



**Dr. Maria's Guide to
Successful and Lasting
Weight Loss**

Dr. Maria Maricich

131 4th St E, Suite 310

Ketchum, Idaho 83340

208.726.6010

info@drmariamaricich.com

Table of Contents

History and Basis of the Program	3
Introduction of Dr. Maria Maricich	4
hCG or Dr. Maria's Modified Program?.....	4
Dr. Maria's WeightLoss Works Program Outline.....	5
Traditional hCG Diet Program Outline.....	5
Phase I: Preparation	6
Phase II: Fat Loading	7
Phase III: 1000 Calorie Diet	8
Phase III: 500 Calorie Diet	9
• Approved 500 Calorie Food List	10
Tips for 500 & 1000 calorie per day diet	11
How to take your drops and supplements.....	12
Tools for Success	13
Phase IV: Maintenance	16
• Approved Maintenance Food List	17
• Maintenance after 3 Weeks	17
Frequently Asked Questions	18
Weight and Measurement Tracking Chart	20
Food and Supplement Tracking Chart	21
Soup stock and other Recipes.....	23
Quick Reference.....	24

History and Basis of the Program

Dr. Maria's WeightLoss Works Program takes the best of the hCG diet developed by Dr. Simeons in the 1950's and makes it safer and easier. Dr. Simeons had observed obesity on the rise and set out to find the underlying cause of this condition. He had always believed that "the tendency to accumulate abnormal fat is a very definite metabolic disorder" and "that overeating is the result of the disorder, not its cause..." After many years of research and disproving many common myths surrounding obesity he postulated that most persons suffering from weight gain have an underlying dysfunction in the diencephalon of the brain. The diencephalon is what controls all automatic functions of the body, including breathing, sleeping, digestion, heart beat and the storage of fat. Persons suffering from this disorder will get fat no matter what they eat or don't eat.

There are three types of fat in the body. The first is structural fat, which accumulates around the organs to keep them separated and protect them from injury. The second is reserve fat that the body uses for fuel between meals when the supply of nutrition is not sufficient from the intestines to run the many body systems. These first two types of fat are necessary for healthy functioning of the human body. The third type of fat is abnormal because it is a fuel reserve like the second but cannot be accessed except in times of extreme hunger once all the other healthy fat has been used. This is why the usual 'trouble spots' seem to be the last to go even when a person has undergone a weight loss program or even extreme dieting.

hCG is a glycoprotein that is produced during pregnancy. Among other things, it helps to access stored fat to make sure that the flow of nutrients to the fetus is consistent and does not spike and drop with the influx of a large meal. It has been observed that in times of severe famine a pregnant woman can still give birth to a healthy baby because hCG releases stored fat to feed the fetus. For the overweight person, hCG can be used to help unlock the inaccessible fat stores and feed the body when the person is consuming a low calorie diet. The normal reserves and structural fat, which are very healthy and necessary for normal body functioning, are not disturbed; but the abnormal fat, which stores in places like the hips, thighs, belly and upper arms are released and used as fuel.

The product used in Dr. Maria's WeightLoss Works program is an evolution of hCG and is called hA²cg Evolution. It has been discovered that there are two chains of amino acids in the hCG molecule that help reduce stored fat, reset the metabolism and reduce hunger. These amino acids have been extracted and made into an evolved homeopathic formula. In fact, this homeopathic form has been shown to have no negative side effects whatsoever. The hA²cg Evolution program can, however, show improvements in other complicating conditions like, diabetes, blood pressure, cholesterol and hormone imbalances. It is remarkable to see these improvements in many patients after a course of hA²cg Evolution treatment.

Dr. Maria Maricich

Dr. Maricich was born and raised in the southern Idaho ski town of Sun Valley. She competed in the 1984 Olympics in Sarajevo. She was U.S. National Champion in the Downhill event and ranked number ten in the world in 1984. As an athlete, she was very interested in the overall well-being of a person and how to increase one's potential. This started her on a path of study of Holistic Health. She received her doctorate in chiropractic in 1991. From there, Dr. Maria has continued her education and research in the many areas of natural healing and holistic medicine. Her main focus is “functional medicine” which looks for the underlying cause of poor health, rather than focusing on the symptoms. Weight loss fits into this category of health well because there are always underlying causes to weight gain.

hCG or Dr. Maria's Modified WeightLoss Works Program?

You may choose to do the traditional hCG program as designed by Dr. Simeons using hA²cg Evolution. However, we encourage Dr. Maria's modified program, as it is very safe and surprisingly effective. The modified diet allows a little more flexibility in food choices, more calories and you can exercise if you wish. This program is definitely safer for anyone with a health condition. On the traditional program, people lose at least a half pound per day. However, we are finding almost equal results with the modified program.

