



Stall Breakers

Dr. Simeons's manuscript only recommends one way to break a plateau.
BUT we have found other ways to break a stall

Apple Day Consists of eating nothing but apples for one day. You eat 6 large apples and drink water all day. That's it. No other fruit, no vegetables, or protein.

Steak Day Drink plenty of water. In the evening, eat a huge steak with only an apple or a raw tomato.

Herbal Teas Some herbal teas act as natural diuretics and produce the same effect, the release of water.

• Corn Silk Tea • Green Tea • Dandelion Tea • Fennel Tea • Parsley Tea
You can add more tea to or do a fast with tea. Parsley Tea in particular is a very powerful natural diuretic. It contains vitamins A and C, and has more beta-carotene than a large carrot. A cup of minced parsley has more vitamin C than eating 2 oranges. A cup of minced parsley has more calcium than a cup of milk and 20 x's as much iron as liver. Parsley is also a natural breath freshener, thanks to chlorophyll contained in parsley.

Eleotin Tea To Control Your Insulin- A natural product lowers and controls blood glucose levels, helping you maintain control long after you stop using the tea. Controlling insulin levels helps control hunger and cravings.

Green Tea To Increase Your Metabolism- Due to high levels of catechin polyphenols. Catechin polyphenols increases fat oxidation, inhibits fat absorption, and helps glucose regulation. Green tea may also help reduce appetite. Ideally you want to drink 3-5 cups a day.

Yerba Mate Tea To Suppresses Your Appetite- Acts as a stimulant that suppresses the appetite. Studies found that Yerba Mate Tea may modulate the expression of several obesity-related genes and produce a potent anti-obesity effect.

Oo-Long Tea To Burn Your Fat- Contains catechin polyphenols, thearubigin, and theaflavin. Also burns fat, increases metabolism, and blocks dietary fat absorption.

Teas Natural Diuretics -These natural diuretics, won't interfere with the diet, and may help jumpstart an Stall.

• Parsley Tea • Corn Silk Tea • Dandelion Tea • Fennel Tea

Diuretic Foods & Seasonings These foods listed are not only natural diuretics, You may want to change your HCG diet menu after a stall by incorporating these foods.

- **Apple Cider Vinegar** – great for a salad dressing
- **Asparagus** – improves waste removal
- **Cabbage**- breaks up fatty deposits, especially abdominals
- **Lettuce** – aids in metabolism and flushes toxins
- **Garlic** – aids in breakage of fat
- **Horseradish** – aids in metabolism, breakage of fat
- **Caffeine** – aids in waste removal and suppresses appetite
- **Tomatoes** – aids in metabolism, release H2O and flushes waste

Stall Tips

- Weigh your food raw/uncooked. 100 grams of meat should be weighed raw, not cooked.
- Refocus your diet, re-read the manuscript, and make sure you are having foods in the right amounts.
- Do not eat more than 1 kind of fruit a day.
- Do not eat more than 1 kind of vegetable in a day.
- Discontinue the breadsticks or Melba toast.
- Decrease or discontinue use of artificial sweeteners (AS).
- Increase Water intake. Water is another natural diuretic that is often neglected. Drink 2 liters or more a day.
- Decrease excess salt. Diet soda is a double culprit with AS and sodium.
- Exercise-Heavy exercise can cause water retention; walking, Yoga and Pilates are good lighter exercises. Weight Training, Cycling; or Running may be too much while on the 500-calorie and cause water retention.
- Make sure you measure your body as the scales. If you have stopped losing, the inches may be coming off.
- Use Miracle Noodles to break a stall.

The Plateau Simply the stoppage of weight loss from one day to the next. It is crucial to weight yourself every day. Normal progress is a weight drop of a ½ to 1 Lbs (sometimes more) from one day to the next. When you weigh the same from one day to the next, then you have started a plateau. Depending on the individual, sometimes it takes 4 to 6 days before finally realize you are stuck, meaning a weight loss plateau.

1) Best Way: The Apple Day On the very first day that you find yourself on a plateau.

1) Eat nothing but 6 apples all day long; 2) Drink as little water as possible. This helps getting sludgy food moving again. This almost always works. This method removes excess fluids in a hurry, so it is common for weight to drop two pounds from one day to the next. After that, your normal progress should be restored.

