



2012

## Omni-Drops HCG Program

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# *OVERVIEW*

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## Omni~Drops HCG Program Guide

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**Omni~Drops**, coupled with *Omni~4* liquid vitamins and a high quality, low calorie protein/vegetable menu provided by *Omnitrition International*, creates a weight loss program that allows users to achieve healthy, lightning fast weight loss! Across the board, following the recommended protocol, **Omni~Drops** program user's testimonials have shown one can expect an average weight loss of one half to one pound per day. The creator (circa 1950) of the this **weight loss philosophy, Dr. Simeon**, maintained that when the program is followed as written, your body will metabolize fat correctly, thus eliminating the bad effects that many have experienced from past crash diet attempts (sagging skin, no energy, headaches, constant hunger pangs). The **Omni~Drops** program, which includes daily consumption of *Omni~4* liquid vitamins, promotes extremely efficient stored body fat utilization. The program allows the body to release an additional 1400 to 2500 calories internally from the stored body fat which gives the body the fuel it needs, rather than taking it entirely from food sources. It is believed this is why no hunger is experienced during the course of the program.

Dr. Simeon attributes this ability to release calories internally to the body possessing three types of body fat: structural, normal, and abnormal.

**Structural fat** is the tissue surrounding our internal organs and is critical to our health.

**Normal fat** is what our body stores as energy reserves and needs to draw from to fuel our body when energy is needed and dietary needs are not met. It is located just under our skin and gives skin some of its elastic properties.

**Abnormal fat** are those areas that form around our mid-sections, thighs, neck, back and hips that it seems no amount of exercising or dieting can conquer. For the abnormal fat to be burned in our bodies, it is imperative that the **Omni~Drops** program be adhered to properly.

When one's metabolism is functioning correctly, diet and exercise can draw from the correct areas. Unfortunately, most people today have a metabolism that is not working to capacity due to years of eating the wrong foods, yo-yo dieting or medical issues. By dieting the 'wrong way' or exercising extensively, most people come to the realization that the body is just drawing fats from muscles instead of from the abnormal fat areas. In turn, this sets the body up for decline and potential injury. Weight lost in this manner from these areas is nearly certain to return as one's body will always try to replenish normal fat because it needs it. It is normal.

While on the **Omni~Drops** program, exercise is **NOT** recommended. Testimonials from users who exercise regularly or have strenuous professions have shown the program is much more efficient when the caloric intake is increased slightly on days one is overly active! Everyone is different and each user will find the proper balance of exercise and intake very quickly.

## 4 Phases of the Omni~Drops HCG Program

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Phase 1 Loading Days 1 – 2 (On Drops)

Phase 2 VLCD 500 Calorie 3 – 6 Weeks (On Drops)

Phase 3 Maintenance 1,200 - 1,500 Calories 3 – 4 Weeks (Off Drops)

Once you have completed Maintenance you can decide to do another round of drops or go on to Phase 4.

Phase 4 Healthy Life (Off Drops)



**VLCD = Very Low Calorie Diet**