Program	Calories	Exercise	Length	Foods
Traditional hCG Diet	500/day	No	21-46 days	Very restricted See pg 8 & 9
Dr. Maria's Program	800-1000 / day	Moderate	21 days to 2 months	Restricted See pg 10

Dr. Maria's WeightLoss Works Program (modified hCG program) Quick Overview

The program lasts for at least 7.5 weeks from beginning to end. Only 3.5 weeks of this is the in the low calorie diet (LCD). This program is for people wanting a little more flexibility, or wanting to include exercise. It is also a little gentler than the traditional program and is therefore good if you need to lose less than 10 pounds or have compromised health

PHASE I: Preparation/Detox - At least 1 week

PHASE II: Fat Loading - 2 Days

PHASE III: 800-1000 Calorie Diet - 24days - 3 months

PHASE IV: Maintenance - 3 Weeks

Please see the following pages for full descriptions of each phase.

Traditional hCG Program Quick Overview

The program lasts for at least 7.5 weeks from beginning to end. Only 3.5 weeks of this is the in the very low calorie diet (VLCD). This program is fairly rigorous, but it is easier to do than one would think. However, if the hCG diet is not for you, do Dr. Maria's WeightLoss Works program or talk with her about other ways to eliminate the cause of weight gain.

PHASE I: Preparation/Detox - At least 1 week

PHASE II: Fat Loading - 2 Days

PHASE III: 500 Calorie Diet - 24-38 Days

PHASE IV: Maintenance - 3 Weeks

PHASE I: Preparation

(same for both programs)

The preparation phase is designed to insure the success and health of the diet program. It includes a few very important steps. These are:

- ☀ Wellness consultation with Dr. Maria.
- ☀ Detoxification program for at least 1 week prior to Phase II.
- ☀ Read Pounds & Inches by Dr. Simeons. (Link available at www.drmariamaricich.com)
- ☀ Obtain accurate food and bathroom scales.
- ☀ Drink plenty of filtered or spring water to aid in detoxification - At least ½ gallon per day.
- ☀ It is NOT necessary to make any dietary changes during this portion of the program.

The wellness consultation with Dr. Maria is an appointment in the office or over the phone that lasts from 30-60 minutes depending on the number of health concerns to be discussed. This is to insure that the patient is healthy enough to begin a rigorous diet program without detrimental effects on the body. Examinations of the heart, blood pressure, organs and endocrine system may be performed. It is beneficial for the patient to bring in copies of recent blood work or physicals from other physicians. Additional labs, examinations or supplements may be needed depending on the patient's state of health.

The detoxification program consists of 6 bottles of homeopathic drops taken for at least a week before the low calorie portion of the diet and continued until they are gone. The 6 formulas are:

- Cerebromax:
- Spinalmax:
- Matrix Support:
- Detox I:
- Detox II:
- Detox III:

This detoxification step is very important for the healthy progression of rapid weight loss. Our bodies are exposed to toxins throughout our life from many sources. These toxins are stored in our fat cells. Losing weight quickly can cause the release of toxins into the body at a rate that is hard for the body to clear. The detox program help the organs of elimination clear the toxins from the body, rather than having them cause any negative effects.

Cerebromax, Spinalmax and Matrix Support are to be taken 3 days per week (such as Friday Saturday and Sunday) and Detox I-III are to be taken 4 days per week (such as Monday-Thursday). The drops can be taken in two ways, either 15 drops of each in water once per day or 10 drops of each under the tongue twice per day. Homeopathic drops are most effective when taken at least 30 minutes away from food, coffee or brushing teeth.

PHASE II: Fat Loading

(same for both programs)

Fat loading is essential for this diet program. Most overweight people, especially those who have undergone strict dieting in the attempt to lose weight have depleted their normal structural and reserve fat stores that are needed for healthy functioning of the body. When embarking on 3 weeks of absolutely no intake of fat and oil, these reserves must be full. Without them, the person will quickly start to feel weak and lethargic and body systems will not be able to run as they should.

These two days are to be filled with as many high fat, high carbohydrate foods as can be consumed. See below for a sample menu. The person should be eating to capacity all day long. Scheduling this on a weekend or during a special event may help the person to feel better about the diet restrictions to come. If you are going to miss eating out, this is your opportunity!

The fat loading days are also the beginning of the hA²cg Evolution drops. hA²cg Evolution drops are to be taken in the same way as other homeopathic drops - 30 minute away from food, coffee and teeth brushing. 8- 10 drops are taken three times per day either under the tongue or in water to be drunk within an hour. The reason these drops are started on the first day of fat loading is to allow the hA²cg Evolution enough time to mobilize enough fat calories to support the body during the low calorie portion of the program. It is very important to start the drops during this phase!