2) Increase Bowel Movements Constipation and infrequent bowel movements are the main problem leading to a plateau. This makes sense. You should move your bowels at least once per day. (2 or 3 x per day is better) Taking in more water is the easiest and most effective way to increase bowel movements. However, if this does not work as fast as you want, adding soluble fiber to a glass of water will accelerate the process. The easiest soluble fiber to find and use is psyllium powder. It is the main ingredient of Metamucil, although that product contains too many lousy ingredients to be recommended (e.g., sugar or aspartame, artificial color, etc.).

We recommend Calm Calcium/Magnesium

3) Adhere Closely to the Original Diet Protocol Modern variations of the protocol include adding lean ground beef and mixing multiple vegetables at the same meal. The original protocol was more of a sure thing, so eliminate ground beef and have only one vegetable at a time instead of in mixed salads, etc. Also, make sure that your carbohydrate source (e.g., Melba toast) is just the right amount. You can reduce this amount if needed.

4) Vary Your Food Sources Within the Same Day. If you are in the habit of eating chicken breast at every meal, or the same kind of protein source, substitute a different source for one of your meals. Do not eat use the same kind of meat twice in the same day. This also goes for eating the same type of fruit or vegetable. Change them up and see how this can move you off of your plateau.

5) Eat Enough! If you think that eating less will be helpful, what you will find is that a too-low caloric intake will slow down your metabolism. You must eat the minimum daily amount of 500-550 calories to keep your metabolic rate just right for burning the abnormal fat from your body. When this rate goes too low, you will hit a plateau and stop losing weight. **So eat enough!**

Tips on Managing Stalls/Gains

1. Watch what you're eating; you should have a food journal to find patterns of foods that cause you not to lose, or to lose fantastically. A lot of people have had problems losing with tomatoes and oranges (but some people have no problem at all). Everybody is different and you need to monitor your own body and see what works (and doesn't work) for you.
2. Make sure you are drinking enough water (at least 2 liters a day).
3. Those holding true and not cheating, are rewarded with a large weight reduction when it finally drops. You will usually resume your previous average loss before the stall.
4. Each time you stall, take your measurements; you have probably lost inches (it's LBS & INCHES).
5. You could gain some weight and not have cheated, depending on your menses, ovulation, and hormones. Almost all of us have seen the scale go up due to water retention, etc.
6. If you eat more salt in the food you prepare, and your body isn't used to that sodium level, your blood volume will increase to handle the extra salt, which will translate into a gain because you're retaining water to boost that blood volume. In other words, watch your salt intake.
7. You lose fat from the body cells but the cells do not disappear at the same time. The cell structure is still present for two to three days while the body breaks down the cellulose and fills the cell with water in order to release it (through urine). Once the fat cell is removed, the scale will drop.
8. Sensitivity/allergies to foods (like lemons) may cause weight stalls. Listen to your body.
9. Pay attention to weight gains, they usually signify a mishap in the protocol, like not drinking enough water, eating too many/too few calories, too much salt, or (inadvertently) eating foods not allowed.
10. Be careful, spices have calories. As long as the serving size listed has less than 5 calories, the company can list 0 calories (even though it may actually have 4). Usually spices and seasonings use 1/4 of a teaspoon as their serving size, so BE CAREFUL...4 calories in 1/4 teaspoon = 16 calories in 1 teaspoon. Account for every calorie, no matter how miniscule it may seem.

Here is an exact calorie count per TABLESPOON of various spices:

1TB Onion Powder=22.54 calories 1TB Garlic Powder =27.91 calories

1TB Chili Powder =23.55 calories 1TB Paprika =19.94 calories

1TB Poultry Season =11.36 calories 1TB Oregano =13.77 calories

11. Weight gains/stalls may take a few days to kick in. Example: mixing veggies for a few days, assuming there is no problem based on what the scale reads, then a stall or gain can suddenly reflect the breaking of the rules. Many people believe a stall comes out of nowhere, but it is usually instigated by something (if not a previous weight set point).
12. Important to know that what works for one person does NOT mean it will work for everyone; to prevent stalls/gains simply do not make changes just because someone else is losing with that modification.
13. In women, menstrual periods increase water retention, and water weight shows on the scale. If you know you are following the plan and not cheating, you just need to accept that the stall/gain is temporary and continue to follow the protocol. The drop will happen once menstrual cycle is normalized in the body.
14. If you are following the diet to a "T" and have no other explanations for a stall/gain, look at your life and the levels of stress. Stress causes cortisol which hinders weight loss and/or causes you to gain weight. Try to remain calm and stress-free.

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