

Doing the "180"

Dynamite's new 180 Homeopathic hCG program is visibly about losing weight but most importantly about "health". Health because it is a program that facilitates the body's release of years of deadly toxins. The battle against toxins is a difficult one to win particularly when the effort is compromised by the multiple stresses we endure each day. A healthy body can manage a great deal but the onslaught of stressors beyond the deluge of toxins we're exposed to every day makes staying healthy enough to process the toxin load nearly impossible. Age doesn't necessarily mean added pounds yet we accept the heavier broadside beginning middle age "normal". Today's obesity rates are off the scale with even morbid obesity among the young, even very young, unbelievable. Yes it has to do with calories and exercise but it's estimated that only 20% of weight gain is actually do to amount of exercise. That leaves calories, most importantly the quality of those calories. Hot dogs, cheese sticks and apple juice are vastly different than nuts, cherries and celery. How many are overweight who proclaim, "but I eat a good diet"?

The brown fat that rests around our middles and thighs is the body's way of managing toxins it doesn't otherwise know what to do with. It encapsulates it in fat. If you want to lose weight you have to lose the toxins.

Most diets require one to literally deplete all other fat before getting to the brown fat and by the time that happens one's face is gaunt, strength diminished and will power sorely tested. No wonder we have such a failure rate. We are only human!

The success of Dynamite's program is in the mineral pack that supports the system through this tremendous detox program. Numerous other hCG brands are out there and having varying degrees of success though one major drug store has pulled them off the shelf as people came back to the store washed out, weak and disillusioned after very few days. It's about the minerals. Minerals help detox, replenish and maintain pH toward "health". That's the difference.

Dynamite's 180 program is truly a life changing experience in that you will break your cravings for carbs, learn to identify protein portion sizes, identify foods your body doesn't like and eat multiple good for you vegetables and salads without canola/high fructose corn syrup/bad fat condiments and sidekicks. You'll learn about your body, the individual, and what "health" feels like. When you're done you'll look years younger, have a sharp mind and energy you thought was well behind you.

This is a reference from experience that will help guide you along the way as this, for many, as simple as it is, is a new way of eating. **IT IS NOT INTENDED TO REPLACE THE PROTOCOL** but add reference and answer questions. Reference the 180 Protocol and here we go!

FIRST- I recommend one read Dr. Simeon's "Pounds and Inches". This is the original manuscript that will help you understand the science behind what's happening and appreciate how sensitive it is. Go to www.healthyhcg.com.

SECOND- Read the Protocol, purchase a bath scale that measures at least to .2 of a lb and a digital food scale that measures in tenths of an ounce. Walmart has both under \$20. Identify a bpa free water bottle and determine how many ounces (bottles) per day you need to drink.

THIRD- Plot how you can work the three meals into your schedule. Hard boiled eggs are an on the go solution for quick morning starts. Prepared salads with leftover protein from dinner are great for lunch. Remember these adjustments are only for 23-60 days so don't feel like you're turning your life inside out. It's worth the effort, trust me!

FOURTH- Scavenge your cupboards, refrigerator and freezer for those to die for things you're going to part with for a while like ice cream, cookies, pasta, sausage, chips and such. Eat these during your "loading days" along with those favorite meals you might miss. You will want them out of the house.

FIFTH- Purchase apples (organic preferably), romaine, spinach, red onion etc, etc from the meal list that you will enjoy. Pick up some organic chicken broth and organic vegetable broth. Stay with what's on the food list. It is not that other foods aren't good but these work with the diet, probably due to their glycemic values and fat content.

SIXTH- Set a calendar near your scale for each morning's weight. Prepare a place for your food diary. Take pictures and measurements if you wish.

LOADING DAYS - Days 1 & 2

Start taking your drops, three times a day at least 15 minutes before eating and 20 minutes before AND after coffee. Hold them under your tongue 3-5 minutes. Eat all and anything you want these two days while the drops build in your system. Don't skip the loading days. This replenishes dermal fat that may be lacking from previous dieting and satisfies your cravings.

BEGIN WEIGHT LOSS - Days 3 - 23/40

Record your weight in the morning after using the bathroom. Take your drops, fix the coffee, get ready for work, eat your egg and ½ piece toast. A good way to prepare your egg without butter or other fat is to put enough chicken broth into a nonstick skillet to cover the bottom. Cover and let come to a simmer. Drop your egg in and cook or turn as you like until done. An easy poach.

