



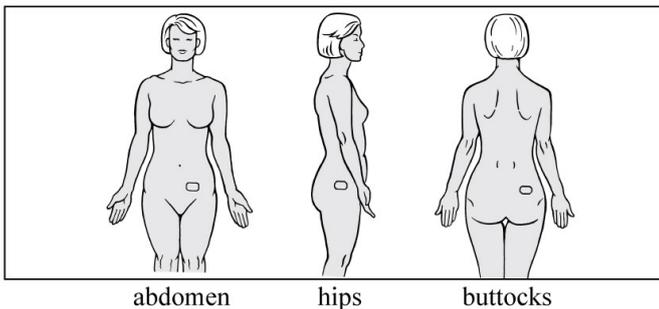
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INTRODUCTION:

Place NPC L.E.A.N Patch on clean and dry skin (no oils or moisturizer on that area). Place on the belly or fatty area away from hair or where it would be rubbed by clothing. Keep the patch on for 4 days. Then remove the old patch and throw away and replace with a new patch. Place on opposite side of the body to the old one.



abdomen

hips

buttocks

Note for the 1st week only, wear two patches, on opposites of the body e.g. abdomen and back-side. Replace your patch every four days. e.g. every Monday and Thursday.

Everyone's needs are different.

If by day 4 when it's time to change your patch, but you found you were hungry by day 3 then change your patch 3 times a week instead of two. You could also wear two patches a week for the full program, trial what works best for you personally.

OK to wear in the shower or swimming.

Store your spare patches in the envelopes supplied, away from heat, direct sunlight, strong odors, microwaves and computers - so they keep their full potency, this is also important for the patches to keep their adhesive (sticking) quality. Don't refrigerate.

ON THE DIET: 4 PHASES

Phase 1: First week only. Wear two patches

This phase is for the HCG to kick in and start working: to take away your appetite and stimulate your metabolism. Note for the 1st week only, wear two patches, on opposite (sides) of the body e.g.

NPC L.E.A.N patches: The diet,

Read in full before you start your program

IN A NUTSHELL—THE 4 STAGES:

ONE: Week 1 - Wear two patches at the same time. On the fourth day, put on fresh patches. Follow the HCG diet.

TWO: For the next 8-90 days (depending how long you wish to stay on the protocol) wear one new patch every four days and only eat 500 -800 calories per day (depending on your needs) - see details below. Note the homeopathic patches will take away your appetite.

THREE: Stabilization. Three days no patch but still eat 500 - 800 calories. Whilst weaning off the HCG.

FOUR: Stabilization. Next 3 weeks no sugar or starches and no patches. This re-sets the hypothalamus and stops you from putting the weight on again. Also stabilizes your weight loss. See detail below.

Diet finished, continue to eat normally and sensibly. And have an active lifestyle.

abdomen and back-side. Replace your patch every four days. e.g. every Monday and Thursday. Wearing two patches may feel a little stimulating, drink water, rest or walk to balance; the body is adjusting to the new awesome nutrients going into the bloodstream. If too stimulating (rare) only wear one patch.

Phase 2: Low Calorie Diet + HCG Patch- 3 weeks

This phase last for minimum 21 days and maximum 90 days depending on how long you want to stay on LCD and how much

weight you have to lose. During this phase, you will need to commit to eating a strict diet. Foods allowed shown below and updated recipes and support are available on our Facebook group. Continue to use your HCG patch, don't have a day where you don't have your patch on. Use as directed above and via the website and you will have no appetite.

During this phase, if you strictly stay on the approved diet, it is typical to lose 1/2 - 2 pounds (1/4 - 1 kilo) of abnormal fat daily plus inches. That is 20-30 lb. (13 kilos) per month or two.

You will see the weight loss daily and this will inspire you to keep at it. You may want more food (purely because you can't have it) but you won't be hungry.

If you haven't lost all the weight you want to, you can do one full cycle and go off of it for one month and then start again. After the first cycle if you want to stay on for the full 90 days and feel that you need extra fats you can add half an avocado per day or sprinkle cold pressed flax seed oil or olive oil over your salad everyday.