Sample Fat Loading Menu

Breakfast	Cheese omelet Bacon Hash browns Toast with butter
Snack	Berries and whipped cream
Lunch	Steak Potato with butter and sour cream Bread with butter Vegetables with oil or butter
Snack	Doughnut with frosting
Dinner	Pasta with cream sauce Cheesy garlic bread Salad with avocados and dressing Dessert
Late Night Snack	Ice Cream

PHASE III: Dr. Maria's WeightLoss Works Diet

1000 Calorie Diet

This phase of the diet lasts from 24 days to 3 months, depending on how much weight you want or need to lose. No matter the number of pounds to be lost, you must complete at least 24 days of this low calorie phase before going into the maintenance phase. That is how long the brain needs to reset. Conversely, if you want to lose more weight after having completed 3 months, you must complete the three weeks of Maintenance and then let your body rest for 6 weeks before restarting the diet. Here are diet guidelines:

- Take 8-10 drops of the **hA²cg Evolution** three times per day at least 30 minutes away from food, coffee and teeth brushing.
- **Homemade meat, chicken or fish stock.** – Consume as much as desired, especially in the first 3 days of phase 3. See a recipe for making stock at the end of this booklet.
- **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, or approved protein drink**
 - **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 per day. Separate each serving by several hours.
 - 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 or alcohol allowed! No crackers.**
- **The difference between the traditional hCG diet and Dr. Maria's Weight Loss 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.
- ***All other guidelines are the same as the traditional hCG diet, which you can read about on the next page.***

PHASE III: The Traditional hCG Diet

500 Calorie Diet – only do this if approved by the doctor

Phase III of this very low calorie diet (VLCD) lasts from 24-38 days. The minimum time period is 21 days of VLCD while taking hA²cg Evolution drops plus 3 more days of VLCD without the drops because that is what is required to reset the brain's regulation of metabolism. If you wish to lose more weight you can continue the VLCD for a total of 38 days (as opposed to 3 months on Dr. Maria's WeightLoss Works program). You must do 3 weeks of the Maintenance phase followed by 3 weeks of normal eating before restarting the diet.

Specific directions:

- ☀ Take 10 drops of the hA²cg Evolution three times per day at least 30 minutes away from food, coffee and teeth brushing.
- ☀ Eat only 500 calories per day.
- ☀ Eat only items on the approved food list. (See below)
- ☀ Drink at least ½ gallon of water per day! This is very important for healthy and rapid weight loss.
- ☀ Do not perform strenuous exercise. If you have been exercising consistently before starting the program, you may continue if you decrease the intensity and weight by at least 30%.
- ☀ Track your weight and food daily in the charts provided in the back of this book.
- ☀ **Stop the hA²cg Evolution drops for the last 3 days of this phase!** This is very important. The brain must have a chance to reset without the help of the hA²cg Evolution . There must be no hA²cg Evolution left in your system when you start into the maintenance phase.
- ☀ You may continue the low calorie diet for a maximum of 40 days or 34lbs lost, whichever comes first. You must enter Maintenance phase after either of these goals is reached. Only after Maintenance and a break of at least 3 weeks, can you start the program again.
- ☀ Download a free recipe book for this phase at DrMariaMaricich.com.

Sample 500 Calorie Menu

Breakfast	Herbal tea or coffee - 2 cups Stevia or xylitol for sweetener
Lunch	3.5oz Chicken breast - grilled, skinless 1 cup Broccoli ½ Grapefruit 2 Rice snaps/crackers
Dinner	3.5oz Tilapia - grilled 1 Tomato - fresh, whole 1 Apple 2 rice snaps/crackers

Approved 500 Calorie Food List

Recommended by Dr. Simeons

This food list must be followed exactly. Use no fats or oils in cooking or seasoning.

It is not necessary to count calories as long as you eat 2 protein,

2 vegetable and 2 fruit servings per day from the approved list.

Fruit: Only 2 different fruit servings daily

Eat fruits at least 5 hours apart

1 medium apple

½ grapefruit

6 large strawberries

1 orange

Vegetables: Only 2 different vegetable servings daily. Serving size can be quite large. Do not mix different vegetables in the same meal. Only raw, steamed or grilled with no oil.

Asparagus

Beet Greens

Broccoli

Cabbage

Celery, 3 sm. stalks

Cucumber, whole

Green Beans

Lettuce

Onion, ¼ cup

Spinach

Swiss Chard

Tomato, whole

*Lettuce may be mixed with one other vegetable as it is essentially fiber and water.

**Green or red salsa (with NO sugar) is okay and counts as one serving of fruit or vegetable.

Meats: Eat 2 different servings of meat daily.

Raw, steamed or grilled. Cut off all visible fat.

Serving size: Exactly 3.5oz raw or 3oz cooked.

Chicken: Only white meat.

Breast, skinless and boneless

Beef Alternatives: Burger or steak meat.

Buffalo, Elk, Deer

**If needed, you may consume these calories throughout the day and not confine them to specific mealtimes. The program seems to work best if food is not consumed in the morning.

Fish: Only white fish, no salmon, tuna, sardines or herring.

Cod

Flounder

Halibut

Fillet of Sole

Tilapia

Sea Bass

Shellfish (shrimp, crab or lobster)

Beef: Must be very lean.

Veal

Tenderloin

Top Sirloin

Crackers - You may have 2 rice snaps or crackers at each meal, not to exceed 30 calories per serving. **Do not eat crackers or bread that contain gluten as this could slow down weight loss! (Crackers are not allowed on Dr. Maria's WeightLoss Works program).

