

The TrimYou™ Spray Protocol HANDBOOK



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The



Handbook

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Important Differences Between Pharmaceutical hCG and TrimYou™ Spray (Homeotherapeutic):

Unlike hCG injections, TrimYou™ Spray does not contain any hormones, requires no prescription, is safe and effective when used as directed, and is easy to use.

When in doubt: STOP! And consult your healthcare professional.

General Information

- TrimYou™ is manufactured using a magnetic remanence process. Therefore, keep it away from all sources of electromagnetic radiation, including loudspeakers, computer monitors, televisions, ovens, refrigerators, microwave ovens, airport X-ray scanners, etc. If you have to travel, do not put TrimYou™ in your luggage, as X-rays will render it inert.
- Store in a cool (not cold), dark, dry location away from all of the above. The drawer of a nightstand works well.
- Keep the remedy away from strong light, strong smells such as essential oils, strong mints, liniments, etc. and extremes of cold or heat. Don't allow TrimYou™ to freeze.
- Do not eat, drink, smoke, brush your teeth, gargle, etc. 15 minutes before AND after taking your dose of the TrimYou™. Anything that coats your mouth around this **“Golden Half Hour”** will interfere with its effectiveness.
- Dosage is 2 sprays into the mouth, 2 times per day. Best is 12 hours apart. If you want to take a 3rd dose in the middle of the day, you can, but it isn't necessary. You will run out of product if you do this too often, since there are only 100 doses in the bottle (enough for 50 days max.)
- For best results, spray towards the rear roof of your mouth (towards the back of your throat).
- Taking more does not make the remedy stronger or make it work better.
- **Coffee is not allowed during Phase 2.** Coffee contains essential oils, which will interfere with or even negate the remedy and trigger hunger. Caffeinated tea is OK. See Tips below.

Medications

- Strong medications, whether pharmaceutical or herbal, can interfere with the remedy. **Do not discontinue prescription medications without the advice of your doctor.**
- We can't tell you if “medication X” will interfere or not, only that they may impact (i.e., slow down) results. We don't dispense medical advice and never recommend going against your *well-informed* physician's counsel.

Tips

- Drink at least 1/2 - 1 gallon (3.8 L) of water and/or other approved beverages per day. Diet soda of any brand, including Zevia® is not permitted. You can make your own “soda” using carbonated water and flavored stevia (an approved, natural sweetener, available in many grocery stores).
- While the food choices on the TrimYou™ Spray Protocol are limited, konjac flour noodles (brand name: Miracle Noodles®) have been found by most people to be a great way to fill up without any extra calories. You can find them online, or at most Asian grocery stores. **Make sure they contain ONLY konjac flour and NOT tofu (tofu is not permitted during Phase 2).** Drink extra water if eating konjac flour noodles.
- There are a wide variety of teas available. Green tea is best. Don't use tea with real mint leaves in it, as real mint will interfere with the remedy.
- Hunger during the first few days of the first week isn't uncommon, but this should pass within the first week. If you are consuming coffee, you'll trigger hunger. Caffeinated tea helps alleviate hunger.
- Not loading properly in Phase 1 (P1)—Load is the most likely cause of hunger.

Introduction to the TrimYou™ Protocol

Following in Dr. Simeons' Footsteps: A Matter of "*Pounds & Inches*"

Dr. Simeons developed his weight loss plan based on observations of weight loss while working in India using hCG (human chorionic gonadotropin) supplements in adiposogenital dystrophic boys. The boys treated had improvement with their undescended testis, but they also lost the abnormal fat stores around the abdomen, hips and fat pad at the base of the neck. With this knowledge, Dr. Simeons brought his plan back to Rome where he treated the rich and famous for nearly 30 years. Over that time, he perfected his program. **Please read his manuscript, *Pounds and Inches—A New Approach to Obesity* included in your document packet.** He answers many questions and explains the approach in (mostly) easy-to-understand language.

To paraphrase (but in no way as a substitute for reading *Pounds and Inches*), the hypothalamus is a part of the brain stem. It is the oldest part of the brain. It is in control of our involuntary functions, including fat storage. The hypothalamus "thinks" we should still be hunter/gatherers, so as our society changed, and we started eating scheduled meals with much higher calorie intake, the hypothalamus hit its limit of calories it knew how to process. To compensate for the extra calories, it pushed these into abnormal fat stores. These fat stores were then forgotten by the brain, and were made inaccessible by the body to use as fuel. This is why a person who is losing weight by cutting calories, or through bariatric surgery, can look gaunt and still has large hips, or a bulging stomach. He discovered that using hCG combined with a very low calorie diet (VLCD) "tricks" the hypothalamus into liberating calories from the abnormal fat stores for survival.

hCG is a hormone, but not a sex hormone (just as insulin, thyroid, cortisone, etc. are hormones, but not sex hormones) and it is a complex molecule that contains over 300 aminopeptides. It is found in every human tissue in males and females. Its primary purpose appears to be protecting an embryo from being rejected. The embryo is genetically 50% from the father, so there is a risk the maternal body will see it as foreign.

Simeons' work is extensive, but he encouraged further study of hCG and its many benefits, especially, but not exclusive to, using it to assist weight reduction.

While using TrimYou™ (which contains NO hormones, but mimics the effects of hCG) and following the specific eating regimen provided, you are **not** living on food intake. You are experiencing what we call "The HCG Effect" — living on the calories liberated from your abnormal fat stores. This can be 2000 to 4000 calories per day! The diet associated with the program is very restrictive and should be followed closely. Dr. Simeons perfected this over decades of research. The TrimYou™ Spray Protocol introduces a few changes, but we feel the changes are fitting to our current society and the problems we face today.

This program is different from any others because:

- 1) It helps rid the body of stored, abnormal fat, helping to prevent weight gain after you have completed the program.
- 2) According to Simeons' research, the Protocol targets the abnormal fat (the stubborn fat you cannot lose with diet and exercise).
- 3) The skin retracts and tightens as you lose the fat.

Congratulations on starting the last diet program you will ever need!

