



2012

Omni-Drops HCG Program

Phase 1

LOADING



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4 Phases of the Omni~Drops HCG Program

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

Phase 1 - Loading

The Omni HCG Drops program includes consumption of the drops, Omni~4 liquid vitamins and the recommended menu. During the first two days of the Omni~Drops program, you should be eating very high calorie foods that contain high fat and sugar content. There is no limit to the number of calories or the types of foods that can be eaten. Sweets, cookies, ice cream, deep fried foods, etc are all acceptable foods. It is important that you "load" properly. This is a very critical part of the diet. **Do not begin loading if you have not started taking the Omni~Drops.** It is common for people to gain 3-5 pounds in the first two days. Don't worry you will lose it all in the follow 48 hours. People that choose not to "load" properly have found that the rest of the unwanted weight does not drop as easily as those people who took the time to "load".

So, start your diet with a party and eat as much as you can!

Program Duration

You should be on Phase 1 for a period of two days, although if you feel you did not load properly you may extend the load an additional day.

Days 1-2 "Loading"

Take the **Omni~Drops** as directed, 10 Drops, 4 times a day under the tongue, hold for at least 30 seconds and swallow. Do NOT eat or drink anything for least 15 minutes prior to or after taking the drops.

Drink ½ - 1 gallon of water per day

Gorge yourself! Eat as much as your stomach can handle; Fatty, sugary, starchy, yummy foods! Be in a constant state of feeling "stuffed" for two days. Have midnight snacks if you can.

Do Not forget to take your Omni 4 liquid vitamins! They have been found to accelerate the weight loss!! THIS IS VERY IMPORTANT!



Phase 1 Loading - WHY YOU HAVE TO LOAD:

Patients whose general condition is low, owing to excessive previous dieting, must eat to capacity for 2 Days while taking drops.

One cannot keep a patient comfortably on 500 Calories unless his normal fat reserves are reasonably well stocked. It is for this reason also that every case, even those that are actually gaining, must eat to capacity of the most fattening food they can get down until they have had 2 Full Days of Drops. It is a fundamental mistake to put a patient on 500 Calories as soon as the Drops are started, as it seems to take about 2 – 3 Days before abnormally deposited fat begins to circulate and thus become available.

Most patients who have been struggling with diets for years and know how rapidly they gain if they let themselves go are very hard to convince of the absolute necessity of gorging for at least two days and yet this must be insisted upon categorically if the further course of treatment is to run smoothly.

Patients can expect to gain weight rapidly- four to six pounds in 24 hours is not unusual. The whole gain is usually lost in the first 48 hours of dieting. It is necessary to proceed in this manner because the gain re-stocks the depleted normal reserves, whereas the Subsequent loss is from the abnormal deposits only.

Some patients say that they can no longer overeat because their stomach has shrunk after years of restrictions. While we know that no stomach ever shrinks, we compromise by insisting that they eat frequently of highly concentrated foods such as milk chocolate, pastries with whipped cream sugar, fried meats particularly pork, eggs and bacon, mayonnaise, bread with thick butter and jam, etc. The time and trouble spent on pressing this point upon incredulous or reluctant patients is always amply rewarded afterwards by the complete absence of those difficulties which patients who have disregarded these instructions are liable to experience.

During the two days of loading many patients are surprised that contrary to their previous experience they do not gain weight and some even lose. The explanation is that in these cases there is a compensatory flow of urine, which drains excessive water from the body. To some extent this seems to be a direct action of HCG, but it may also be due to a higher protein intake, as we know that a protein-deficient diet makes the body retain water.