



Dr. Simeons famous book "Pounds and Inches" was founded on the very simple premise that every pound of fat on your body can be converted into usable calories. As the body converts fat into calories, the need for calories from food is reduced. Each pound of fat converts to 1,200 to 2,000 calories of usable energy, so the body needs less calories from the diet.

Originally, back in the late 1950's and 1960's, Dr. Simeons recommended a 500 calorie per day protocol, in conjunction with injections of 125 IU of the hormone HCG (Human Chorionic Gonadotropin), which is extracted from the urine of pregnant women (you can't make this stuff up). Using this formula of a 500 calorie diet with the HCG, he was able to help people lose weight like never before, usually one to two pounds per day, and help them re-shape their bodies. It was a marvelous advancement in the history of successful weight loss programs.

But modern nutritional science has proven a few flaws in the program:

- Taking a lot of a single hormone daily leads to hormone imbalances
- The 500 calorie diet didn't provide enough protein to maintain muscle mass
- People often had side effects such as headaches, cramps, and even hair loss.
- There was a "binge phase" of two days of high fat eating required to prepare the body for the high dose of hormone.

That being said, the basic premise of eating a low calorie diet, in conjunction with the right supplement, is still an effective weight loss strategy. In this guide you are going to learn how to use Pounds and Inches Drops, in conjunction with a doctor-created 800 or 1200 calorie a day menu comprised of real, normal food, to lose half a pound to two pounds per day! You will enjoy all of the weight loss, but none of the inconvenience of the old plan!

And while you probably would lose weight anyway on an 800 calorie diet, the drops are specifically formulated to do the following things:

- Force the weight to come from brown fat stores, not from muscle loss
- The Chromium GTF has been shown to naturally reduce weight, manage blood sugar, and reduce cholesterol

- Keep appetite down
- Keep mood and energy up
- Allow you to stay on the diet longer. Originally, Dr. Simeons advised to never go more than 40 days on his protocol. But with our diet and uniquely formulated drops, you can stay on the diet as long as 16 weeks!

The 800 calorie plan offers the highest amount of weight loss, but we also have the 1200 calorie plan for those who are very active or for whatever reason don't want to do an 800 calorie diet. Weight loss will be slightly slower, but still much faster than any other diet method! Choose the plan that makes the most sense for you.

Of course, check with a doctor before starting any diet or exercise regimen. Also note that the 800 calorie diet is not appropriate for

- Pregnant or nursing women
- Teenagers
- Anybody with health problems, unless cleared by their doctor.

Getting Started!

- Take a before picture.
- Choose between the 800 and 1200 calorie options below.
- Weigh daily during the diet! Use a fitness app like My Fitness Pal or similar to track your weight, or there is a downloadable tracking sheet at poundsandinchesdrops.com if you prefer tracking on paper. Either way, it is vital that you enter your measurements weekly, and weight daily, to help you keep track of your weight loss and to make corrections if you hit a plateau.

PHASE ONE THE LCD (LOW CALORIE DIET)

You will be taking the drops twice per day during the diet. Take 14 drops 20 minutes before breakfast, then 14 drops 30 minutes before lunch. If you miss, don't worry, you can also take drops before dinner. Just be sure you get your 28 drops per day.

You will continue to take the drops during the 800 or 1200 calorie phase for at least 21 days, but no longer than 16 weeks.

Only do light exercise the first few weeks of the plan. 30 minutes a day of walking is perfect. If you insist on heavier exercise than that during phase one, then best to do the 1200 calorie option, not the 800.

Water. During this diet you will not be drinking calories, and you should be increasing the amount of water you drink. The best rule of thumb is to take your body weight, divide it in two, and that's how many ounces of water you need daily. So, if you weigh 150 pounds, you need 75 ounces of water per day. We can't emphasize this enough. Almost every time we have somebody call about any type of side effect we ask, "How much water are you drinking?" and their answer is almost ALWAYS "not enough." It's that important. Drink lots of water during the diet!

You will be consuming three meals a day on the 800 calorie plan and five meals a day on the 1200 calorie plan. The plans are laid out first, the food lists follow. These are sample plans. You can use them exactly as they are, or substitute any item you wish from the charts below.