Things You May Notice While Following the TrimYou™ Spray Protocol

- **Improved mood**
- **Decrease in cravings or addictions**
- **Changes in sleep patterns:** Either better rest, or mild insomnia. (If you are experiencing insomnia, Melatonin is available. The 1 mg sublingual works very well, and will not interfere with weight loss.)
- **Increased libido**
- **Mild constipation:** Usually not a concern, *less food intake leads to decreased frequency of stools.*
- **Mild hair loss:** Not common, but if it occurs, tapers off, then hair grows back once dosing ceases.
- **Dry skin:** Some have problems due to the restriction on moisturizers. If this occurs: do not take baths; sitting in water actually leaches the natural oils from your skin. Do not take extremely hot showers; this dries the skin. **Baby Oil** can be used since it is a mineral oil and should not be absorbed by the skin. Also, aloe vera gel can be used (although not a great moisturizer). There is a prescription moisturizer called Hylira® that should not interfere with weight loss because it does not contain any oils. **Cold-pressed coconut oil** is also allowed (and is quite pleasant) as a moisturizer. Go easy with anything you use on your skin, and watch your weight closely for negative effects.
- **Leg cramps:** Although rare, cramps while sleeping may occur. These can be helped with nutritional supplements (potassium) if they become consistent.
- **Menstrual irregularities:** This is a possibility, but not necessarily common. Some find their menstruation to be heavier and a little more uncomfortable during Phase 2 (the dosing phase). If you are having difficulty with menses, there are ways to improve comfort that can be handled on an individual basis. Most women experience a short plateau while on their period.
- **Temperature Inversion:** Hot natured people may switch to the cold side. This is easy to handle: wear more layers of clothes. Once your metabolism stabilizes, this phenomenon will improve.

Tips • Hints • Food & Cooking Ideas

- Purchase thawed protein servings (shrimp, chicken breast, crab, fish) and divide into 100 gram servings, then freeze in individual size servings. You can also cook the protein before freezing so it can be reheated or put on a salad before eating.
- Use a George Foreman® grill for cooking your meat. It requires no oil, cooks quickly, and cleans easily. Use parchment paper to help keep fish from sticking to the grill.
- Search online for “HCG Diet Recipes.” Be careful to examine them closely for mixing vegetables or fruit during Phase 2. It is okay to mix fruit and vegetables in Phase 3.
- **Vegetable servings are a minimum of 100 g (raw or cooked).** Simeons never defined a “serving.” We infer that this means **you can have as much as you’d like of one approved vegetable choice at a meal.** Use this freedom to “fill up” on your vegetable, but don’t mix them at a meal; remember, only one vegetable choice per meal. It’s unlikely you could overeat spinach, celery, asparagus, etc. at a sitting, certainly not enough to cause a weight gain, so eat up. **This will almost always alleviate any true hunger between meals.**

Phase 2 Food Ideas:

- Add more teas to your diet. The many variations are stunning. Some teas cleanse the body, some increase your metabolism, and some are just a nice treat. Remember, the only ingredient to completely avoid is real mint; this will stifle results.
- Get some Stevia extract or ‘Stevia in the Raw®’. Stevia is the recommended sweetener during Phase 2, and the first half of Phase 3. It comes in a large assortment of flavors.
- For a treat: Fresh squeezed lemonade can be made with stevia. The juice of one lemon is allowed per day, and it doesn’t count as a fruit or beverage, etc. Cheers!
- Make a creamy tea delight by adding one tablespoon (Tbs) milk (that’s the maximum allowed per day), cinnamon, stevia, and a couple of drops of vanilla extract.

SALAD DRESSINGS:

- 2 Tbs apple cider vinegar (ACV) — organic & raw is the best choice
- 2-4 Tbs water
- 2-4 drops stevia

MARINADES: remember, any dried spice is allowed!

- Mix ACV or balsamic vinegar, minced onion, garlic powder, oregano, and thyme
- Use a **sugar free/additive free** jerk seasoning with organic tamari
- Minced onion, garlic, hot sauce (no sugar added), chili powder, and cumin

HERBS/SPICES: You can add salt, black pepper, garlic, ground mustard, or any combination of **dried herbs/spices** to create variety. You can also substitute balsamic or red wine vinegar for the apple cider vinegar (ACV). They don’t appear to have the added health value of ACV, but taste great nonetheless. Use this on just about any of the allowable vegetables.

RUBS: watch ingredients very closely

- Sugar free Blackened Seafood Seasoning (great on white fish — just rub onto fish, wrap in foil or parchment paper, and bake)
- *The Barbeque Bible* has many recipes for rubs you create. They can be adjusted to leave out or replace the forbidden foods/ingredients
- Greek rubs are also great, and provide a very different flavor to meats

Phase 3 Food Ideas

Starches or added sugars are forbidden during the first 3 weeks of Phase 3.

The second 3 weeks of Phase 3, you can **gradually** introduce starches and added sugars into your diet.

Any recipe you use for Phase 2 can work for Phase 3, simply by

1. increasing the protein portions
2. mixing vegetables (which is allowed during Phase 3) and
3. cooking in oils or butter (also allowed and encouraged during Phase 3)

TAKE IT SLOWLY!

During Phase 3, it's critical to control your weight to within the "safe range" of +/- 2 lbs (.9 kg) of your newly-achieved weight at the end of Phase 2. Add new (or previously forbidden) foods gradually to see how they affect your weight the next day or two.

Adding too many new foods too quickly is the most common cause of weight gain during Phase 3.

CHICKEN:

- Mix equal parts almond meal and parmesan, coat chicken breast, and bake or pan fry in olive oil
- Cook chicken in Ro•tel® (diced tomatoes with chiles, etc.) with chili powder, hot sauce, garlic, and cumin. This is just great over organic greens.

MARINATE MEATS:

- See Marinades above.

CHOCOLATE:

- Heat 1 Tbs virgin coconut oil, 1 1/2 Tbs cocoa powder, and stevia to taste, in a small sauce pan. Use as a dip for fruit, add a small amount of nuts or flavor extracts to make chocolate bark, or place on wax or parchment paper and freeze.



