

Maintenance Supplemental Handout

Congratulations! You've made it through Phase One, the toughest part of the plan. Hopefully you met your weight loss goal and feel good about your new, thinner self! However, even if you didn't quite lose all you wanted, it's very important to maintain now, ensuring the weight does not pile back on. The main pointers of Phase Two are listed on page 24 of your book, but you may be left with some questions. This handout should help guide you through a successful maintenance period.



Maintenance FAQ:

1. How do I switch to Phase Two?

On your last day of Phase One, take your drops and diet as usual. The following day continue the diet plan without the drops, as the hCG will still be in your system. Then, the next day, being the new maintenance diet. In other words, only one day is an “in-between day” from Phase One to Two.

2. Do I still take enzymes?

If you have any enzymes capsules left, continue to take them until they are gone. They will help facilitate digestion as long as you’re on them. Ideally, everyone should be taking a general digestive enzyme for the rest of their life. Enzymes are crucial to your health. Talk to your Rejuvenation coach about what enzymes you should continue to take.

3. Is it really safe to eat these foods on the list? Won’t I gain weight if I eat like that?

It is imperative that one does not try to “diet” on this phase. Not eating enough may cause weight gain. Or, one may lose weight, but they might find much to their disappointment that they have only lost muscle mass. According to Dr. Simeons,

“Some patients cannot believe that they can eat fairly normally without regaining weight. They disregard the advice to eat anything they please except sugar and starch and want to play safe. They try more or less to continue the diet on which they felt so well during treatment and make only minor variations, such as replacing the meat with an egg, cheese, or a glass of milk. To their horror they find that in spite of this bravura, their weight goes up. So, following instructions, they skip one meager lunch and at night eat only a little salad and drink a pot of unsweetened tea, becoming increasingly hungry and weak. The next morning they find that they have increased yet another pound. They feel terrible, and even the dreaded swelling of their ankles is back.” (“Pounds and Inches”).

Don’t be afraid to add in the foods on the list. This plan has a high success rate, so trust in it and EAT!

4. Is there a limit on nuts or other high fat items? What phase?

No specific portion control on any food exists during this phase. However, if you notice that you are gaining outside of your recommended range, look back over your eating from the previous day or two. If you consumed a large amount of high fat (nuts, cheese etc) consider cutting back on these items.

5. Can I work out during maintenance?

Yes, you may resume any workout routine you did before the diet. However, it will be VERY important to ensure you are consuming enough protein, especially if you are starting or continuing weight training.

“During treatment the patient has been just above the verge of protein deficiency and has had the advantage of protein being fed back into his system from the breakdown of fatty tissue. Once the treatment is over there is no more hCG in the body and this process no longer takes place. Unless an adequate amount of protein is eaten as soon as the treatment is over, protein deficiency is bound to develop, and this inevitably causes the marked retention of water known as hunger- edema.

The treatment is very simple. The patient is told to eat two eggs for breakfast and a huge steak for lunch and dinner followed by a large helping of cheese.” (“Pounds and Inches.” Simeons, ATW).

6. Can I use lotions and creams now?

Yes. You may now add back in any moisturizer you wish. We highly recommend keeping all skin creams organic, or at least 70% natural. Keep in mind that any toxin applied to the skin is directly absorbed into the body, just as if it were eaten. Two ingredients to watch out for are sodium laureth sulfate and propylene glycol.

A great line of skin care that’s easily accessible and affordable is Burt’s Bees. Other recommended skin care lines are Suki Naturals and Aubrey Organics.

7. What about dressings/dips/sauces?

These should be avoided unless they are homemade and completely sugar-free. Again, there are NO sweeteners allowed for Phase Two. Stevia is the only acceptable supplement allowed for sweetening. Most dips and sauces contain a large amount of additives, artificial flavorings and sugar, so best to stay away.

8. What are nitrates?

Nitrates/nitrites are additives found largely in processed lunchmeats, hot dogs and bologna. Nitrates are used to set food color, and when in the body, turn to nitrosamines. Nitrosamines are carcinogenic. In fact, Germany, along with other European countries, actually banned the use of nitrates in 1997!

(<http://www.deliciousorganics.com/controversies/nitrates.htm>)

Fresh meats are always best!

Phase Two Tips:

1. No sweeteners. This includes sugar, cane juice, maple syrup, honey, molasses and xylitol.
ABSOLUTELY NO CORN SYRUP!

Do: Stevia

2. Stay away from all carbs. ie) bread, pasta, rice, oats, all wheat products and grains.

Do: Organic brown rice.

