

## Top 10 Tips For Success

1. Check your Spices! Spices must be used with extreme caution. Check all ingredients for any unallowable foods, any form of sugar (brown, white, maltose, dextrose, etc.), starch (modified corn starch), and/or any kind of vegetable oil. (i.e. garlic salt or taco seasoning can have sugar and modified corn starch... not acceptable!)
2. Load up on enough fat during the binge phase (first two days using the HCG Renew program). If you do not you may experience hunger and associated crankiness during the first week of the program.
3. Use Stevia to satisfy sugar cravings. Try mixing a few Stevia Drinks found in the recipe book supplied with your order.
4. **DO NOT DRINK ANYTHING WITH ASPARTAME!** It's very important to stay away from Diet Sodas or any source of aspartame or other artificial sweeteners. Also, you need to stay away from all forms of MSG (monosodium glutamate). Aspartame and MSG can and will cross the blood-brain barrier affecting the hypothalamus which will actually make you feel more hungry and give you only a partial "re-set" of your hypothalamus.
5. Drink lots of water but not too much water. depending on your body size you will want to stay around 1 gal. per day. Too much water and your electrolytes can be thrown out of balance causing dizziness, black-outs, increased heart rate, or headaches.
6. Make sure only 96%+ lean beef is used. Many participants can quicken weight loss by eating less beef and more chicken or allowable fish/seafood, in particular.
7. Remove all unnecessary oils, fats, sugars, and starches from your diet. This includes what you put on your skin as well. Products such as makeup, lotions, moisturizers, deodorants, soaps, and hair care products need to be examined also (refer to your HCG Renew reference guide found on page 7 & 8)
8. Do not to eat the same protein, fruit, and vegetable for both lunch and dinner. Food selections are to be varied.
9. When you weigh yourself be sure to be in the same type of clothing. Not doing so causes undue concern and confusion or false appearance of weight gain/loss.
10. Avoid restaurants. To a large degree the meats have been "juiced" or manipulated to be more flavorful, tender or juicy, with a multitude of processes that could easily slow or reverse your weight loss, particularly chicken.

## [Can Obesity Keep You from Getting a Job](#)

No one wants to hear that their personal habits - be they eating or smoking or drinking alcohol - can affect other aspects of life besides health. The reality, however, is that no one can control the perceptions of others beyond any reasonable measure, which means that obesity might be able to keep you from getting a job.

Obesity, sometimes even more so than drinking or smoking, carries a negative stigma. It's associated with laziness, compulsory behavior and lack of willpower, all of which are negative characteristics in the workplace. When your obesity keeps you from getting a job, it's certainly a form of discrimination, but it's a reality we all have to face.

According to a scientific Cornell study, obesity has less of an impact on securing entry-level and mid-management jobs than executive-level positions. When you reach the upper echelons of corporate life, you enter a highly visible station and therefore your appearance matters more. Corporations want to put their best foot forward with their employees and are thus less likely to hire the obese. This stigma also extends to promotions, which are statistically more difficult to earn when you're overweight.

Believe it or not, there are now business coaches who focus their entire practice on helping people lose weight for occupational reasons. These people are willing to shape up their lives to protect their financial situation - if not their health - and losing weight often requires the assistance of a professional. When faced with the reality that obesity can keep you from getting a job, many professionals are willing to hold the salt and the butter.

If you're looking to lose weight in order to improve your chances of gainful employment, here are a few tips:

### **Be Professional**

Business weight coach Brian Leffing encourages his clients to approach weight loss like a professional. Obesity can keep you from getting a job just like being late to work or a drop in productivity, so he believes that if you tackle weight loss like you would any other professional obstacle, you'll experience better results.

This might include keeping a weight loss journal or finding an accountability partner. Leffing encourages you to set goals for yourself just as you would with any other work-related endeavor.

### **Create a Schedule**

Central to losing weight, according to Leffing, is establishing a routine to which you'll eventually grow accustomed. For example, some people attempt to lose weight by scheduling a walk during their afternoon lunch break. Obesity might keep you from getting a job, but your own will power will keep you from failing. Once a routine is established, it'll become second nature.

### **Become a [Clothes Horse](#)**

One of the best ways to feel good about your weight loss progress is to dress in [clothes](#) that accentuate your new body. When you reach a weight loss milestone, purchase a new pair of pants or a flattering sweater that will force you to realize that you are reaching your goals.

- No weight loss for 3 days or more- There are lots of things that we can do to help with this issue. It is normal at times to go 1 or 2 days without weight loss because of how the body breaks down your fat cells as outlined in the reference guide provided on page 6. There are also other helpful troubleshooting tips on pages 9-11. One common problem that can cause plateau's that is not listed is personal care products. So many times we are doing the diet exactly as stated in the program but we are using some or even just one of the products that are not approved by the HCG diet. Lotions, soaps, foundation make-up, deodorant, any plant oils or animal fats that we put on our skin are serious causes for plateaus. So if you are evaluating your personal program to find the cause for any plateau or lack of significant weight loss. Look at all of the ingredients of the products that you put on your body. Please call us if you are unable to find an easy answer to this problem. We want to make sure you get back on track as soon as possible so you do not loose anytime during your HCG program.

- One cause of feeling starved could be the timing of your meals. Make sure that you are spacing your lunch and dinner far enough apart so that you are not eating back to back but not too far apart that you are feeling starved. We usually recommend that you eat lunch between 11a-1p and dinner between 5:00p-7:30p, depending on what time you go to sleep, you don't want to eat right before going to bed. This will help you keep your hunger under control. Because of the HCG, you should never feel starved because you are getting extra nutrients from the stored fat that is getting released every day.

- If you are having problems with cheating **please** call us. If you are struggling with staying with the program meals as outlined on page 5 our coaches are here to help you through any trying times and have many helpful hint on how to maximize your experience while on the HCG program. The reason why it is so important to stick with the program is that while you are on the HCG and doing the diet as directed it allows your hypothalamus gland to reset. If you cheat and do not stick to the program by the smallest amount in some cases and that includes the time during the maintenance phase you will run the risk of you hypothalamus gland not getting reset which will then not allow your metabolism to speed up and it will difficult to maintain the weight afterwards. Remember the main goal here is not just how much weight you can lose. You can lose weight on most diets. The main goal is how much weight you **KEEP OFF!** Getting the hypothalamus gland reset is the only way that you will be able to speed up your metabolism to help you keep the weight off. The 8 part video on this website talks more on the hypothalamus gland and how the HCG program works with your body.