Exercise

Dr. Simeons' hCG weight loss program does not rely on exercise for weight reduction. Patients will lose without exercise, but exercise is very important for overall health. For your life-long benefit, the TrimYou™ Spray Protocol recommends that you should have a weekly exercise routine established by the time this program is completed. However,

The only exercise recommended during the TrimYou™ Spray Protocol is low-impact and non-strenuous. Medium- or high-intensity workouts are ill-advised due a number of factors. Walking, swimming, cycling (all moderately-paced) or rebounding (bouncing on a small trampoline), Tai-Chi, or Yoga, are examples of low-impact, non-strenuous activities.

As you move through or complete the Protocol, the following recommendations should be considered.

Recommendations:

- Always check with your doctor before undertaking any diet or exercise regimen.
- Continue your current exercise routine, if you have one, but remember, medium- or high-intensity training is NOT recommended.
- If you do not have an exercise routine, start trying activities so you can find what suits you and your life style. You need to find an activity that you enjoy so you can keep it up going forward.
- The best fat loss exercise we've found is **The Tabata Protocol**. You can start out very slowly and work up your endurance over time — detailed information is available in the **Appendix**. A Tabata Protocol workout takes at most 10 minutes and can be performed just 3 times per week.
- Strength training is also a very good adjunct to maintaining weight reduction. This is specifically targeted **during Phase 3**. Increasing muscle mass increases your metabolism by increasing the number of calories you burn while at rest.
- Set reasonable exercise goals that fit into your schedule and that you enjoy, so it can become a permanent part of your life.
- Pilates and Yoga are wonderful options to explore. They both can be suited to any level, and develop strength and flexibility.

Phase 1 (P1): Full and Half Round

This is commonly referred to as the “Load” or “Loading” Phase.

HOW TO DO IT

- Two days (or up to seven days if previously following a low-fat diet)
- Do NOT start dosing until evening of last Load day (See below).
- Eat as much as you possibly can all day for as long as you load. High sugar, high fat!

Anything goes for Phase 1, but here are some suggestions:

- Fried Meats and seafood
- Fish (salmon, tuna, catfish, sardines, etc.)
- Sausages
- Bacon
- Eggs
- Pizza
- Bread smothered with plenty of butter and jam
- Pastries
- Milk Chocolate
- Whipped Cream
- Mayonnaise
- Avocados
- Cheeses
- Olive oil
- Coconut oil
- Nuts & seeds
- Nut butters

The goal is to maximize your normal fat stores and speed up your normal fat-burning metabolism. **If this is not done correctly, the first week of the 500-calorie diet can be extremely difficult.**

Yes, you’ll likely gain weight during Phase 1 (although surprisingly, some people actually lose weight). Don’t worry; this extra weight (and then some!) will start falling off of you during the first week.

- On the evening of the last “Load” day, just before you go to sleep, take your first dose of the supplement. This will help “kick start” the fat-burning process.
- When you wake up, you’re officially in Phase 2.

HALF ROUND or FULL ROUND?

- Depending on how much weight you want to lose:
 - 15 lbs (6.8 kg) or less = Half Round (see Half Round Cycle below)
 - 16 lbs (7 kg) or more = Full Round (see Full Round Cycle below)
- Don’t skip Phase 1 (P1). It’s essential to your success!

Phase 2 (P2) – 43-50 Day (Full Round) Cycle

16 lbs (7 kg) or more to lose

- A “Full Round” lasts for 43-50 (maximum) days.
- If you reach your goal weight at any time before the 50-day maximum, you can **Transition** into Phase 3. See “**Transition**” in the Phase 3 section below.
- Daily dosing of TrimYou™ Spray as directed. After no more than 50 days, stop using TrimYou™ Spray.
- Set the time in the morning and evening when it works the best for you to have your dosage. The 12-hour interval makes it easy to remember: if you dose at 7AM, you dose again at 7PM.
- Although this interval needs to be relatively consistent through the entire protocol, it isn't a hard-and-fast rule. If you're off a few hours +/- there's no harm done.

BEVERAGES: (Unlimited amount. Minimum 1/2 to 1 gallon [3.8 L] per day.)

- Water, including no sugar added carbonated water
- Tea
- Mineral water

FOODS:

Meats (A serving is 100 grams. Weight of protein measured when raw after all visible fat has been removed.)

- Chicken breast (skin removed)
- Lean beef (8% fat or less. 4% is best)
- Buffalo and venison (not included in Dr. Simeons' original protocol)
- Veal
- Crab
- Shrimp
- Lobster
- White fish (bass, cod, flounder, grouper, haddock, pike, snapper, monkfish, ocean perch, orange roughy, tilapia, whiting, sole)
- Crayfish

Vegetables (A serving is at least 100 g, cooked or raw. There is no maximum defined. Eat as much of ONE vegetable choice at a meal as you'd like — use this liberty to fill up. Do not mix vegetables. One type of the following vegetables per serving:

- Spinach
- Chard
- Chicory
- Beet-greens
- Green Leaf Lettuce (watch “lettuce mixes.” Remember, no mixing different vegetables during Phase 2)
- Tomatoes
- Celery
- Fennel
- Onion
- Red radishes
- Cucumber
- Asparagus
- Cabbage

Fruits (A serving is one apple/orange, one cup of strawberries or 1/2 grapefruit)

- Apples (1 medium)
- Strawberries (1 cup. Simeons mentions “one handful,” which we've quantified here.)
- Grapefruit (1/2 grapefruit)
- Orange (1 medium)

Starches (Simeons required starches. The TrimYou™ Spray Protocol makes them optional. This is particularly helpful for those who are gluten intolerant. If you don't want to include them, don't.)

- Grissini Breakstick (1 Grissini [Italian breadstick] is allowed per serving. This is similar to an elongated pencil or a chopstick).

OR

- Melba Toast (1 cracker — NOT one “serving” as defined on the box)

Vegetarian Options

Our vegan and vegetarian friends may have slower results, but they seem to do better on the TrimYou™ Spray Protocol than they might on other diets. Due to the restrictive nature of the diet in general, if you are vegan or vegetarian, you may find better success following a Half Round (see: Half Round Cycle, below) to prevent boredom and to help eliminate any temptation to stray from the regimen.