Beverages - May consume as much as desired of the following:

Water, mineral water (Drink ½ gallon per day)

Coffee or Tea, any type

Calorie/carbohydrate free drinks - with NO artificial sweeteners! Stevia & xylitol are okay.

1 tbs 2% milk allowed per day, only if approved by Dr. Maria

Seasonings - Use generously for flavor.

Lemon juice - Use for flavoring beverages or cooking.

Salt, pepper, vinegar, garlic, basil, cilantro, garlic, curry, ginger, parsley, thyme, marjoram, mustard, cinnamon, nutmeg, dill, cumin, cayenne, green onion, all hot peppers, etc.

How to take your drops and supplements

Detox Drops - begin at least 7 days before you start fat loading and the **hA²cg Evolution drops**. The Detox kit contains 6 different bottles to be used for the detox program. The first three, Cerebromax, Spinalmax and Matrix Support are to be taken 3 days per week (such as Friday Saturday and Sunday) and Detox I, II, and III are to be taken 4 days per week (such as Monday-Thursday). The drops can be taken in two ways, either 15 drops of each in water once per day (to be drunk throughout the day) or 10 drops of each under the tongue twice per day. All Homeopathic drops are most effective when taken at least 20 minutes away from food, coffee or brushing teeth.

- **hA²cg Evolution drops**- Starting on the first day of fat loading. It is important to start the **hA²cg Evolution drops** 2 days before you go into low calorie eating so that your system is saturated. Take 8-10 drops 3 times per day. Best taken under the tongue and a least 20 minutes away from food, brushing your teeth or having coffee. Alternatively, you may add all 30 drops to a water bottle to be sipped on throughout the day. hA²cg Evolution drops can be mixed with the detox drops. If you are hungry during the program, you can increase the frequency to as much as 6-10 drops 6 times per day. Do not take more than 60 drops per day. If you have no appetite, you can reduce your dose to 7 drops 3 times per day.
- **Alkazone** - Begin anytime, but best started 7 days prior to **hA²cg Evolution drops**. 5 drops per 8oz glass of water, 20 drops per day. Can be added to the same water you put your detox drops in.
- **B-12** - Begin anytime, but best started 7 days prior to **hA²cg Evolution drops**. 10 drops 2 times per day.
- **Smart Silver** - 2 tsp twice a day during low calorie phase. Can be taken straight in the mouth anytime and swallowed.
- **MediBulk** - 1 scoop in 8 oz of water 1-2 times per day during low calorie phase. Can be taken throughout the program also. Do not put it in the same water as your detox or alkazone.
- **Magnesium** - Take 1 - 8 capsules per day as needed for constipation. This is a great product for those who wish to keep bowels moving when not on the **hA²cg Evolution drops** also.
- **DO NOT TAKE VITAMINS THAT CONTAIN MAGNESIUM STEARATE** DURING THE PROGRAM. It is a lubricant and will slow your weight loss.

Put a little Fun in your Food!

☀ Tips for enjoying your 500 or 1000 calorie per day meals. ☀

Be Creative!

Spend time preparing meals and be generous with seasonings. Experiment with the recipes available to download on our website, including dressings and salsas. Try new vegetables and fruits that you normally don't eat. Eating a wide variety of foods keeps it interesting!

Enjoy your Food!

Even when not on a low calorie diet, it's a good idea to eat slowly, taking small bites and chewing them thoroughly. This helps you enjoy and appreciate flavors. It also gives your stomach time to signal your brain that you are satisfied. Your stomach is only about the size of your fist, these meals will satisfy you! Your meal should take at least 20-30 minutes. So, enjoy some conversations and savor the flavor!

Drink up!

Try using different beverages to satisfy hunger or cravings. When you're first starting off on a low calorie diet, eating much smaller portions can be difficult psychologically. Give your mouth something to taste and fill your stomach with fun new beverages. Experiment with teas - herbal, green or yerba mate. You can make them hot or keep a pitcher of iced tea in your fridge at all times so it's ready when you need it. Brew coffee with a flavored tea bag or make your own lemonade with unsweetened lemon juice and a natural sweetener. Beverages can be a great way to keep you satisfied.

Naturally sweet!

Sweeteners like stevia and xylitol are natural and a great way to add flavor to food and drinks. Artificial sweeteners (like aspartame) have proven detrimental health consequences. Avoid foods or beverages with these additives.

The Spice of Life!

Use lots of herbs, spices, seasonings, peppers and even herbals tea bags to season your food and beverages. A few tablespoons of tea, lemon juice, organic chicken broth/stock or Bragg's Liquid Aminos added to the pan while cooking can add to the flavor and keep the food from sticking when not cooking with oil.

Keep it simple!

If you're on a tight schedule, try preparing your meals ahead of time. Purchase your fruits and vegetables all at once and wash, slice or even cook them ahead so they're ready to go when you are. Weighing your meat and vegetables for a whole week and placing them in containers or bags can really speed up meal preparation time. You can even bag them with lemon or tea and spices for a great marinade!

