

Dr. Maria's WeightLoss Works Program

Dr. Maria's WeightLoss Works program is based on concepts from the GAPS diet, the hCG diet, the Paleo diet and effective detox programs. It is an 800-1000 calorie per day diet. It offers more flexibility than the traditional hCG diet. It is also meant to help heal a damaged intestinal tract, which then helps heal the brain and heal any condition that involves inflammation. Please consult with Dr. Maria before starting.

- PHASE 1: One week prior to starting the diet, you will begin a homeopathic detox program. This will continue throughout the program. Detox makes the diet safer and easier on the body.
- PHASE 2: Begin **hA²cg Evolution drops**. After at least 7 days of detox, you will do 2 days of fat loading, eating as much fattening foods as you can. This restores your essential fat reserves so your body will easily release non-essential fat reserves. This also reduces hunger during the low calorie phase. Do not skip this phase.
- PHASE 3: For a minimum of 21 days (and up to 3 months) begin each morning with homeopathic Detox drops and **hA²cg Evolution drops**. Detox drops will be taken 10 drops 2x/day and **hA²cg Evolution drops** will be taken 10 drops 3-6 times per day as needed for hunger. The **hA²cg Evolution** causes your body to release stored fat, as much as 1000 to 4000 calories per day. This is the magic to the weight loss. It is also what makes it possible to feel well and energetic while eating so few calories. We recommended that you add the alkalizer/potassium drops and B12 drops for added energy during this phase. *Stop the hA²cg Evolution drops 3 days prior to ending the low calorie phase.*
- PHASE 4: Maintenance program for 3 weeks. Add nuts, dairy, oils, coconut and fermented foods. Continue to avoid all starch (high carbohydrate foods) and sugar. No grains of any sort may be eaten. Alcohol may be consumed 1x/week (except beer, sweet wine and liqueurs). Eat as many calories as your body desires.

Phase/length	Instructions	Reasoning
1. Preparation – 1 week	Read instruction booklet thoroughly, begin detox drops	There is a lot to know, make sure you get the most out of it
2. Fat loading- 2 days	Begin hA²cg Evolution drops , eat high fat, high calorie foods, the more the better	Prevents hunger, restores essential fat so you can lose non-essential fat
3a. Low calorie/ no fat, starch, sugar, 3 weeks to 2 months	800-1000 cal per day, very restricted food choices, continue all drops	Release fat, up to a pound a day
3b. Stop hCG, continue low cal – 3 days	Complete 3 days of low calorie without hA²cg Evolution drops before going into maintenance	Clear hA²cg from the system so it does not cause you to gain weight when you add calories
4. Maintenance – 3 weeks	Increase calories, add nuts, dairy and oils. No starch or sugar	Stabilize weight and reset hypothalamus. Stay w/i 2lbs
The rest of your life	Eat healthy balanced diet. Avoid any allergens discovered. Stay w/i 5 lbs	If you begin gaining weight again, call Dr. Maria immediately, so we can discover the cause

What to Eat

- **Homemade meat, chicken or fish stock.** – Consume as much as desired, especially in the first 3 days of phase 3.
- **Protein** – Eat 14 oz of lean protein per day. Proteins should be lean meats, white meat chicken with no skin, white fish. You must weigh your proteins. You may substitute 1 egg with 3 egg whites for one protein serving. Dr. Maria’s OptiLean protein drink may also be substituted for a protein serving. Dairy is not recommended without the doctor’s approval.
 - **4oz for breakfast**
 - **5oz for lunch**
 - **5oz for dinner**
- **Vegetables** – eat all the low carbohydrate vegetables you like
 - **Spinach, cabbage, kale, zucchini, broccoli, cucumber, onion, lettuce, leeks, celery, cauliflower, chard, beet greens, carrots only in small amounts**
- **Fruit** – eat 2-3 servings of low sugar fruit for a snack between meals
 - **Apple, berries, peach, orange, grapefruit** – fresh or frozen with no sugar added
- **Beverages**
 - **Drink at least ½ gallon of water per day**
 - **Drink all the tea or coffee you like**
 - **Make warm lemonade with lemon juice and stevia**
 - **No diet drinks or fruit juice**
- **Absolutely no grains, fats, sugars, starches (carbohydrates) or alcohol allowed!**
- **Read the hCG Works booklet for further guidance** – the difference between our traditional hCG diet and this diet is you are allowed more servings, a little more variation in fruit and vegetables; and you will be having stock/soup. You may also mix your vegetables. Exercise is allowed, but only at 50% - 70% of a normal workout routine for you. If you get dizzy or feel weak during exercise or after, stop exercising. Let our office know about these occurrences so we can modify your program if necessary.
- **Refer to gapsdiet.com to learn more about the gut and it’s association with brain health.**

- If you have digestive problems or any sign of inflammation, add Repairvite 2x/day a probiotic 2/day and Smart Silver 2tsp/day

❖ **Signs of inflammation include:**

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| ▪ Joint pain | ▪ Fatigue |
| ▪ Headaches | ▪ Hormone imbalance |
| ▪ Bloating | ▪ Blood sugar problems |
| ▪ Insomnia | ▪ Auto immune problems |
| ▪ Skin conditions | ▪ Depression |