VEGAN:

Strict vegans generally only do Half Rounds due to the limited protein choice, which is a smoothie made with Pea Protein. **If you are vegan, pea protein is your ONLY protein option.**

VEGETARIAN:

Vegetarians of different classes (i.e., lacto, pesci, etc.), may be willing to eat fat-free cottage cheese or eggs, or fish, shellfish, etc.

As a vegetarian, you don't eat meat or poultry, of course, but (depending on what kind of vegetarian you are) you could eat fish and shellfish.

It's either eggs, fish/shellfish, or doing the vegan regimen.

Note: The VEGETABLE, FRUIT and STARCH choices remain unchanged for either Vegetarians or Vegans.

VEGETARIAN PROTEIN OPTIONS/REGIMEN:

There are up to 4 vegetarian protein options:

- 1) Eggs: 4 whites to 1 yolk ratio.
- 2) Fat-free cottage cheese: 3/4 cup.
- 3) Pea protein powder: 28 grams of protein (~120 calories, amount depends on brand/scoop size).
- 4) Fish/Shellfish (again, depending on whether or not your diet permits these).

VEGAN PROTEIN OPTIONS/REGIMEN:

Pea protein powder is the only allowable vegan protein source.

You can order pea protein powder online. Flavors differ, but we've heard good feedback about Kirkman® brand (kirkmanfoods.com).

Fat-free cottage cheese is also called non-fat. If you can't find that, you can have 500 cc of skim milk per day, like Dr. Simeons told his vegetarians in *Pounds & Inches*.

According to Dr. Simeons, eating vegetarian style on this protocol causes slower weight loss.

TrimYou™ Spray Protocol Phase 2 Guidelines

- THERE ARE NO SUBSTITUTIONS FOR ANY OF THE FOODS LISTED. Simeons tested a variety of foods: tuna, tofu, turkey, ham, broccoli, carrots, etc. **Those, and many others, did not make his list** — not due to oversight, but due to the fact that consuming them presumably caused significantly slower results. He wrote: *“All things not listed are forbidden, and the patient is assured that **nothing permissible has been left out.**”*
- In one 24-hour period, you are allowed two servings from each category. That’s **eight items per day**: 2 proteins, 2 vegetables, 2 fruits, and 2 starches.
- You may eat the food in any sequence that fits your life style. So, you can have, say, ½ piece of your first fruit choice for “breakfast,” or a portion of your first protein choice and a starch choice for “brunch,” etc. But, keep reading...
- Wait to eat each day until you are hungry. The best fat-burning (called “ketosis”) occurs during the night and up until you eat your first food of the day. Whenever you eat, you essentially stop or slow down fat-burning, because your body will temporarily switch to processing the food you just ingested.
- You may not be hungry until lunch or later. Be sure to eat your evening meal at least four hours before going to bed.
- Skipping meals: Allowed up to twice per week, however, don’t skip meals or food items to artificially force weight loss. Eat as many full meals as you can.
- You must have only one serving from each category at one meal. (i.e., You cannot have 200g of protein at once; spread it out into two separate meals).
- You are allowed the juice of one lemon per day. This doesn’t count as a fruit or beverage choice. It is in addition to the allowed foods.
- You can use salt, pepper, vinegar, mustard powder, garlic, and all dried spices/herbs (e.g., basil, parsley, thyme, marjoram, etc.) for seasoning.
- **No oils, butter or prepared dressings are allowed during Phase 2.***
- Meat must be cooked by boiling, baking, or grilling without added fat.

MEAT PROTEIN SUBSTITUTIONS†

- You may substitute ¾ cup of fat-free cottage cheese for a meat protein serving **on occasion (up to twice per week)**.
- You may substitute one whole egg combined with 3 egg whites (4 egg whites, 1 yolk) for a protein serving up to twice per week.

†Use caution with these protein substitutions — they may slow weight loss if the individual is sensitive to dairy products. Meat eaters may also “substitute” any of the Vegetarian protein choices for their protein serving(s).

* Walden Farms® products, available at many grocers (or at waldenfarms.com) makes a host of dressings, many (but not all) of which are allowed. Walden Farms® uses sucralose (a permitted, but less-preferred sweetener). Check the labels carefully for forbidden ingredients. Due to the evolving nature of their product line, it’s impossible to list all permissible dressings, but a few that are safe for Phase 2 (as of this writing) are: Bleu Cheese, Buttermilk Ranch, Chipotle Ranch, Coleslaw Dressing, Pancake, Ranch, Creamy Italian, French, Italian, Raspberry Vinaigrette, and Zesty Italian.

Phase 2 (P2) – 23 Days (Half Round) Cycle

15 lbs (6.8 kg) or less to lose

- 23 Days (this is the minimum dosing days). If you reach your goal weight before day 23 of dosing, then continue to dose as directed, but increase your food intake from 500 calories to 800-1000 until day 24, favoring proteins to compensate for the additional calories.
- Daily dosing of TrimYou™ Spray as directed.
- Follow the same diet as the 43-50 Day (Full Round) Cycle (explained above).
- After day 23, stop dosing. If you reach your goal weight at any time before day 23, continue dosing (as explained in the first bullet above).
- Then, on day 24, you can **Transition** into Phase 3. See Phase 3 (P3) below.



