results. This step is introduced by two days of "loading" while beginning the drops followed by 21 days of 500 calorie with the drops and three additional low calorie days without the drops.

The third step is the stabilization phase when you reintroduce more calories and fats into your system, but still eliminate any starch or sugars. During this step, you will eat a normal amount and will monitor your weight to insure that you do not gain more than two pounds in a day. If your weight has crept above the allowable 2 pounds, then you will fast for a day and eat only a large steak and an apple or tomato and that will bring you back into acceptable boundaries. During this period, your hypothalamus is being reset. You will stay on this step for three weeks after taking the last of the HCG drops.

The last step is the maintenance phase. During this time you slowly add healthy sugar and starches back into your diet while monitoring your weight.

You can repeat the HCG again, if needed, after a six week period for additional weight loss. People who want to lose a great deal of weight can repeatedly use the HCG program, but there must be time allowed between each round for the body to rest and adjust. If multiple rounds of HCG are done on too quick of a rotation, immunity might set in and a patient might experience extreme hunger, feelings of lightheadedness and feelings of weakness. None of these symptoms should occur during the normal course of treatment and are an indicator that it is time for you to move on to the stabilization phase. This product is perfectly safe and I, and/or my trained staff will always be available to answer questions and monitor your progress

History of the HCG Diet

The HCG plan was developed by Dr. A.T. W. Simeons in 1955 at his clinic in Rome, Italy. While attempting to help adolescent boys who had a hormonal imbalance, Dr. Simeons discovered that HCG was very effective in correcting metabolic disorders and people were able to lose incredible amounts of weight and keep it off. Dr. Simeons specialized in treating the wealthy and famous and his clinic was very successful. His book "Pounds and Inches" can be found on the internet and can give you a more through understanding of the science behind this product.

Our program basically follows the guidelines introduced by Dr. Simeons over 50 years ago and we have found them still to be highly effective. There are many variations available, but we think this program is the healthiest and bears the best results.

SLIM IN TIME BY DESIGN

Packaging List

- *HCG Bottle (1 oz.) – 2 bottles*
- *B12 Bottle (2oz.) – 1 bottle*
- *Organically Bound Minerals (#6275)- 1 bottle*
- *Fen-Cho (#4225) – 1 bottle*
- *Drenamin (#3700) – 1 bottle*
- *Keto Stik with PH Tracking Page – 1 bottle*
- *1 White Supplement Box*
- *2 System Surveys with Information Sheet or on website*

Summarization of the HCG Program

Step #1: Getting Ready (length of time 1-7 days)

Before you begin the program it is important to read the information provided, get organized and take time to prepare. It makes the next steps much easier!

Step #2: Taking the HCG drops (length of time 21-40 days)

Day one and two of taking the drops is accompanied by the “loading” day where you can eat foods high in fat and calories to help prepare your body for the future low-food intake days. Not everyone chooses to do this “loading” but it is recommended as it helps the body through the initial stage of weight loss.

Step #3: The Stabilization Phase (length of time 21 days)

This is the important step in which you learn how to keep the weight off! During this stage, you will increase your calories back up to a normal level, but you don't include any sugar or starchy foods. During this period, you monitor your weight carefully and correct any weight gains immediately so that your body can stabilize at a new set-point.

Step #4: Maintenance Phase (continual)

This is when you can gradually begin to add healthy sugars and starchy foods back into your diet. Journaling is especially important during this phase because it can help you pin point what foods might be stimulating your weight gain. We recommend that you approach this stage carefully and monitor your weight and food intake carefully so that you don't undo your success. You can stay on this stage forever or you can begin a new round of HCG if you still want to lose more weight.

Do's and Don'ts of the HCG Program:

Do:

- *Weigh and measure all foods accurately*
- *Do take supplied supplements daily*
- *Do drink a minimum of eight 8oz glasses of water daily*
- *Do follow the diet exactly for best results*
- *Read Dr. Simeons Original Manuscript available at www.hcgdietplanbooks.com*
- *Do "load" properly with two days of appropriately rich and high fat foods to begin the program.*
- *Do weigh yourself every day.*
- *Do take your measurements and take beginning pictures of yourself before you begin taking the drops.*

Don'ts:

- *Don't use oils of any kind. No fish oils, butter, cooking oils, vitamin A or E. Do not handle fat on meat, etc.*
- *No lotions, creams, oil-based make up, petroleum products, skin oils, etc. Powder based products are acceptable along with lipstick, lip balm, plain mineral oil and Cornhusker's Lotion.*
- *Do not add any foods of any kind that are not on the food list.*
- *No sugars. Read spice labels carefully because they often have hidden sugar and starches.*
- *Don't mix your ingredients. If you eat chicken at lunch, eat beef or fish at dinner. If you have lettuce, do not include other vegetables with it. If you use orange juice as a marinade, use the rest of the orange for your fruit serving.*

Getting Started

Step 1:

- 1. Look at your calendar to see what day would be best to begin the HCG drops. Many people find that beginning the drops over the weekend while "loading" is the easiest and then begin the restricted calories on Monday.*
- 2. Check your bathroom scale to ensure that it is properly working and can measure weight loss or gain in ½ lb increments.*
- 3. Take measurements and "before" pictures and organize your food journal.*
- 4. Purchase food and a reliable food scale.*
- 5. Prepare, measure and freeze food ahead for quick meals later.*
- 6. De-clutter your home and cupboards of junk food and tempting foods that might sabotage your success on a "weak" day.*
- 7. Inform your friends and family of what you are attempting to do and ask for their support.*

Grocery List for Step 2

Drinks: coffee, tea, diet soda, water. Any zero-calorie, zero-sugar drink.

