

Would You Like to...



- **LOSE UP TO 1-2 POUNDS A DAY (or MORE)?**
- **SEE RESULTS IN SIX WEEKS?**
- **HAVE MORE ENERGY?**
- **ENJOY MORE RESTFUL SLEEP?**

CALL For A FREE CONSULTATION
with our Professional HCG Consultants
630-328-3886

DISCLAIMER:

The United States Food & Drug Administration (FDA) has not approved Human Chorionic Gonadotropin (HCG) for use in weight loss treatment. The use of HCG for weight loss is an "off label" use, which means that it is considered safe when prescribed by and under the guidance of a Licensed Physician.

HCG is FDA approved to treat health conditions other than weight loss, and has been in existence to do so for over 40 years.

Guidelines determine who can receive HCG. The guidelines are based on your Body Mass Index (BMI) and your medical history.

This program is administered under Doctor supervision with weekly follow-ups and support.

TESTIMONIALS:

"I have never had a diet work as good as I have with HCG. I have tried everything else and have finally found a diet that is easy, simple to follow and it has given me quick results."

-Fernando V.

"I lost 23 pound and 9 1/2 inches in my first six weeks of the program. I have more energy, my overall health is much better and I was able to stabilize my blood sugar. Weight loss is so much more than losing pounds; it re-energizes every area in your life. My doctor was pleased to see how well the diet worked for me."

- Bonnie

"I have struggled with my weight for the last 7 years trying to lose 20 pounds. I found the HCG diet and I cannot tell you how different my life is. I lost 15 pounds and 10 inches my first 5 weeks. I know I will reach my goal. I highly recommend the diet to everyone."

-Connie

Ask About Our Diet Rewards Program...



Ideal Body & Integrated Medicine
Kenneth Stein, MD, FACS

For Information or Appointments, Call:

630-328-3886

A NEW THIN YOU!

**HCG DIET
BURN FAT
& RESHAPE
YOUR BODY**

**FAT BURNING
WEIGHT LOSS
REVOLUTION**

GET RESULTS NOW!

- **Lose Weight**
- **Burn Fat**
- **Increase Base Metabolism**
- **Maintain Weight Loss**
- **Feel Energetic**
- **Look Great!**

What is HCG ?

HCG (Human Chorionic Gonadotropin) is a hormone naturally produced in large quantity during pregnancy. **HCG** is used in infertility treatment for both men and women. Dr. ATW Simeons developed the **HCG** protocol, he found that small regular doses of **HCG** caused the body to release abnormal fat when used in conjunction with a specific 500 calorie daily diet. This low calorie diet is only advisable with **HCG**.

The **HCG** basic diet consists of an **HCG** nasal spray in conjunction with a specific 500 calories a day program.

Why 500 Calories ?

You are on a 500 calorie diet while you are on the **HCG**, your body is releasing 1500-4000 calories from abnormal fat into your bloodstream each day. With the 500 calories you are consuming plus the 1500-4000 calories being released, you are actually getting the benefit of 2000-4500 calories each day.

Although there are questions about how consuming such a small amount of food and losing that much weight so quickly, with this specific combination of **HCG** and the prescribed diet, it has proven to be safe and effective.

What are the Positive Effects ?

Besides the accelerated weight loss, most patients report:

- Better, more deep sleep.
- Lower cholesterol and blood pressure while on the HCG diet and sometimes continuing afterward.
- Less insulin or other medications required while on program.
- Higher energy levels without nervous or edgy feeling.
- General feeling of well being.
- Sustained weight loss to keep it off.

**IT'S VERY EASY - JUST RELAX
AND DO IT.**

The HCG 6-Week Program

• Days 1 & 2:

Begin taking HCG.

"GORGE" days! Eat whatever you want!
Eat very fatty foods such as ice cream, fried chicken, pasta, bread and lots of real butter and cream cheese to restore structural fat and avoid hunger at start up.

• Day 3 - Now you begin the 500 Calorie Diet – Sample* Menu:

Breakfast - No Food - Drink coffee, tea and water. You may add sugar substitute.

Lunch - 3 1/2 oz. of cooked protein, lean chicken, white fish, shrimp, lobster or beef. One vegetable only per meal; tomato, onion, asparagus, radishes, cabbage, cucumbers, etc.. Seasonings; sea salt, garlic, dill, cilantro, parsley. Do not mix vegetables.

Dinner - Same as lunch but change choice of protein and vegetable.

During the Day as needed - You may have one small apple, a handful of strawberries, 1/2 grapefruit or an orange.

No Alcohol. No Starches. No Sugars.

• Every Day - do the following:

On waking, empty bladder and weigh in on a digital scale.

Keep a detailed record of all food and water consumed.

Use HCG nasal spray or injection.

Drink one gallon of purified water.

Take a good multi-vitamin.

No Fat or Oils of any kind in food or on body.

*Each program is personalized

Thin at Last with the HCG Diet

- **NATURAL HORMONE**
- **MEDICALLY SAFE**
- **PERSONALIZED PROGRAM**
- **DOCTOR SUPERVISED**
- **QUICK RESULTS**
- **POSITIVE LONG-TERM HEALTH BENEFITS**
- **LONG-TERM FOLLOW-UP FOR SUSTAINED WEIGHT LOSS RESULTS**

**A NEW
THIN
YOU!**