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Full or Half Round Chart

Start Date _____ (Start dosing evening of last Load day)

Day	Weight	+/-	Diet/Notes	Exercise
1			PHASE 2 (Burn)	
2				
3				
4				
5				
6				
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8				
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23				
END OF HALF ROUND				
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38				
39				
40				
41				
42				
43				
44				
45				
46				
47				
48				
49				
50				
Total			DO NOT EXCEED 50 DAYS	

Common Errors During Phase 2

- **Not loading enough during Phase 1 (P1).** If the normal fat stores are not full when the 500 calorie diet is started it can cause increased hunger, irritability, and frustration during the first week.
- **Not drinking enough water.** One half to one gallon (up to 3.8 l) of the allowed liquids should be consumed every day.
- **Drinking beverages that are not allowed** such as Crystal Light[®], diet soda, and other diet drinks. Only water, teas, and mineral water are allowed.
- **Weighing the 100 grams of protein *after* cooking.** Weight of protein is to be based on PRE-COOKED weight; this can make a big difference in the portion.
- **Mixing vegetables** or other foods from the same category at a meal. Dr. Simeons is very clear that you are to eat a **single choice** from each category at each meal.
- **Eating too much beef.** American beef is fattier than the European beef. Dr. Simeons recommends replacing beef with veal. The TrimYou™ Spray Protocol allows you to replace beef with buffalo or venison. You can sometimes speed up weight loss by eating less beef and more chicken, or allowable fish/seafood.
- **Consuming dairy products** (using egg or cottage cheese substitutions too often). Up to twice per week is okay, but 2+ times in one week may slow losses.
- **Using the wrong spices.** Check all ingredients for any unallowable foods, any form of sugar (listed in ingredients as: sugar, syrup, and anything that ends in 'ose', e.g., sucrose, fructose, maltose, etc.), starch, or any kind of oil. An example is "garlic salt," which can have added sugar and modified cornstarch.
- **Chewing gum, mints, etc.** These may look safe because they can be sugar free, but these can stimulate the digestive cycle and cause undue hunger, or alter the fat-burning process initiated by the Protocol.
- **Eating at restaurants.** In order to supplement the tastes of raw food and make it more appealing to the American palate, restaurants will add sugars, chemicals, and fats to meats and other food items. There is no way to know for sure what you are eating if eating out.

About Plateaus and Breaking Them

Plateaus are common and to be expected. No one loses weight consistently day after day. Don't panic if your weight loss slows or stalls. Remember, this is normal.

Some plateaus can be explained by old weight set points, menstruation (Time of Month or "TOM"), ovulation, stress, lack of sleep, or even sunburn. Some cannot be explained, but if you follow the protocol, all plateaus will eventually be overcome.

If you are cheating, all bets are off. But your fix is easy: stop cheating.

If you do not think you are cheating, review the "Interruptions of Weight Loss" section of Dr. Simeons' manuscript, review the Common Errors list above, and consider the following ideas, which can help you both psychologically and physically make it through a time of slow weight loss or an actual stall.

- Increase water intake.
- Add green tea to your intake once or twice per day.
- Cut down on the size of the apples consumed. Be sure to vary the fruits.
- Cut down or out American beef and/or buffalo, or choose leaner meats.
- **Tomatoes, oranges, cabbage and shrimp** can stall some people. Cut out one of these foods at a time and see what affect it has on your weight loss. You should be able to identify which food is affecting you by seeing higher losses when the culprit food avoided. If you see no difference in weight loss while avoiding a certain food, consider it safe.
- Check all condiments being used for any form of sugar, syrup, or starch.
- If mixing vegetables, stop.
- Buy organic, free range meats. Many meats are injected with some form of sugar or other chemical. Some grocery stores do this automatically. So beware!
- Consider that you may be at your ideal weight. If you are at the ideal weight, you will begin to feel very hungry, tired, and cranky. It may be time to stop the Protocol. You may have to increase the number of calories consumed to level off weight loss for the duration of the spraying (similar to reaching your goal early in Phase 2). Then, complete the protocol for the six-week stabilizing stage (Phase 3).
- For women, your menstrual cycle may be affecting the rate of weight loss.
- Changing or starting new medications can cause a plateau.
- Add 2 Tbs of apple cider vinegar to your daily regimen. Many sources claim extensive health benefits of apple cider vinegar, including increased weight loss.
- Attempt an "**Apple Day**" for a serious plateau (5 days or longer of no weight loss). Drink as little as possible and consume six apples (and nothing else!) throughout the day.
- Add non-strenuous, low-intensity exercise into your program if you have not done so already. Walking, biking, swimming — anything you can do for 15 minutes a day, three to five times per week. The point is to elevate your heart rate moderately, which will increase your metabolism, thus increasing your rate of weight loss.

Phase 3 (P3) — Stability/Maintenance Phase

This stage is of paramount importance. Some find it challenging to switch from Phase 2 (dosing, along with following the very low calorie diet, or VLCD) to eating good foods and maintaining their weight. It can be hard to let go of the amazing weight loss, or they might think the weight loss is done so they can eat anything they want. Both ideas will cause the plan to fail. **The Protocol is only complete after the FULL SIX WEEKS Phase 3.**

This protocol isn't broken; we haven't met anyone who's been successful at "fixing" it. Some people want to know the shortcut. This IS the shortcut!

Phase 3 details:

- **Six weeks in duration**, broken into two three-week segments (see below).
- **Do not dose** with TrimYou™ Spray.
- **Maintain your weight loss.** Don't extend P2 to try to lose more weight. If you need to lose more weight, you can do so on another Round.
- **Your goal:** create a new weight "set point," a weight that your body automatically maintains.
- **Your body's goal:** recover the lost weight. Without following the method perfected by Dr. Simeons to create a new weight set point, most bodies will successfully regain the lost weight. Remember, six weeks IS the shortcut!
- **Stabilize:** The longer the time period you maintain a steady weight, the better and quicker your body will establish its new weight set point. You want your weight to stay within a "safe range" of 4 lbs (1.8 kg). This is +/- 2 lbs (.9 kg) of your "Last Dose Weight" or "LDW". See below.

TRANSITION:

This is defined as the point where you stop dosing with TrimYou™ at the end of Phase 2, continue the 500-calorie diet for 24-72 hours, then move into Phase 3.

For coffee lovers, you can now have your first cup of coffee (caffeinated or not) and continue drinking it throughout Phase 3 and beyond.

You **Transition** as follows:

- The last day of Phase 2, stop dosing with TrimYou™ Spray.
- Record your weight. This is known from here on as your **Last Dose Weight** (or **LDW** – also referred to as "Last Spray Weight" or "LSW").

