

Tips for hCG Mixing and Dieting

MIXING TIPS

When mixing hCG for sublingual usage it is best to mix with sodium chloride 0.9% or bacteriostatic water sodium chloride 0.9. You can find sodium chloride at Walmart under the name of Wound Wash in the bandage aisle. The brand name is Simply Saline and it comes in a spray can which you would just discharge some into a bowl and then draw it into your mixing needle/syringe and add to amber dosing bottle with your hCG mix. I found the amber dosing bottles on eBay but they are probably also available at the health food store. You will also want to get a 10ml or 12ml syringe and 18 gauge needles for mixing and 1ml syringe for dosing. I found these at Tractor Supply and at ValleyVet.com. They too are sometimes sold on eBay in kits.

In the past and on numerous YouTube videos, hCG sublingual was mixed with colloidal silver and B12 or just B12 or they mixed with alcohol. None of these are recommended for mixing any longer, especially not with the alcohol as it breaks down the hCG too quickly.

Mixing measurements for 5000iu vial at the standard 166iu dosage 2 times a day:

Hucog 5000iu Premix – 1ml

Sodium Chloride/Wound Wash – 14ml

This gives you 15ml of hCG mixture where you will take .5 ml twice a day for 333iu per day and should last you 15 days.

Mixing measurements for 5000iu vial at the 250iu dosage 2 times a day:

Hucog 5000iu Premix – 1ml

Sodium Chloride/Wound Wash – 9ml

This gives you 10ml of hCG mixture where you will take .5ml twice a day for 500iu per day and should last you 10 days.

Mixing measurements for 10,000iu vial at the 250iu dosage 2 times a day:

Hucog 10,000iu Premix – 1ml

Sodium Chloride/Wound Wash – 19ml

This gives you 20ml of hCG mixture where you will take .5ml twice a day for 500iu per day and should last you 20 days.

DIET TIPS

Take before pictures and measurements. Take mid-round pictures and measurements. Take ending round pictures and measurements. Do this each and every round!

Drink water – lots of water. SmartWater is great to help get your needed electrolytes. It can be found at Target and Walmart stores.

READ ALL LABELS – EVERY LABEL – EVERY TIME!!

Some of the sneakiest things get added to food – modified food starch, potato starch, sugars that come in so many different names and forms.

Regular stevia herb sweetener can be bitter. Truvia is a good combination of stevia and erythritol-a sugar alcohol. Also, the flavored stevia drops that can be found at health food stores, iHerb.com and places like that, especially the SweetLeaf brand are great additions to your sweetener needs.

Purchase the Glad steamer bags and a George Forman grill as these 2 items are great for instant meal preparations!

If you feel the need for more protein some days due to excess exercise or outside work, purchase the Jay Robb Whey or Egg White Protein shakes from GNC or jayrobb.com. They mix with water for only 110 calories. I have also found the Blue Diamond brand unsweetened almond milk at 40 calories works great with these shakes. These should only be consumed in Phase 2 sparingly as to not go over your 500 calories per day too often or they can be used as a protein meal substitute if you just get so tired of eating meat. Another protein shake to consider is the MRM Whey shakes from <http://www.iherb.com/MRM-Whey-All-Natural-Rich-Vanilla-1-01-lbs-458-12-g/22690?at=0>. The vanilla has 87 calories and the chocolate has 85 calories.

Take Magnesium Citrate supplements, Potassium supplements if you are prone to leg cramps, digestive enzyme supplements if you have any problems with digestion, Biotin supplements and if you can handle it – Bragg's Apple Cider Vinegar w/mother. If you are like me and can't drink ACV, I have found a capsule form at the health food store: Life's Fortune Apple Cider Vinegar Caps – 1 capsule is equivalent to 3 teaspoons of ACV. Also, I take additional B12 sublingual dots every morning – 3 each.

Start a weight and food journal so you can keep track each day. I just use a small notebook kept in my purse. I looked up nutritional food values of my most common foods I would be eating at <http://nutritiondata.self.com/> and wrote them at the beginning of my journal. Each day I note my weight that morning, pounds lost pre-load and post-load and what VLCD I am on then I list what I have eaten that day and add the calorie counts to help keep me in check.

Do your best not to cheat. A bad cheat will set you back at least 3 days!! Sometimes even a small cheat!! It is so not worth it!!

DIET TIPS (continued)

Expect to have stalls during your round. Women typically only lose .5 lbs per day whereas men will lose up to the 1 lb per day. When you do stall don't panic! During stalls your body is just catching up and may even be doing some reshaping of inches. Once the body realizes everything is normal it will begin releasing again.