Remember nothing tastes as good as skinny feels; don't ever give up for the sake of taste or habit. How badly do you want to be slender and healthy for life?

Phase 3a: low calorie diet - 3 days

Continue to follow the same 500 calorie diet as described in phase two without the aid of the patches. This allows the HCG to completely leave your system prior to re-introducing normal foods back into your diet. This phase also makes your weight loss stable and sets the hypothalamus.

phase 3b: maintenance phase - 3 weeks

Re-sets your hypothalamus and stops you from putting the weight on again.

You may like to weigh yourself once a week from now on.

The fun part: For the next three weeks you will gradually re-introduce healthy foods that weren't allowed in the previous phases back into your diet, until you reach a normal calorie intake level.

You won't be using the HCG patches.

Note you need to keep this stabilization phase of your diet high in protein and low in carbohydrates for three weeks. This means no starches or sugars.

High protein includes -

Meat, poultry, sea foods, game, unprocessed nuts, beans, eggs, cheese, butter, cream, cottage cheese, fruit, vegetables, real yogurt, and milk. Only eat when you are hungry.

Bad carbohydrates & starches include:

Potatoes. Sweet potato. All breads, all sugar, candy, pasta, all flours, commercial cereals, sugary

soda, sweets, ice cream, all takeaway foods etc. Don't eat at all many of these foods are addictive

Carbohydrates stimulate-

Insulin and insulin puts blood sugar into fat storage. The secret to keeping slim is to mainly eat low good-carbohydrates for life. Also wheat and sugar are addictive and build yeast imbalances, digestive problems like a leaky gut and toxic build up: Your 500 calorie diet will rid you of these addictions. As you increase your diet to normal levels avoid high amounts of starches and sugars this is the best time to condition the body to a new healthy long-term lifestyle diet.

start maintenance drops/patches

Maintenance drops – to take after goal weight has been achieved if desired. Take one dose when you wake up or before 9 am, then a second dose about 3 pm.

Maintenance drops are to be used when someone has achieved their goal weight. Do not use maintenance patches or drops during phase 3a. This is a time to stabilise your weight whilst off patches or drops. If you are going to be doing another round in a months' time, try Phase 3b without drops but if you find your cravings are returning start the drops on the maintenance dosage.

Cheating:

It is so not worth it. It takes away precious losing time. You may not see the effects of cheating the scale immediately however you will see it within a few days. You could waste a week of dieting and weight loss for one cheat episode. Keep reminding yourself it's a short time to be on a diet. Keep celebrating what you have lost. Rub the patch. Keep reading our Facebook group for support.

THE 500 CALORIE DIET YOU NEED TO FOLLOW WHILE USING OUR HCG PATCH AS FOLLOWS: REMEMBER YOU WON'T BE HUNGRY, THE INGREDIENTS IN OUR HCG PATCH TAKES AWAY YOUR APPETITE

This diet has been proven to work over many years and for many thousands of patients via Dr Simons. It works if you follow it to the letter. If you think you can make changes to it and still lose weight you will be sadly disappointed. Be committed to you.

Remember, you are only eating 500 calories a day, but you are still getting the normal amount of calories a day you need to be healthy and active, because the rest of your calorie needs comes from your own abnormal and unwanted fat.

After a few days of adjusting to this diet you will feel fantastic, calm, well and will sleep deeply. Also feel happy, successful and motivated - Amazing person that you are - as you see daily weight loss on the scales as well as in your clothing becoming looser.

The actual 500 calorie diet:

Don't panic you won't be hungry using the NPC L.E.A.N Patches. Also the HCG stimulates your body to use the abnormal and unwanted fat stores as food - so you don't get run down. Also as you lose weight your face won't look haggard, unlike most other diets where you lose good fat. Only eat until full, don't overeat.

Breakfast

One cup of coffee or tea, Unlimited herbal teas. You can also make a soda with mineral water and flavoured stevia. You can use one of your fruits here. eg: 1 cup of strawberries or 1 cup stewed apple. Green smoothies with our recommended supplements . Check out our Recipe ideas on our Facebook group.