3. No starches. Here is a short list of common starches to watch out for:

- Beans and legumes
- Various veggies like potatoes, corn, squash, zucchini, eggplant, carrots and pumpkin.
Definitely avoid these!
- Lentils

4. Beware of additives and preservatives. No nitrates, MSG, hydrogenated oils or “natural flavorings”. Also, stay away from anything on the label that you can’t pronounce. This means we expect you to start reading every ingredients label while on Phase Two! A little tip: the longer the ingredients list, the less likely it is you can have it.

Do: organic herbs and spices. Experiment with homemade, sugar-free marinades!

5. Beware of diet drinks. These are not your friend! Avoid Crystal Light, diet sodas and even popular “water drinks”. Stick with plain water, tea and coffee. No artificial creamers. Choose organic milk and real cream.



Fun Recipes for Maintenance!

Guilt-Free Cheesecake

Crust Ingredients:

Crushed pecans or walnuts

¼ to ½ cups real butter, melted

Cinnamon and stevia to taste

Combine crust ingredients in glass round pan and bake in oven app 20 min.

Combine filling ingredients in mixing bowl and beat until desired thickness. Pour into crust and refrigerate until set.

Filling Ingredients:

2 packages organic cream cheese

Real gelatin (app 2 Tbsp)

Organic fresh or frozen strawberries

Stevia to taste

Dessert Dates

Wash and pit several medjool dates. Cover them in organic cream cheese then roll in crushed pecans or walnuts. These make an attractive dessert or side dish, even non-dieters will appreciate these tasty treats!

Hot Artichoke Parmesan Dip

Ingredients 🍴

- 1 cup Real organic mayo
- 1 cup grated Parmesan cheese
- 1/2 cup finely chopped onions
- 1 - 14 oz can artichoke hearts, drained & diced
- 1/2 tsp garlic powder

- Brown rice cakes for dipping

Directions 🍴

1. Preheat Oven to 350
2. Combine all ingredients (not the crackers or bread rounds :)
3. Spoon into 1 qt casserole dish

4. Bake until bubbly, about 20 minutes.
Should have some golden brown color
on top when done

Fun Snack Ideas for Maintenance

Celery and Peanut Butter or Apples and Peanut Butter

Mexican Flavored Flax Crackers (this whole food snack satisfies the desire for something to crunch on!)



Brown Rice Cakes (add peanut butter or cream cheese if desired)

Spicy Ranch Dip (use with vegetables or rice cakes). This dip is made by combining packet with two cups organic sour cream.



Summary

You should have a lot of fun during these next three weeks, experimenting and enjoying new foods to choose from. Just remember, be sure not to gain or lose more than two pounds! If this happens, you must do the “steak protocol”. Call your weight loss coach if you need help.

Steak Protocol: “As long as their weight stays within two pounds of the weight reached on the day of the last injection, patients should take no notice of any increase but the moment the scale goes beyond two pounds, even if this is only a few ounces, they must on that same day **entirely skip breakfast and lunch but take plenty to drink. In the evening they must eat a huge steak with only an apple or a raw tomato.** Of course this rule applies only to the morning weight. Ex-obese patients should never check their weight during the day, as there may be wide fluctuations and these are merely alarming and confusing.

It is of utmost importance that the meal is skipped on the same day as the scale registers an increase of more than two pounds and that missing the meals is not postponed until the following day.” (Simeons. “Pounds and Inches”).

If you stick to the allowed foods on maintenance, though, you will more than likely not have to do the steak day. This is rare for a client to do this protocol, but the information is provided here if needed.

To keep the weight off permanently, stay away from refined, processed foods as much as possible. You should not fret over carbs, fat or calories ever again. It’s what’s in the ingredients label that makes all the difference. Here is a quick list of foods/ingredients to avoid. Though it’s virtually impossible in our society to never consume these things, do your best and you will not regret it!

- Corn syrup, high fructose corn syrup
- White flour
- White sugar
- MSG
- Hydrogenated and partially hydrogenated oils
- Artificial dyes and food colorings (don’t eat or drink anything with fake color).
- Non-organic meat and dairy. These will be loaded with pesticides, steroids and hormones.
- Non-organic peanut butter. Peanuts retain a high pesticide load.
- Sauces, dips and gravies at national chain restaurants. They will likely contain enough preservatives for an impressive shelf life of 2 years!

Once again, though this list may seem daunting, just do your best and your body will repay you with health and vitality! Congratulations for deciding to take your health into your own hands! We are here to help you every step of the way. And remember:

“Your health is your wealth, so spend it wisely”