Get Out and About!

Sticking with the diet program doesn't mean you can't enjoy some of your favorite restaurants. Order an approved meat, fish or chicken with nothing but spices on it. Ask them to cook it without oil and to bring no starchy side (rice, potato, etc.). Ask for an approved vegetable as your side with nothing on it. Use squeezed lemons, cracked pepper and salt generously to add flavor to the food. Hot or unsweetened iced teas are good beverage options. Neither you nor your social life have to suffer during this program, so go enjoy a night out!

Keep it Light!

Sticking with this program may seem difficult at first but you can do it! As soon as you see the pounds falling off each day you'll know that each little sacrifice is worth it. Complete the program and get started on your lighter, healthier life!

Tools for Success

Drink plenty of water. Water is crucial for the success of the diet. It helps to flush fat and toxins from the body after their release. It is also an important ingredient in most body functions. Drink at least ½ gallon of filtered water per day. Try spicing it up by making tea or lemonade to get in your daily liquid requirement, but drink these beverages after noon. Pure water is best in the morning to flush the fat released in the night.

Don't mix your vegetables. You must choose only one vegetable per meal if you are on the original 500 calorie diet.

Vary your foods. Consecutive meals must contain a different protein source, vegetable and fruit. If you must eat the same meat for two meals, do so, but do not make it a habit! Dr. Simeons states that not following this rule can slow down your weight loss by 50%!

Eat only lean meats. Intake of fat during the diet phase of the program will cause you to stop losing weight. Very lean beef, buffalo and elk are great choices for red meat without the fat. Try shopping online if you can't find them in your area!

Weigh your proteins. You must weigh your meat before cooking. No more than 5oz is to be consumed in one meal (3.5 oz if following the traditional diet).

Eat fruits and crackers at least 6 hours apart. You may eat them any time - with meals or between - but you must space them by at least 6 hours. Giving the body more carbohydrates than it can use at one time cause them to be stored as fat.

Use a lemon! Lemons are a great for flavor and also help to dissolve fat and alkalize the body.

Caffeinated Coffee and tea. These are allowed during this phase but if you are having problems with hunger, try eliminating them from your diet.

Herbal Teas. All herbal teas can be used and can be very beneficial in suppressing appetite and oxygenating the brain to raise mood and energy levels. They also provide valuable vitamins and minerals during this low calorie phase.

Don't chew gum. Gum, mints and other breath sprays contain sugar (or artificial sugar, which is even worse) and can stimulate the appetite. Xylitol sweetened gum is OK.

Avoid artificial sugar. Artificial sweeteners like aspartame are unhealthy options anytime but they will be especially detrimental during the diet phase of this program. Try using low calorie healthy sweeteners like xylitol or stevia in your food and drinks. Stevia has the added benefit of helping to balance blood sugar and suppress appetite. It also comes in great flavors!

Be consistent when you weigh. The best time to weigh is right when you wake up in the morning, after emptying your bladder and before drinking or eating anything. Try to weight without clothes. This will give you the most accurate measurement of where you stand each day. Continue this habit through the Phase IV.

Use organic fat free chicken broth. Choose a chicken broth that has 5-10 calories per serving and has no added sugars or starches. You may use this to make soups or to cook meat and vegetables. Deduct these calories from your total of 500. This can be a satisfying change in diet during this part of the program.

If you stop losing weight. It is normal for your weight to plateau for 2 or 3 days at a time as your body redistributes fat. You should continue to lose inches during this time even if your weight is not dropping. However, if you plateau for more than 3 days during the low calorie portion of the diet and you have not lost all the weight you need to, you can perform an **Apple Day**. Eat up to 6 apples in one day and nothing else. You may drink water and tea but do not eat anything but apples. This should help to release retained water and get you started losing weight again. If not, call our office immediately.

hCG and menstruation. Dr. Simeons suggests that no injections be given while on the heaviest days of your period. However, we have found that with the **hA²cg Evolution** formula, there is no need to stop using it during this time. There is one important rule to follow. You must not end the program on the 3 heaviest days of your period. Continue taking the **hA²cg Evolution** through those days, then you can stop the drops and finish the 3 days of 1000 or 500 calories.

Stay regular. If you are having trouble with constipation, try a magnesium or psyllium supplement to help move things along. Remember that during the low calorie portion of the program you are not consuming much bulk so it is normal to have a bowel movement only once every 1-4 days.

Breadsticks, Melba toast and Rice Crackers. Crackers are not recommended on Dr. Maria's WeightLoss Works program. These were included in the original hCG diet plan. However, Dr. Maria has seen that 60-70% of the population is sensitive to wheat products and therefore do not see as much success when they are included. In addition, eliminating all grains has been shown to help heal digestion. Rice snaps and crackers or Orgran brand Crispbread are allowed on the 500 calorie program. These can be purchased locally from Nourish Me in Ketchum or www.vitacost.com.