Lunch and dinner

Both meals are the same - choose either 100gms of meat, chicken, fish or one hard-boiled egg - with a big salad. The fish, chicken or steak should fit inside the palm of your hand. Also coffee, tea, herb tea or stevia flavoured sodas.

Note - Not enough protein in your diet will slow your ability to lose weight. Proteins are used every single day to keep the body going. Because they are used to develop, grow and maintain just about every part of our body - from our skin and hair to our digestive enzymes and immune system antibodies - they are constantly being broken down and must be replaced. If you can't eat two servings of either meat, fish, chicken or egg per day, then use whey powder as below.

Whey:

If you too rushed to cook you can blend a cup of water, some of your milk, some of your fruit and 2 tbsp of good quality isolate whey powder (pure protein) instead of your meat, chicken, fish or egg, just for that meal. You can flavour with stevia also.

Choose only lean meats and free range chicken. All visible fat must be removed before cooking and the portion should be weighed raw. Cook all meat, chicken or fish on a grill, baking paper or non-stick pan so no fat.

Veal or steak-

free-range only because they are oestrogen hormone free. Estrogens given to cattle promote fattening them up. Do not use fat-marbled steak.

Chicken breast-

free-range only and no skin

fish-

No oily fish like salmon, mackerel, sardines, tuna, trout or kippers.

Good Fish-

Fresh White Fish

Halibut

Swordfish

Bass

Flounder

Pike

John dory

Orange roughy

Snapper

Crab meat
Lobster
Shrimp
Jew fish

Foods can be seasoned with-

Sea or rock salt
Pepper
Vinegar
Mustard Powder
Garlic Sweet-Basil
Parsley
Thyme
Marjoram
Chilli powder
Lemon Lime
Bragg Liquid Aminos (like soy sauce but no fat or sugar, available from health food shops or online)

A hot vegetable dish, soup or cold salad-

Made with only the following fresh vegetables. Two cups total. These vegetables are low in carbs. Use spices and seasonings that are listed above to add flavour. Create an amazing inspiring meal.

Asparagus
Beetroot
Beans
Broccoli
Beet-greens

Cauliflower
Carrots

Cabbage
Chard
Chicory
Cucumbers
Celery
Fennel
Green Leaves
Herbs
Lettuce
Mushrooms
Onions
Peppers
Parsnips
Red radishes
Snow peas
Spinach
Tomato
Zucchini

Raw vegetables and fruit have live enzymes and they make your whole body sing.

Fruit-

A treat between meals or at breakfast - Total 2 per day. Any type of fruit is ok.

Be sensible fruit is a carb and carbs stimulate insulin and thus fat storage. E.g:

Apple
Berries (1 cup)
Large slice watermelon
Orange
Grapefruit
No No No - avocados, potatoes, olives, nuts, chia seeds, any seeds, tofu, coconut, yogurt, butter, cheese, oils.

Extra Information

Bread -

2 cruskets, rice cakes, melba toasts or grissini bread sticks per day - but no butter duh!

Eggs-

1 free range per day instead of the meat, chicken or fish.

Liquids -

Only drink tea, coffee, herbal teas, plain water or mineral water in any quantity. Try to drink 2+ litres of water a day. Water is essential. Fill two bottles with purified or filtered water each morning add a pinch of sea or rock salt to help your body absorb it. (Don't use commercial salt from supermarket that has a chemical free flowing agent added). Read all labels. No alcohol or sugar filled sodas. Add 5 drops of flavoured stevia (eg; coco cola flavour) if you don't like water so much.

Dairy- Either 1/4 a cup of skim milk per day or 3/4 cup LF Greek Yoghurt or Cottage Cheese in place of protein.

Flavouring-

Stevia can be used to flavour mineral water, soda water or plain water and foods to make many flavours of sodas. Add ice cubes. Or freeze into ice blocks and eat as many as you like every day.

FRESH IS BEST—However if buying store bought prepared foods make sure fat and Sugar content are less than 4g Total.

If you have a lot of weight to lose:

With our HCG patches, we have found from client's feedback that you can go as long as you wish since it is hormone free with just the HCG frequency signature triggering the fat release. We've had clients go 90 days and lose 100 pounds/45 kilos.