- Maintain the 500-calorie diet for 24-72 hours, until abnormal hunger sets in. Your body needs time for the supplement and its effects to dissipate. **If you begin eating more calories immediately after Phase 2, you'll likely gain weight because the supplement hasn't had time to leave your system, causing weight retention.**
- A sure sign TrimYou™ Spray has left your system is a feeling of growing hunger. Some people feel this immediately, others don't ever feel it.
- In any case, within 72 hours, all effects of TrimYou™ Spray should be gone. You need to begin eating larger portions of proteins and other foods to keep from losing more weight.
- Some residual weight loss is likely to continue. We reluctantly permit this, but the goal of Phase 3 is weight **maintenance**, not weight **loss**.
- Any additional weight loss may be counted as "insurance" against exceeding your LDW, but don't exceed more than -5 lbs (-2.2 kg) of LDW.
- Once your normal hunger returns and you begin consuming more food, you've officially started Phase 3.

PHASE 3A PROTOCOL (first three weeks)

- Some folks are concerned with (and adamant about) counting calories. But Dr. Simeons never mentions this as a method during Phase 3.
- That said, **The minimum calorie intake should be 1500 for most people.** You must replace the calories that were being liberated into your system from the abnormal fat stores via the very low calorie diet (VLCD). If you don't increase your (good, healthy) food intake significantly, your body will go into starvation mode. **As you are establishing your new weight set point, if you restrict calories that your body could use, you are establishing a low caloric limit your body will tolerate in the future.** You want to healthily eat all you can and still maintain your weight.
- We recommend you initially continue eating from the Phase 2 menu, but increase your portions.
- For you hardened calorie counters, there are numerous online sites to help: e.g., fitday.com, sparkpeople.com, caloriecount.com, etc.
- You can add more food choices, but do so **gradually**. Some new (or previously forbidden) foods may spike your weight the next day. If you consume, say, 4 new foods today, and you gain tomorrow, you won't be able to tell which of them may have caused your gain. Add foods gradually and methodically. That is the reason we recommend that you:

- **Keep a detailed log.**

PHASE 3A (continued)

- Eat what you want (again, methodically), when you want. **Excluding all sugars and starches.**
- Listen to your body. Eat only when you are hungry and stop when you begin to feel the sensation of being full.
- **Weigh yourself every day.** This was Simeons' most stringent rule during Phase 3. If your weight has increased 2+ lbs (.9+ kg) above your final weight at the end of Phase 2 (your LDW), you must perform a "Steak Day."
- The goal of knowing your daily weight, foods, and following your diet closely is to avoid a "Steak Day" (A weight correction method. See below). You want to track increases so they can be addressed before 2+ lbs (.9+ kg) have been regained.
- **Steak Day:** A Steak Day is a fairly reliable method Simeons devised to bring down your weight under your LDW should you exceed it by the 2+ lbs (.9+ kg) upward limit. It isn't infallible, but it works for almost everyone.
 - Fast for most of the entire day, skipping breakfast and lunch, but drink plenty of water, tea, or coffee.
 - In the evening, eat a "huge steak" (we interpret this to mean: a steak that fills your plate, causing you to say, "Oh my goodness!!").
 - With your steak, also eat either one apple OR a raw tomato.
 - If you don't reach your "safe range" of your LDW the next day, don't do two Steak Days in a row. Instead, go back to the "known" P2 foods for at least one to two days, eliminate any "new" foods you've added, then try another Steak Day.

PHASE 3B PROTOCOL (second three weeks)

- Follow the above, but begin to introduce sugars and starches back into your diet very, very slowly and methodically. Remember:
- **Keep a detailed food log.** You want to track which food(s) spike your weight, or cause you to lose weight.
- Continue to weigh daily. If your weight increases 2+ lbs (.9+ kg) above your LDW, perform a "Steak Day."

• Common Errors During Phase 3

- **Eating any sugars and starches.** Some fruits are very high in sugar (bananas, grapes, melons, pineapple). Some vegetables are very high in starch (potatoes, corn, peas, and most varieties of beans, etc.) Your weight may fluctuate due to unintentionally consuming sugar and starch. Watch ingredients and sugar/starch content closely.
- **Staying on the 500-calorie diet too long.** The purpose of this stage is to maintain your newly-achieved, lower weight. You need to train your body how to burn as many calories as possible (particularly from consumed fat — remember, your body just fueled itself from stored fat during Phase 2, so fuel it with what it's grown accustomed). Your body no longer has the TrimYou™ Spray flowing through it, so it needs many more calories; it will set the calorie count to what you are eating, i.e.: if you are only eating 1000 calories per day, 1000 calories will be what your body sets to, and 1000 calories will become its perceived requirement. **If your caloric intake is set too low, then exceeding this intake will cause you to gain weight.**
- **Not eating protein.** Fat typically requires protein to metabolize. Eat up!

Tips to Help Conquer Phase Three

- **Meticulously maintain your food journal daily.** In case you have trouble stabilizing your new weight, you need to have accurate information regarding intake. This will allow you (or us) to analyze what is working and what isn't. This log will be the only way to correct the problem and go into the rest of your life with a new metabolism.
- **You are training your new body** to maintain your new weight, eat healthier, look better, and successfully lock in your new weight.
- **Eat real, clean food:** fresh fruits and vegetables, natural fats (coconut and olive oil, almonds, real cream, regular salad dressings), fresh, organic, free-range meats that you prepare (seafood, pork, beef, chicken, etc.).
- **Avoid processed meats** (including lunch meats), canned fruits in syrups, canned vegetables, and packaged meals. Choose raw, frozen, and minimally-cooked vegetables. Favor leafy greens as much as possible.
- **Avoid restaurants.** Restaurants often add starches and sugar to their food. So, after eating out, do not be surprised (and don't panic!) if you have gained weight. It is most likely due to water retention, if you have been strictly following with the no starch/sugar rule.
- **Eat protein.** Try to include a protein with whatever you are eating throughout your day. I.e., if you are having celery as a snack, add some cheese or peanut butter (made from only peanuts with no sugar). The same approach applies if you eat an apple or other fruit: have some protein along with it. Consuming protein along with a sugary food slows down the

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“insulin response,” and helps balance your metabolism.