Breakfast (800 and 1200 calorie plan)

Water!

1 cup cereal (see below for types)

or

1 egg and 2 slices toast.

or

4 oz. low fat yogurt

Mid-morning snack (1200 calorie plan only) See snack options later in this guide.

Lunch

Water!

1 5 oz. protein. This is about the size and thickness of your palm before cooking.

1 veggie choice

1 fruit

Mid-afternoon snack (1200 calorie plan only)

Dinner

Water!

1 5 oz. protein

1 veggie choice

1 side salad

1 fruit

Food Groups

1. Breakfast Choices.

Cereals. 1 cup, or approximately 110 calories, of Special K, Total, Cheerios (unsweetened), Chex, or 1.5 cups puffed rice. Add 3/4 cup skim milk.

Eggs. Ideally cage free, high omega 3 eggs, medium or large.

Yogurt. Greek yogurt is best. Low or no fat. Avoid flavors as they contain added sugars.

2. Proteins

The protein group contains the choices in the table below. Note that the use of red meat is limited to three times weekly. Tuna or 4 oz. Salmon is also limited to three times weekly. All visible fat must be removed before cooking and the meat must be weighed raw. It must be cooked without fat or oils. It can be grilled on a George Foreman or regular grill, or baked or broiled. You may use a cooking spray like Pam or similar.

White Chicken	Rabbit	Veal Chops	Crab
Turbot	Sirloin	Ground Round	Blue Fish
Ocean Perch	Oysters (10)	Venison	Shrimp
White Turkey	Tuna	Haddock	Monk Fish
Sea Bass	White Pork	Tilapia	Catfish
Clams (10)	Filet Mignon	White Fish	Roast
Orange Roughy	Flounder		

3. Vegetables

The vegetable choices are listed in the following table. Note that in addition to the items listed, you may also enjoy one cup of fresh or frozen vegetables, 1/2 cup of corn, green peas, or carrots once per week each.

Also note that a "side salad" is defined as a simple salad composed of leafy green vegetables, but no cheese or croutons etc. should be added. Any of the veggies listed below may be added to the salad though.

Greens	Bean Sprouts	Broccoli	Cabbage
Celery	Eggplant	Green Beans	Mushrooms
Asparagus	Bell Peppers	Brussel Sprouts	Cauliflower
Radishes (15)	Spinach	Tomato	Yellow beans
Cucumber	Endive	Lettuce	Onion
Sauerkraut	Summer Squash	Turnips	

4. Fruits

Your fruit choices consist of the options in the following table. Only fresh or frozen fruits may be used, no canned fruits!

Apples	Grapefruit (1/2)	Pineapple (1/2 cup)	Orange
Pear	Strawberries (12 large)	Blackberries (2/3 cup)	Peaches (LG, 4 a week)
Nectarine	Cantaloupe (1/2)	Blueberries (2/3 cup)	Plum (large, 1 a week)
Raspberries (3/4 cup)			

Snack/ Mini meal (1200 calorie plan only)

Choose one of the following mini-meals mid morning, and mid-afternoon.

Turkey sandwich on Sara Lee bread (or similar) 2.5 ounces of Turkey with no-fat condiments. Some lettuce, tomatoes and onions may be added to taste.

Light yogurt with 1 fruit portion from group 3
1/2 cup cooked oatmeal with 1/2 cup of skim milk
3 oz ground turkey on 1/2 cup whole grain pasta (light fat free sauce, no sugar)
3 oz chicken and 1/2 cup grapes
Egg salad sandwich on Sara Lee bread (2 eggs, no fat)
3 oz chicken with 1/2 cup cooked brown rice
3 oz tuna (no oil) on 6 whole grain crackers
3 oz salmon
1/2 cup low-fat cottage cheese and 1 small apple)

Seasoning and condiments

Any and all spices may be used, but NO FAT, OIL or BUTTER may be used. Any type of vinegar, lemon or lime may be used although it is preferred the juice of not more than one lemon or lime be used per day. Salt may be used sparingly. Tabasco, soy sauce, picante sauce and horseradish are allowed in moderation. Make sure that there is NO SUGAR CONTENT.