- *Stevia is recommended as the sweetener. There are a variety of flavor drops which can be obtained at our office, at health food stores or on internet. When buying Stevia, read the contents of the package as some Stevia is mixed with sugar or other fillers.*
- *There are now a variety of Stevia flavored colas available at Krogers on Main St., Lancaster in their health food department.*
- *Spring Water is recommended but any water will do including tap water.*

Proteins: lean beef, venison, buffalo, skinless chicken breasts, sea bass, sole, flounder, halibut, swai, tilapia, lobster, crab, shrimp, scallops, orange roughy, perch, cod, eggs, halibut

- *3 ½ oz uncooked meat or 3 oz cooked. Measure carefully.*
- *Do not substitute other meats like turkey, cold cuts, canned chicken, etc. Unapproved proteins like turkey can adversely affect your weight loss.*
- *Eat 2 different servings of protein a day.*
- *Prepare by boiling, baking, steaming or grilling. No oil is to be used in preparation.*

Vegetables: Spinach, lettuce, cucumber, asparagus, cabbage, bok choy, Swiss chard, beet greens, kale, celery, onions, tomatoes, sugar free salsa, Miracle noodles, Brussel sprouts, fennel, red radishes.

- *Eat two different vegetables each day.*
- *Steam, grill, raw. No oil used in preparation.*
- *Iceberg lettuce is not recommended because it has few nutrients.*
- *Miracle noodles have no calories or taste. They take on the taste of the foods that they are added to. These are a free food and can be eaten often. They add bulk to your system and can be used in place of a pasta or noodle in soups. They can be purchased at our office, on the internet or at the Meijer's store in Lancaster.*
- *Tomatoes can be counted as a fruit or a vegetable.*

Fruits: Apples, oranges, ½ grapefruit, 6 large strawberries

- *2 different fruits per day*
- *The apple can be any size but you cannot substitute two small apples for one large.*
- *Grapefruit and oranges can be peeled ahead and stored in air tight containers.*

Bread: One thin grissino bread stick, one thin Melba toast, or 2 Melba rounds.

- *These can be eliminated from diet if you choose.*
- *Two cannot be eaten at the same meal.*

Seasonings: sea salt, pepper, lemon, vinegar, garlic, basil, cilantro, garlic, curry, ginger, parsley, thyme, marjoram, mustard, cinnamon, nutmeg, dill, cumin, cayenne, green onion, hot pepper flakes, Bragg's Liquid Amino, etc.

- *Bragg's Liquid Amino is a seasoning that will enhance the flavor of many foods. It can be purchased at Kroger's in the health food section. It is a free food.*
- *Read the labels of mixed spices because many have sugar or starches added.*
- *The juice of one lemon a day can be used in cooking or to flavor water. It helps alkalize the body and flush fat from the system.*

Additional: Kitchen or postal scale to weigh meat. Small storage containers for vegetables.

- *Cooking meat in bulk, weighing it, wrapping in individual saran wrap, and storing in baggies in the freezer saves lots of time during the week.*
- *Cook vegetables ahead and measure into individual serving containers for a quick grab and go.*

Instructions for Step 2: Taking your HCG drops

Day 1 and 2:

Take daily:

B12: ½ dropper twice a day; breakfast and dinner. Take before HCG.

HCG: ½ of a dropper 3 times a day; breakfast, lunch and dinner.
Hold under the tongue 30-45 seconds. Do not eat for 10-15 minutes after taking the HCG/B12. You may feel a slight burning in the throat. This is normal.

Organically Bound Minerals: One tablet three times a day; breakfast, lunch and dinner.

Fen-Cho: One tablet two times a day; breakfast and dinner. If bowel movements decrease below one per day, take an additional Fen-Cho before bed. If this doesn't stimulate bowel movements, take 2 Fen-Cho the next night. Continue on 4 Fen-Cho a day until consistent bowel movements become the norm.

Drenamin: Take two tablets twice a day; breakfast and dinner.

Keto Stik: Utilize a Keto Stik once a day usually upon rising in morning. A good number range to be in is 40-80.

These two days are your “loading” days. You may eat whatever you like during these two days along with taking the HCG drops. It is recommended that you eat foods high in fat as this will help sustain you in the first week. High sugar foods can be used, but are not mandatory. Some people choose not to eat unusually high fat or sugary foods, but maintain a regular diet during these days. The choice is up to you.

Days 3-21:

Use supplements listed above daily.

*Meals should be limited to 2- 3oz protein servings per day
2- 1/2 cup vegetable servings per day
2 fruit servings per day
2 servings of Melba toast/ghissino sticks
per day
1/2 to 1 gallon of liquid per day*

*These foods should be spaced throughout the day. A sample menu
for a day might look like this:*

*Breakfast: HCG drops and supplements
Cup of tea with Stevia*

10:00a.m: 1/2 grapefruit slices

*Noon: HCG drops and supplements
Shrimp and cabbage soup
Ice tea*

*Dinner: HCG drops and supplements
Spicy Mexican Beef
Diet pop*

7:30 p.m.: Apple

Your food can be distributed throughout the day to meet your needs.

Remember to drink plenty of fluids throughout the day!

***Days 22, 23, 24: Stop taking HCG drops. Continue with other supplements
and continue eating the 500 calorie diet.***