Hunger. If you start to feel hungry, put 5-10 drops of **hA²cg Evolution** in a very large glass of water and drink it all. Usually this will be all you need to suppress the appetite and continue on. You may use up to a total of 60 drops of **hA²cg Evolution** in one day. **Note: If you have lost all of your non-essential fat, you will experience extreme hunger that can't be suppressed. If this happens, please see the FAQ section under Minimal Weight Loss.

Body products. No lotion, make-up, moisturizer, or chapstick were allowed in the original hCG diet by Dr. Simeons. If you find you are not losing weight as expected, you may try a non-absorbable body oils like mineral or coconut oil. Look for an oil-free face cream. Dr. Maria has an oil free lotion available at the office.

Choose the right supplements. Dr. Maria recommends that most people supplement with Vitamin B-12 and Alkazon - An alkaline booster containing potassium and other minerals. During your initial consultation, Dr. Maria may also suggest other supplements that will help facilitate your own personal weight loss program. During the diet phase, you must not take any fat soluble vitamins like fish oil, Vitamin E, D or Vitamin A - This includes your multiple vitamin. Also, be sure to check your other supplements for hidden sources of fat like Magnesium

Stearate and Stearic Acid. High quality supplements are available in office.

Stick to it! Never Cheat! You must complete at least 24 days (21 days with drops + 3 without drops) of the low calorie or very low calorie diet for your brain to reset to your new healthy weight. Follow the protocol EXACTLY as stated to insure success. Eating something not included on the food list can stall your weight for up to 3 days! If you have any other problems, questions or need support, take a look at the FAQ's and support sections in the back of this book or visit our website, www.DrMariaMaricich.com

➤ **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:**

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

PHASE IV: Maintenance (Both Programs)

This phase of the program lasts for 3 weeks. During this time you may resume eating a healthy number of calories and adding small amounts of fat back into your diet. However, absolutely no sugars or starches may be consumed for the entire three weeks. The goal during this phase is to reset your brain to its new comfortable weight - the weight you reached on the last day of taking **hA²cg Evolution drops**, not the last day of Phase III. Consuming a normal amount of calories will allow you to hold that weight but combining fats and carbohydrates during this time will cause you to re-gain the weight you have lost.

Specific Directions:

- ☀ Consume a normal, healthy number of calories each day. Do not continue on a low calorie diet. This is very important. If while off the hA²cg Evolution drops you continue to eat very few calories, you will be re-setting your brain to think that 500 or 1000 calories is the maximum amount of food you can eat in a day. Then when you eat more, you will start to gain weight again. This is a time to eat a diet you can maintain for the rest of your life.
- ☀ Do not eat any sugars or starches during this phase. See the list of approved foods below.
- ☀ Weigh yourself every morning before eating or drinking. If on any day you weigh in at 2 pounds more than you did on your last day of **hA²cg Evolution drops**, you must perform a mini-steak day immediately. See below for a description. Do not ignore this rule. Weight newly gained in this phase will evenly distribute across the body and will not be noticeable until it is too late. Take the time to weight every day so you don't have a disappointing relapse!
- ☀ If you start to gain weight during maintenance, even after a steak day, contact our office immediately. You may have hidden food sensitivities that are behind the weight gain. The sooner we catch these, the better off you'll be!

Sample Maintenance Menu

Breakfast	Omelet - 2 eggs, assorted vegetables, cheese <u>OR</u> Fruit & Cheese bowl - Cottage cheese, pineapple & berries, nuts Tea, water, coffee
Snack	Protein Booster - Low carb protein (available in our office), milk or soy milk
Lunch	Taco salad - 3-5 oz ground chicken or hamburger, chopped lettuce, cheese, tomatoes, olives, onions, salsa, sour cream. <u>OR</u> Bun/Breadless sandwich or burger - Make your favorite sandwich or burger but substitute lettuce as the bread.
Snack	Sliced cheese & Fruit Low carb beef jerky (no sugar)
Dinner	Dinner Roast - Roast beef, vegetable medley and dinner salad. Oriental Stir Fry - Lean beef or chicken, Chinese vegetables, olive oil, soy sauce, sesame seeds and cauliflower rice (grate 1 head of cauliflower on a cheese grater, steam as you would rice.) Spaghetti - Grate zucchini and cook as you would spaghetti. Marinara or alfredo sauce, chicken or beef, vegetables or salad.

Approved Maintenance Foods

In Maintenance you can add dairy, eggs, oil and certain nuts to your diet. Make sure to do so slowly to watch for hidden food allergies. It is best to add one food group at a time.

Foods to Avoid:

- All sugar and starch
- Grains (i.e. wheat, barley, rye, rice and oats)
- Foods made from processed grain (i.e. crackers, cereal, pasta, bread, cake, chips)
- Candy and soft drinks
- Cashews, peanuts, sunflower seeds
- Fruit high in sugar
 - All dried fruit
 - Watermelon
 - Bananas
 - Grapes
 - Pineapple
- Vegetables high in starch or sugar
 - Potatoes, yams, sweet potatoes
 - Corn
 - Beans, peas, lentils (green beans ok)
 - Acorn squash, pumpkin
 - Carrots (in large amounts)
 - Beets
- Honey, molasses, maple syrup

Many processed foods contain hidden sugar - be sure to check labels! Watch out for canned soups, sauces (ketchup & bbq sauce), salad dressings, and some spices and seasonings. Stay away from artificial sweeteners as they have proven detrimental effects on health.