But obviously you need to be sensible and take a break from the diet if you feel run down or are just too hungry - your body will tell you when it's time to stop for a while. You can always start again after a one month break. You must take adult responsibility for your own health and wellbeing.

Drink plenty of water:

Your body hides toxins in your fat cells. When you burn them for calories, you dump those toxins into the blood stream. Water will help flush them out. If you don't drink water when you detox, as you will certainly do when dieting - you will have headaches and aches and pains as the toxins are not being released from the body/blood stream.

Wearing the patch:

Wearing the patch at all times is very important. They contain the unique frequency signatures of HCG, thyroid, adrenals, pituitary and liver. Along with fat metabolizes that trigger the hypothalamus [signal centre in the brain] to release fat and help optimize the other glands to function normally, in helping you lose weight.

Some exercise:

We highly recommend a 10-30 minute walk each day. This stimulates your metabolism, helps burn fat and tones your body. Start slow if unused to exercise and build up slowly, you will notice an increase in energy and a sense of wellbeing when using the HCG Patch which will be very helpful and empowering. Also as you lose weight you will feel lighter and it won't be so hard to move.

A good quality rebounder is very good exercise for everyone no matter their health or fitness level - it is concentrated exercise and stimulates all of your cells. Vibration machines are also very good to move energy and break down fat. Both of these add oxygen to all of your cells. Walking in nature is of course fantastic. Aim to be barefoot on the grass every day to reconnect to nature and to earth and balance yourself.

Do not start any new strenuous exercise while on this diet protocol.

Morning weigh in:

Each morning weigh yourself naked around the same time. Keep a diary of your weight loss. This will help you stick to the diet and also reward you for your effort the day before. Also have some clothes that are too small now, try them on every few days they will soon be too big. This incentive will empower you and make you feel excited and stimulated to continue. Some days you won't lose weight on the scales but you are still losing fat, you can't not lose weight/fat on 500 calories a day.

Wear a patch for 4 days:

Take it off and add a new one, put on the opposite side of the tummy or fatty area to last time. If you feel hunger - it means your blood sugar is dropping so rub the patch, this bring up your blood sugar. Some people wear two patches at a time but it isn't necessary and may be too stimulating. Everyone's needs are different. The patch needs to be placed on a fatty area so the HCG energy can be absorbed easily, tummy, abdomen etc. Place away from hair or clothing like bra straps or waistband elastic.

Constipation:

I strongly recommend if you have had years of constipation to do a bowel cleanse or detox, or a series of colonics before you start this program.

You can take 1 cascara-Sagrada herbal tablet at night once a week if constipated while on the program. Or eat 6 apples in a day. Eat nothing else for that day. This should get you moving and create a good cleanse. You must drink plenty of water every day to keep regular. You will go to the bathroom much less on this diet as you are eating so small. But if you don't have regular bowel function, you might not show proper weight loss. Help your body to work correctly and to be in a healthy balance.

Also important:

Don't use or eat anything not on the diet. No salad dressings even if they say Diet on the label. No lotions or skin creams that contain food

based oil, read the labels. Use a glycerine, or non-food-oil based moisturizer such as baby oil.

Take a vitamin & mineral supplement and a good quality (8-12 strands) probiotic every morning. Keep the probiotics refrigerated. We have several options we can recommend when it comes to vitamin, mineral supplements and probiotics. Please ask us for these, or visit our Facebook group to see what has been recommended.

Taking measurements each week:

You will weight yourself every day but take measurements once a week also. The reason is, if you plateau on losing weight (on the scales) for a few days to a week, which happens to many dieters, you will still see inches lost during this time. Record your measurements & weight to compare each week. You can also have some clothes that are too small now and try them on and see them get looser and looser as your diet progresses.

Support:

Read everything on our website so you are well informed and are taking responsibility for your own weight loss.

We recommend an initial consultation to tailor to program to you. This can be organised directly through our contact us page.

On-going support, advice, recipe ideas and the

like can be found on our NPC L.E.A.N Facebook group page.

<https://www.facebook.com/groups/1643140862657256/>

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