- **Read labels.** Avoid foods and drinks that have ingredients you do not recognize or cannot pronounce.
- **Hydrate.** Continue to drink a lot of water. It is good for you and helps your body function efficiently.
- **Divide and conquer (snacks):** If you are buying packages of organic nut/fruit mixes to use for snacks, divide them into single servings when you get home. That way, you know exactly how much you have consumed. This will help if you identify any foods that spike your weight.
- **Avoid sugar.** When picking snacks, pay closer attention to the sugar (other than the natural sugar found in fruits) than the fat. The only time to pick a low-fat option is with dairy (except for yogurt). This is because, typically with dairy, the fat hasn't been replaced with sugar in order it make it non-fat or low-fat.
- **Do a “mini-protocol.”** If you see your weight creeping up and want to avoid a Steak Day, the following is an option:

- **MINI-PROTOCOL:**

- Drink plenty of water throughout the day
- Skip breakfast
- For lunch, eat a whole can (6 oz) of water-packed tuna, or chicken with mayo on lettuce or celery
- Have a big portion of protein at dinner and a small salad with regular low sugar dressing.
- If you cannot skip breakfast, two eggs are allowed.

This is not intended to replace the Steak Day, only to drop some weight when you are getting close to a required Steak Day. It will usually bring your weight down a pound or so the next day.

- **Adapt.** Many, many recipes can be adapted to fit into Phase 3 by replacing any sugar called for in the recipe with Stevia or unsweetened applesauce. There are countless resources for low carbohydrate/sugar-free recipes, which should meet the criteria for the maintenance phase.



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Phase 3 (P3A & P3B) Chart

Name _____ Start Date _____

PHASE 3A (First 3 Weeks) (No starches or sugars. Add 'new' foods gradually)				
Day	Weight	+/-	Diet/Notes	Exercise
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				
21				
PHASE 3B (Second 3 Weeks) Starches and Sugars allowed. Add 'new' foods gradually.				
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				
21				
Total				

Phase 4 (P4) — Reclaiming Your Lifestyle

"If a food or drink doesn't naturally come from a plant, animal or fish, without over processing and adding chemicals, then your body does not need it."- Wanda Riehl

The Rest of Your Life*

Phase Four is very important to include because the goal is to achieve better health for the future, to "Reclaim" your new physique and lifestyle. In Europe, at the time when Dr. Simeons was practicing, what people consumed (and considered "meals" or, for that matter, "food"), was vastly different from today. There was no such thing as "processed foods," unpronounceable additives, hormones, pesticides, refined sugars and starches, hydrogenated oils, corn syrup, and dyes infused in nearly every commercially available food.

Think about it: You've been eating extremely healthy foods since you began Phase 2. Hopefully, you continued this into Phase 3. In order to maintain the state of health you have achieved through this last 12 weeks by eating healthier, feeling and looking better, our recommendation is to follow the guidelines below:

Guidelines for Phase 4 (Reclaim)

- Drink two quarts of clean water daily. We recommend reverse osmosis or sub-micron filtered water.
- Eat 100% organic as much as you can.
- Eat raw, fresh fruits and leafy vegetables every day.
- Continue with good protein intake with every meal (lean meats, chicken, fish, dairy, eggs, nuts – without added chemicals).
- Consume a limited amount of healthy oils/fats.
- Pursue some form of aerobic exercise that you enjoy.
- Take a good multi-vitamin.
- Take probiotics.
- Take EPA-DHA (fish oil) daily. This is very important to the health of our cells. Fish oil has been clinically proven to help reduce heart attack risk by >90%. Be sure to check your fish oil for purity; e.g., most farm-raised fish contain high levels of mercury.
- Sleep six to eight hours every night.
- Reduce your anxiety level as much, and as often, as possible.

** This is not part of the original manuscript written by Dr. Simeons.*

APPENDIX

Tabata Protocol: Supra-Aerobic Cardio

What is the Tabata Protocol?

Created by Izumi Tabata, The Tabata Protocol is simply the best supra-aerobic cardio workout ever discovered.

In eight minutes (give or take) every three days, you can turn your body into a fat-burning super-engine. You do this by creating an “oxygen debt” (i.e., heavy panting). When you create an “oxygen debt” your body has burned off all of the blood sugar (glycogen) it has and needs to replace all of that energy. It does this by burning fat. When you exercise, you don't want to burn fat for fuel; you want to burn carbohydrates.

Benefits: Aerobic vs. Anaerobic

Your body has two fuel systems, so to speak: aerobic and anaerobic.

The aerobic system uses oxygen to burn fuel, and the anaerobic system doesn't. But one doesn't replace the other. What happens is you start out by burning fuel with your aerobic energy system, and once you go past the point where there's no longer enough oxygen in your system to provide aerobic energy to your muscles, your anaerobic system kicks in. Think of this as your SUPRA-AEROBIC zone.

To get there, you need to get your heart rate up past what is typically referred to as the “Target Heart Rate Zone,” using common aerobics lingo. You should use a Heart Rate Monitor (often an inexpensive wrist watch-like device) to measure your heart beats per minute (BPM) while doing this program.

How to do It

You'll need to build up your endurance gradually. Therefore, you won't start out doing The Tabata Protocol the way it is typically described.

The original Tabata Protocol requires the following:

- Five minutes of warm up.
- Eight intervals of 20 seconds all-out intensity exercise (stationary bicycle) followed by 10 seconds of rest, i.e., 20 seconds full intensity, 10 seconds rest; 20 seconds full intensity, 10 seconds rest, etc.
- Two minutes of cool down.

The original study¹ used highly trained endurance athletes in peak physical condition on stationary bicycles. They did eight (or more) intervals, keeping the revolutions per minute (RPMs) on the bike over 85 RPMs until they couldn't

¹ “Effects of moderate-intensity endurance and high-intensity intermittent training on anaerobic capacity and VO2max,” Izumi Tabata; Kouji Nishimura, Hirai Motoki, Futoshi Ogita, Motohiko Miyachi, Kaoru Yamamoto, National Institute of Fitness and Sports in Tokyo, Japan Medicine & Science in Sports & Exercise. 28(10):1327-1330, October, 1996.