Foods to Eat:

- Meats and all fish
- Dairy: Cheese, milk, cream, butter
- Fats & Oils
- Vegetables (non-starchy)
- Fruits (except those high in sugar)
- Soups
- Salads
- Burgers or sandwiches without bread
- Nuts & seeds (Except high starch nuts listed)
- Soy and tofu
- Almond or coconut flour for baking
- Xylitol or Stevia for baking and sweeteners
- Alcohol on occasion
- Add in a good quality multiple vitamin
- Add in omega-3's - very important for your brain health and other metabolic factors.

This part of the program is similar to a low carbohydrate diet like South Beach or Atkins except that you can have some fruit.

**This can be a fun phase of the diet program!
Try eating out and cook with more ingredients in your meals. Most of all, enjoy yourself!**

Maintenance after 3 Weeks

After you finish the three week Maintenance phase, gradually start to vary your diet and eat small amounts of sugars and starches. Make sure that you still weigh periodically to see what foods work for you. Some people tolerate starches and sugars better than others. You will need to find your personal set point.

Most people are able to lose the weight and keep it off as long as they follow the protocol exactly. We are seeing an 85% success rate with our patients. If you start to regain the weight you have lost and have been diligent in the protocol, contact our office immediately as Dr. Maria can treat the main causes. These include food allergies, hormone imbalance and inflammation.

If you want to lose more weight after the full program, finish the Maintenance phase and 3 more weeks of normal eating before starting the program again.

Frequently Asked Questions

How can you eat only 500 or 1000 calories per day and not starve?

hA²cg Evolution is mobilizing your stored fat which will keep your body constantly fed. Most people report a feeling of being satisfied while using **hA²cg Evolution** even though their actual food intake is so low. Dr. Simeons says,

“The same diet proves to be satisfactory for a small elderly lady of leisure or a hard working muscular giant. Under the effect of hCG the obese body is always able to obtain all the calories it needs from the abnormal fat deposits, regardless of whether it uses up 1500 or 4000 per day. It must be made very clear to the patient that he is living to a far greater extent on the fat which he is losing than on what he eats.”

Wouldn't I lose 1 to 2 pounds per day anyway if I was eating only 500 calories?

Yes. However, if you attempted to lose weight by only eating 500 calories you would lose only structural and normal fat reserves and the trouble spots would not be touched. **hA²cg Evolution** helps to unlock those reserves. Also, without the help of the **hA²cg Evolution**, you would experience extreme hunger and put a huge strain on your body. Most people do not experience hunger on the **hA²cg Evolution** program.

Can I take hA²cg Evolution without the low calorie diet? No, if you are getting adequate calories from your diet your body will not release stored fat.

What is the average weight loss?

The average for most people is ½-1lb per day. Some people lose up to 2lbs per day! Usually, the more weight you need to lose, the faster you lose it. Men also tend to lose faster than women.

Minimal Weight Loss: Can I use the diet to lose a stubborn 5 or 10 pounds?

Although the diet works best for people who need to lose 15 pounds or more, it can be used to lose less weight. If you lose all of your non-essential fat before you have completed the whole program you will experience extreme hunger. At that time you would increase your calorie intake to 1500 calories per day, eat no starch, sugar or fat and continue the drops for the remaining time. You must do the drops for a total of 23 days.

How do homeopathic drops work?

Homeopathy is the second most widely used medical system in the world. Homeopathic **hA²cg Evolution**, as well as all other homeopathic remedies, are created by submitting natural substances to a specific dilution process. The result is a remedy in which the solution only contains the "frequency" of the natural substance and NO discernable hormones. Homeopathic **hA²cg Evolution**, like other homeopathic remedies, has been found to produce a very similar effect to its original substance, without any known negative side effects.

Why should I use the hA²cg Evolution formula?

This formula is only available through doctors and is manufactured in an approved FDA facility. Rest assured you are getting what is listed on the label, unlike some other less reliable formulations.

Is it safe?

This homeopathic **hA²cg Evolution** formula is extremely safe. There are no known negative side effects and many proven positive results!

Why do I need to detox?

Fat cells store toxins. As you release fat you will also be releasing toxins into the body. If your organs of elimination aren't functioning optimally this will be a great strain on your body and can cause illness. Some people note that even the detox alone causes them to lose weight and/or feel better.

Will I be irritable eating only 500 calories?

Because there are so many calories from fat being released, blood sugar stays in a good range and most people do not experience irritability. If you do, try eating one of your approved pieces of fruit and add an extra dose of **hA²cg Evolution** daily.

I am having digestive issues, what should I do?