PHASE 2 MAINTAINING YOUR NEW BODY WEIGHT (3 WEEKS)

Congratulations! Hopefully you have been weighing yourself every day. It is now time to take that exciting "After shot!" Please e-mail it to us at support@ezwellnessclub.com.

We look forward to celebrating your successful journey with you!

Now you are starting the maintenance phase, the most critical part of the program. Over the next 3 weeks your body will lock in a new "set point." This is where you teach your body to accept your new weight, and not gain anything back! The biggest change here is that you will increase your calorie intake to 1500 to 2000 calories per day. Use all the same foods from phase one, simply eat more of them!

Weigh daily and adjust calorie intake as required to maintain your new weight. If you gain back more than 2 pounds at any point, have a steak day, in which you eat nothing but water all day, with a large, lean steak for dinner with either a tomato or apple.

You may also introduce some light exercise back into your regimen. Nothing heavy or longer than 30 minutes.

PHASE 3 THE TRANSITION PHASE

This phase lasts 3 weeks. During this phase you introduce any sugars and starches back into your diet, while continuing to weigh daily and look for those foods that cause unhappiness on the scale. By now, your body should no longer crave junk foods, and hopefully you have developed a taste for the healthy foods you have been eating. As much as possible, stick with healthy foods, introduce your regular workout regimen, and continue to weigh.

Additional Tips and Tricks.

If you feel hungry at any time during the diet, simply take 20 additional drops. If that doesn't work, drink more water, and if that doesn't work and you MUST cheat eat an apple!

If you have a lot of weight to lose, no problem! Go through the entire process again. Do it exactly how you did it the first time. You can do the process as many times as necessary to reach your target weight!

Weight loss in rounds 2, 3, 4 etc. are often not as dramatic as the first time. This is natural. Do your best. Don't cheat. Continue until you reach your goal. Just be aware that you probably won't lose as much in future rounds as you did the first time.

Sweeteners

Stevia, Splenda and Sweet and Low are the only sweeteners we recommend.

Drinks

Herbal tea, plain water and mineral water are the only drinks recommended, and may be taken in any quantity and at all times. Focus on water as your primary method of hydration. Many people are afraid to drink so much because they fear that this may make them retain more water. This is false. In fact, the body is more likely to store water when your fluid intake falls below normal.

AVOID!!!	Calories	FORBIDDEN!!!
Lobster	272	Sugar and Starch
Hotdog	319	Alcohol and Smoking
Steak	679	Soft drinks
Ice Cream	400	Butter
Chocolate	400-500	Cheese
Lamb chops	250	Corn Oil
Rice	358	Mayonnaise
Beef	253	Soya Oil
Pancakes	400	Vegetable Oil
Peanut Butter	188	Red wine sauce
French fries	365	Cashew nuts
Pudding	170	Eel, Herring, or pickled fish.

Track your progress using the weight tracker on the next page. Also, many people find that a fitness app like 'My Fitness Pal' is a convenient and highly motivating tool to track your daily and weekly progress as long as you do it somehow! Daily weighing with weekly measuring is critical to staying on track and getting the most out of this diet.

Wishing you health and success!

The Escape The Matrix Team

Weight Tracker

Start _____

End _____

DAY	WEIGHT	POUNDS LOST	MEASUREMENT	INCHES LOST
1			Chest Or Bra Size	
2			Waist	
3			Hips	
4			Right Thigh	
5			Left Thigh	
6				
7			DAY 7	
8			Chest Or Bra Size	
9			Waist	
10			Hips	
11			Right Thigh	
12			Left Thigh	
13				
14			DAY 14	
15			Chest Or Bra Size	
16			Waist	
17			Hips	
18			Right Thigh	
19			Left Thigh	
20				
21			DAY 21	
22			Chest Or Bra Size	
23			Waist	
24			Hips	
25			Right Thigh	
26			Left Thigh	
27				
28			DAY 28	
29			Chest Or Bra Size	
30			Hips	
31			Right Thigh	
32			Left Thigh	
33				
34			Day 35	
35			Chest Or Bra Size	
36			Waist	
37			Hips	
38			Right Thigh	
39			Left Thigh	
40				
Total Pounds Lost =			Inches Lost =	