² Consult your physician before you begin any exercise program.

maintain that level of intensity. Don't try this!

You'll find people doing a Tabata workout with weights or kettle-balls, or other types of resistance. We don't recommend this, either.

Easy Does It

You REALLY need to ease into this workout slowly, and perform it only on cardio equipment, or using exercises that don't use weights.

Maximum Heart Rate (MHR) formula

$$\text{MHR} = 220 - [\text{Your age in years}]$$

So, if you're 30 years old, your MHR would be $220 - 30 = 190$ Beats Per Minute (BPM). If you do The Tabata Protocol as performed in the above study, you may see your heart rate shoot up over 200 BPM! You need to gradually build your heart and lung capacity over time.

Beginning Routine

Here's what you need to do when starting out:²

Beginner Level

- Seven minutes total
- Three minutes: warm-up at a moderate pace
- Two, 30-second intervals consisting of:
 - 20 seconds of all-out (as hard and intense as you can go) effort
 - 10 seconds rest (rest and breathe)
- Two minutes: cool down at a moderate pace
- One minute complete rest (just sit there and breathe normally)

Use a piece of cardio equipment

One of the best ways to do The Tabata Protocol is to use cardio equipment that allows for gradually increasing resistance, speed, etc., and utilizes the large muscle groups, especially your legs. E.g.:

- Recumbent or stationary bike
- Versaclimber
- Rowing machine
- Elliptical trainer
- Treadmill³

² Consult your physician before you begin any exercise program.

Wear a heart rate monitor.

- Record your Maximum Heart Rate (MHR) achieved during your entire workout, and your Recovery Heart Rate (RHR)—see below.

Warm up for three minutes at a moderate pace.

You can start out with low resistance and low RPMs (e.g., 60-65 RPMs on a bike) for the first minute, increase the tension on your equipment one notch for the second minute, then increase the RPMs (and/or tension) for the last minute, gradually raising your heart rate to a moderate level.

Start out by doing two intervals:

Increase the tension one notch above the level of where your warm-up ended (or more if you find your feet are flying off the pedals).

INTERVAL 1

- Pedal (or climb, or row, or run, etc.) FULL SPEED, for 20 seconds.
- Pedal slowly (or slow down whatever exercise you're doing) for the next 10 seconds.
- Note your heart rate. You should see your heart rate go up a little after you stop pedaling so fast. This is because of the "oxygen debt" you created, and it signals your body to get more oxygen to your energy system. You'll notice yourself panting — this is your body trying to get more oxygen to your lungs to fuel your energy system.

INTERVAL 2

Repeat one more time (20 seconds FULL INTENSITY, 10 seconds slow). Notice your heart rate go up a little each time you enter the slow part of the interval.

COOL-DOWN

- After two intervals, decrease the tension to 0 (lowest setting) on your bike or other equipment, and
- Pedal slowly (or slowly do whatever exercise you were doing) for two minutes.
- After your two-minute cool down, stop pedaling COMPLETELY for one minute and just sit there, breathing as naturally as you can.
- At the end of this one-minute, check your heart rate. This is your Recovery Heart Rate (RHR). Record it.
- Record the Maximum Heart Rate MHR you achieved during your workout. This may have occurred during your first interval or your last (usually the

³ Because you have to rest for 10 seconds between bouts of exercise, the only option when on a treadmill is to step onto the sides and stop entirely, because the machine won't respond quickly enough to the required rapid changes in velocity during a Tabata Protocol interval. Therefore, use extra caution if you use a treadmill to avoid injury.

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last). It'll probably be over the MHR calculated by the MHR formula above (220 minus [Your Age]). If it isn't, that's okay, especially when you're first starting out.

- Don't over-do it.
- Do this workout three times per week. Allow yourself at least one full day of recovery between workouts. Your body needs to recuperate and increase the strength of your heart and lungs, etc.

Intermediate Routine

- When you notice at the end of your next workout (or however many workouts it takes) that your RHR decreased, add another interval (bringing it to three intervals per workout).
- The next time you notice your RHR decreases from its previous number after the workout, increase the tension on your equipment to make it more intense.

Advanced Routine

Gradually build up your fitness level (up to eight intervals) by first adding an interval, then increasing the tension when you see your fitness level (as indicated by your RHR) has improved from one workout to the next.



PHASE 2 SHOPPING LIST

Meats/Fish (100 g pre-cooked)	CAL	Vegetables (no maximum)	CAL	Fruits	CAL	Starches	CAL	Condiments	CAL
Beef, Ground 4%-8%	214	Asparagus 100 g	25	Apples Medium	72	Grissini Breadstick	14	Apple Cider Vinegar	3
Bass	149	Beet Greens 30 g	8	Grapefruit Medium	41	Melba toast (1 cracker)	20	Balsamic Vinegar	5
Buffalo 100 g	177	Cabbage 75 g	27	Orange Medium	46			Lemon	15
Chicken Breast	165	Celery 100 g	16	Strawberries 1 Cup	46			Soy	11
Cod	149	Chard 30 g	8					Stevia	0
Crab	96	Cucumber 52 g	16					Tamari/Bragg	10
Crayfish	97	Fennel 87 g	8					Wasabi	2
Flounder	149	Green Leaf Lettuce 36 g	5					Other	✓
Grouper	149	Miracle (Konjac Flour) Noodles	0					Tea	2
Haddock	149	Onion 1 small	29						
Lobster	112	Red Radishes 85 g	15						
Monkfish	149	Spinach 30 g	8						
Ocean Perch	149	Tomatoes 180 g	35						
Orange Roughy	149	Dairy	CAL						
Pike	149	Cottage cheese, Fat-Free 3/4 cup	123						
Rockfish	94	Eggs (whole)	90						
Shrimp	98	Eggs (white)	12						
Snapper	149	Other (Spices, Stevia, etc.)	✓						
Steak, Sirloin	149	Digital Food Scale							
Steak, Top Round	242								
Sole	149								
Tilapia	149								
Tuna, Tuna Fish (not allowed)	X								
Veal	194								
Venison Chopped	177								
Venison Ground	157								
White Fish	149								