For lunch eat 3-5 oz of protein, a cup of vegetables OR a salad and a fruit if you didn't have it for a snack. We ate a lot of chicken salads. I also encourage you to weigh your portions *after* cooking. We made huge salads and kept them in the refrigerator in well-sealed container and we didn't worry much about what we added to them as long they were on the list. That way the cleaning and cutting is done you need only add your meat. **SALAD DRESSING** is one item you can search the grocery isle for with little success unless you use a non-fat variety and those are heavy in unpronounceable toxins so rather than add to the toxin load we mixed **2/3c. Bragg's Apple Cider Vinegar with 1/3 c. Bragg's Aminos and a healthy dash of Mrs. Dash Garlic and Herb**. We so enjoyed it we used it on vegetables and meat too and continue to do so.

For Dinner eat 5 oz protein and both a salad and a vegetable. I encourage you to modify your favorite dishes and experiment with marinades. Again check that your ingredients don't have HFCS or oils. Tapatio sauce and Mrs. Dash Southwest Chipotle or Fiesta Lime are good. Some menu ideas will follow.

Take your Dynamite Supps routinely and get all your water down daily.

Plateaus

If you stall for more than a couple of days do an apple day or a steak day. **CONSULT YOUR FOOD DIARY!** You may find that after eating a particular food you don't lose weight which means for you, the individual, it is inflammatory and you'll know not to eat it. For me personally it was beef. When I ate beef I gained weight so I consulted my "Eat right 4 your type" book by D'Adamo. Sure enough my type A blood type (vegetarian by nature) wasn't happy with beef. Lesson learned I checked what else on the fruit/veg protocol list was against my type and stayed away from it going forward. We called foods in both lists our "happy" foods and stayed with them. Not that I don't any longer eat beef, I do, but I know how my body reacts so I eat reasonable portions occasionally.

WOMEN lose weight slower and with more plateaus than men or younger people thus if you find you stall or plateau I'd encourage you to be diligent about discovering what foods in particular agree with you and avoid those that don't. I'd also suggest staying closer to Dr. Simeon's food list. Turkey, for example, has posed some difficulty for some.

If, like myself, you are a type A you may find that protein three times a day more acidic (inflammatory) than beneficial. Inflammation = weight. I eliminated breakfast as per Dr. Simeon's protocol and did better. You may choose the morning meal and eat an apple or salad with only greens for lunch and get by fine. Or keep your portions to 3 rather than 5 oz. I suggest here only that you consider that option.

I also did not wait a "few" days to do an apple day (no steak for me!). If I did not lose weight that morning it was an apple day. I had a lot of apple days.

REMEMBER your body is searching and burning some 3,000 calories of fat per day. If you eat fat or sugar from any source, no matter how minimal, your body will store it and you'll not lose as much or as fast as you would otherwise. hCG can be taken for no more than 40 days as the body will build immunity to it so you want to maximize your effort.

Why Plateaus?

They may be old set points that the body recognizes and chooses to enjoy for a bit.

They may be old emotional issues. You are burning through layers of fat accumulated over time, years even, all with emotional memory attached. Ever wonder why on "Biggest Loser" they are all in tears by about the third week? Appreciate what may be happening, wipe away the tears, chuckle and press on.

Most frequently, I think, the body is processing cellular waste. It can only process so much so fast and those 3,000 calories per day amount to a great deal of waste. When it runs behind it fills the old empty cells with water and you don't lose weight. I agree with Dr. Simeon.

Regardless, check your food diary for fat, sugar or personally inflammatory foods and do an apple or steak day. Invariably it will bring you back on course. I did a LOT of apple days! I never really even liked apples that much but I surely enjoyed them.

Don't be frustrated when you *only* lose ½ lb a day. Remember the world is full of those who would love to lose ½ lb per day. I highly recommend doing this protocol with a significant other. It makes meal preparation and meals in general much easier. That said, if your buddy is losing faster than you remember the variables at work for them personally. Be happy with your progress and envision your new wardrobe or the one at the back of the closet you couldn't send to Goodwill and wished you could wear again.

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Stay on this weight loss phase until you reach your desired weight but for no more than 40 days or 34- 40 lbs and then go into the lock-in phase. Remarkably we all continued to lose

weight during the lock in phase. If you want to lose more you can start again after the 23 day lock-in phase. Some have lost 60, 80 even 100 lbs!