If you have experienced any digestive symptoms in the last 3 months, or they begin when you start this diet, add Smart Silver to your **hA²cg Evolution** program. Symptoms to watch for may include bloating, gas, acid reflux, constipation, diarrhea or stomach cramps. This supplement will alleviate these symptoms by ridding the body of unwanted bacteria, viruses, fungus and parasites which may also have contributed to your weight gain. In addition, it can help boost your immune system! Smart Silver is taken 1tsp 2x/day during Phase III and IV.

What if I start to gain weight in Maintenance?

If you have gained more than 2 pounds from your lowest weight, do a Mini Steak Day. Eat one or two pieces of fruit through the day. Then have a large steak for dinner.

Also, look at your diet journal to see if there is a new food you have added to your diet in the last 3 days. If so, you could be sensitive to that food and should eliminate it again for a week. You can then add it to the diet again, and if you again gain weight, that food must be avoided for 6 months.

I am concerned that I will go through all this and not be able to keep the weight off?

The 3 main reasons for weight gain are hormone imbalances, inflammation from food sensitivities or improper organisms in the gut and stress. If you begin putting weight on, take note of any new foods you have added and follow the instructions above. Call our office if you are not able to discover the cause on your own. Dr. Maria can help you find the cause and put a stop to it quickly so that all your efforts are not lost.

Track your Success!

Name: _____

Starting Weight: _____

Starting Date: _____

Goal Weight: _____

MEASUREMENTS

	Starting	Week 1	Week 2	Week 3	Week 4	Week 5
Date						
Weight						
Neck						
Right Arm						
Chest						
Waist						
Stomach						
Hips						
Right Thigh						
Right Calf						
Right Ankle						
Total inches lost:						

NOTES _____

Food & Supplement Tracking Chart

		MON	TUE	WED	THU	FRI	SAT	SUN
Week 1	hA²cg							
	B-12/Alka							
	Fruit							
	Vegetable							
	Meat/ Protein							
	Water							
Week 2	hA²cg							
	B-12/Alka							
	Fruit							
	Vegetable							
	Meat/ Protein							
	Water							
<p>NOTES _____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>								

Week 3	hA²cg							
	B-12/Alka							
	Fruit							
	Vegetable							
	Meat/							
	Protein							
	Water							

Week 4	hA²cg							
	B-12/Alka							
	Fruit							
	Vegetable							
	Meat/							
	Protein							
	Water							

NOTES _____

Soup Stock Recipe

Meat and fish stocks provide building blocks for the rapidly growing cells of the gut lining and they have a soothing effect on any areas of inflammation in the gut. That is why they aid digestion and have been known for centuries as healing folk remedies for the digestive tract. Do not use commercially available soup stock granules or bullion cubes, they are highly processed and are full of detrimental ingredients. Chicken stock is particularly gentle on the stomach and is very good to start from. To make good meat stock you need joints, bones, a piece of meat on the bone, a whole chicken, giblets from chicken, goose or duck, whole pigeons, pheasants or other inexpensive meats. It is essential to use bones and joints, as they provide the healing substances, not so much the muscle meats. Ask the butcher to cut in half the large tubular bones, so you can get the bone marrow out of them after cooking. Put the bones, joints and meats into a large pan and fill it with water, add natural unprocessed sea salt to your taste at the beginning of cooking and about a teaspoon of black peppercorns, roughly crushed. Bring to boil, cover and simmer on a low heat for 2.5-3 hours. You can make fish stock the same way using a whole fish or fish fins, bones and heads. After cooking take the bones and meats out and sieve the stock to remove small bones and peppercorns. Strip off all the soft tissues from the bones as best as you can to later add to soups. Let the stock cool so you can scrape off all the fat from the top before consuming. Do not use microwaves for warming up the stock, use conventional stove (microwaves destroy food). Approx 15 cal per cup.

- **Soup- use your homemade stock to make soups from your protein allotment with added vegetables. Homemade soup with your homemade meat or fish stock.**

It is helpful to have lots of brothy soups during the first few days of the low calorie program. Bring some of the meat stock to boil, add chopped or sliced vegetables: onions, carrots, broccoli, leeks, cauliflower, zucchini, marrow, etc. and simmer for 25-35 minutes. You can choose any combination of available vegetables avoiding high carbohydrate ones, such as corn and potato. Cook the vegetables well, so they are really soft. When vegetables are well cooked, add 1-2 tablespoons of chopped garlic, bring to boil and turn the heat off. You can blend the soup using a soup blender or serve it as it is. You should eat these soups with boiled meat saved from making the stock, but not to exceed your 14 oz of protein per day. You may eat the broth/stock with or without vegetables to your hearts content.

Other Recipes

Download [recipe book](#) here, or on our website, DrMariaMaricich.com Once on the page, scroll down to find the download. These recipes are created for the traditional hCG diet, however you can adjust them accordingly for the larger portions of Dr. Maria's Weight Loss Program. You may also want to search the GAPS diet or the Paleo diet on the internet to get more ideas.

Quick Reference

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!**