Lock-In Phase

Go off the drops, continue with your supps and appropriate water, and eat, for the most part, the same things in greater volume. Remember you'll not have benefit of 3,000 calories worth of energy burned by virtue of the hCG. Try to stay within 2 lbs of your final weight for 23 days to reset your hypothalamus. Absolutely not a problem! It takes those three weeks to stabilize.

It's okay to eat food off the list, even enjoy a glass of wine, add good fats like avocados, nuts, cheese and olive oil. *Continue to avoid starches and sugar.* You'll be amazed at how much and what you can eat. If you gain do an apple day. By this point you'll know well what your body will tolerate. Further, you will have broken any cravings you may have had for carbs and you'll not want the volume you ate before starting the program. Again a learning process but weighing daily will tell you where your boundaries are. If you go back to eating Thanksgiving every day you most certainly will gain but it is highly unlikely you will want to.

We ALL continued to lose weight albeit much slower. Why?

We weren't hungry for stuff (sugar & starches) that puts weight on. In other words, we were nutritionally satisfied.

We ate the volume we learned was appropriate.

Our metabolisms were up and running again and perhaps trying to get to "healthy" point for *us*. Never underestimate your body intelligence.

We ARE "healthy" once again. A nutritionally happy body that is comfortable it will continue to receive sufficient amounts of clean minerals and fat has no need to store for a famine or provide storage for toxins.

I would encourage everyone to continue on Dynamite supplements as they will support your health going forward. I would also encourage everyone to do a detox of some nature every 6 mos to stay ahead of the toxin load we can't avoid. Count make-up, hand lotion, dish soap, air fresheners, deodorants, pharmaceutical drugs, OTC drugs, vaccines, high fructose corn syrup, msg (anything labeled "flavoring"), chlorine and fluoride in our water, fertilizers/pesticides on our lawns and crops, even scented candles. An enormous subject of its own, there is more information on toxins and detoxes on my website. Build "health" and assist as you can.

Once beyond the lock-in phase you can add back starches and continue to manage as the scale tells you. Remember too, it's when starches and fat combine that things really get out of hand. *Enjoy sugar only occasionally as sugar is what puts weight on, not fat.* Thus a word on bread...

- **Bread**, wheat, grains by their nature convert to sugar. The overwhelming majority of all of Anglo-Saxon descent have some degree of intolerance to wheat, generally more than less. We simply haven't evolved with it long enough to be able to manage it. In fact, grains are not an appropriate food source for any mammal. Yes, I know that's the opposite of what the commercials say. Though I thoroughly enjoy it, I do think bread and grain products are one of the greatest contributors to our health issues today. Enjoy them sparingly rather than as a mainstay of your diet and you will feel far better and stay lean much easier.

Menu Ideas

Chicken & Asparagus

Brown chicken breast halves and add chicken broth, garlic and asparagus tips and simmer until tender.

Italian Chicken

Brown chicken breast halves, add can of Italian Stewed Tomatoes (Albertson's brand is HFCS free), garlic and additional fennel, rosemary, basil as you wish and simmer until tender. Can add great amounts of fresh spinach to wilt in or asparagus.

Wilted Spinach

Place fresh spinach and red onion rings in a salad bowl. Heat salad dressing of Bragg's apple cider vinegar and aminos in small pan until boiling. Pour over top of spinach and onion and place lid on top. Mix around and top with ground pepper to serve.

Sautéed Asparagus

Pour organic vegetable broth over asparagus tips, sprinkle with Mrs. Dash Garlic and Herb, cover and simmer till tender.

Seared Steak with spinach & onions

Heat oven to 400. Season steak with salt and pepper and sear in cast iron skillet about 3 min on each side. Scatter red onion rings around steak and put in oven until desired doneness (4-5min for med rare). Transfer to cutting board and cover to rest 5 min. Add spinach to skillet with onions, sprinkle with salt, pepper & balsamic vinegar, toss, return to

oven or stove-top until onions begin to wilt. Slice steak and serve with portion of spinach & onion. Wonderful!!!!

Fajitas!

Marinate chicken breasts or sirloin in tapatio with a dash of liquid smoke and Mrs.Dash Fiesta Lime or Southwest Chipotle. Brown in pan, add some chicken broth or salsa & water and simmer till tender. Slice across the grain. Eat with a fork or folded in romaine with sliced onions, salsa. Good on top of greens for salad too.

I hope this gives you some ideas. There are books available and numerous ideas on line. We adjusted menus that we already enjoyed and had no problem.