

### Basics of Doctor Simeons' weight loss process

It was the end of 70-ies last century when Dr. Simeons' manuscript was published and in it he shared his research about the nature of obesity, as well as his revolutionary discovery about the substance called [HCG \(human chorionic gonadotropin\)](#), – produced in a pregnant woman's placenta and extracted from her urine – and its effects.

Dr. Simeons discovered that when this substance is in the body of a woman or a man, it does everything to optimise metabolism and make sure that all of the body's resources would be available to it.

Primarily we are talking about the fat reserves which are normally inaccessible for the body. Dr. Simeons discovered the nature of body's fat reserves and also that why ordinary diets and exercising does not solve the problem of obesity permanently and quickly.

With this knowledge the fight against the excess weight becomes exclusively the matter of your personal decision to choose to follow the simple, but most importantly short-lasting process, which was developed by Dr. Simeons for every person wanting to have their weight and metabolism under their own control.

### Bad fat – why it is not possible to lose weight

For many years Dr. Simeons studied the actual causes of obesity. He discovered and developed a working and clinically proven theory, according to which obesity is a disorder of the system that controls the body's metabolism.

According to this theory, obesity is historically caused by wrong eating habits. In the old days people ate often, but in smaller amounts. Nowadays people tend to eat larger amounts of food, most of which is not necessary for the body, and at some point it is not able to process all of this food and immediately starts storing it as fat reserves.

Dr. Simeons discovered that there are actually 3 types of fat in the body:

- First type is structural fat, which is located between the organs of the body and protects them from damage. For example, this fat makes the skin smoother and tightens it.
- The next type of fat is the normal energy reserve of the body, which it can use at any time, for example to pre-feed the muscles while they are working.
- But the third type of fat is the fat that the body puts aside and closes from daily use. These reserves are located in women's abdomen, chest, breasts, neck, upper part of the arms, hips, etc. and in men's abdomen and chest. We call this fat bad fat or fat not available for burning.

The most important discovery, which is related to these three types of fat, is that the body burns the normal energy reserves of the body (second type of fat) first, and then it starts to burn the structural fat and even the muscles, before it ever agrees to burn a little bit of the bad fat.

That's why regular diets do not work so well, even when they are combined with intense exercise. As soon as the good fat is burned, the body starts to give away bad fat very reluctantly and people cannot understand why they go to the gym 3-5 times a week, burn a whole bunch of calories, yet do not lose almost any weight and also the body does not get to look really slim.

Yes, of course, if the person eats right for a long time, she may stop the accumulation of excessive fat and the body will slowly start to burn the bad fat, but this requires an enormous amount of self-discipline and understanding the rules of proper nutrition as well as knowing the effects food supplements have, all the while exercising smartly to accelerate metabolism.

If the person wants to quickly and effectively solve the problem of excess weight, significantly improve her figure, and most importantly – to balance her metabolism – it requires a different approach and a different solution. Dr. Simeons discovered the perfect solution exactly for that.

### HCG – the magic key to fat reserves

Doctor Simeons' most shocking discovery lies in his observation that when HCG – a substance produced in a pregnant woman's placenta – is in the human body, it makes the bad fat available for burning, because the body opens the access to it completely.

I strongly recommend reading his [original study](#), where he describes how he came to this conclusion and proves its effectiveness.

For us, however, it is important to understand the main idea of Dr. Simeons' Diet – the presence of HCG in the body, which gives the body a signal to open access to the stored bad fat and burn it as needed.

However, here it's extremely important to understand one thing: HCG by itself does not burn fat! It will not reduce your appetite! It does nothing, except for one and only thing – it signals the brain to release the bad fat and use this fat for food as needed. And specifically the second part of Dr. Simeons' study was to find a way to create this need and as a result he developed his 500-Calories Diet.

### 500-Calories Diet – tell your body to burn fat

Dr. Simeons quickly realized that if HCG is in the body, then, in theory, all you need to do in order to make your body feed on its fat reserves is to eat nothing. Unfortunately, in reality, this does not quite work like that.

If the body does not get even a small intake of energy in the form of actual food, it takes a defensive position and stops burning any fat. On the other hand, if you eat too much food, you do not lose any weight at all or you do not lose fat fast enough.

Doctor Simeons set a goal for himself to create a diet that ensures daily weight loss. That way, if you do not lose any weight even on one day, you can suspect that the diet is not correctly followed and you can take necessary action to correct the process in order to achieve weight loss on the next day.

This resulted in the 500-Calories Diet. It took Dr. Simeons another 16 years and an enormous amount of trials and errors before he obtained an accurate list of the foods and their amounts that constitute the original Dr. Simeons' 500-Calories Diet.

If you stick to this diet, you will burn (thanks to the HCG in your body) the bad fat day after day with average weight loss of 500 gr. per day.

### Make your new weight your “normal” weight

How long should you and can you be on Dr. Simeons' Diet? He discovered that it is necessary to be on the HCG diet for at least 23 days, so that the achieved result becomes permanent. But, on the average, after 40 days the body becomes used to the HCG and it loses its effectiveness, which is immediately accompanied with the feeling of hunger and weakness.

When a person stops taking the HCG, there is only one more thing left to do – stabilizing of the new weight.

Have you noticed that during every period in your life your body seems to be at a certain weight, while fluctuating only a couple of kilograms up or down? And, at the same time, it does not matter whether you try to lose this weight with a light diet, or, vice versa, expect the weight to increase abruptly after a few days of overeating, the weight anyway as if goes back to “normal” and stays that way.

Dr. Simeons took this peculiarity of the body into account when he developed his weight loss process and that's why the last phase of the diet is stabilization of weight.

At this time it is very important to maintain approximately at the weight you reached by the end of the 500-Calories Diet and not to gain weight abruptly, but also not to try to lose even more weight. After 3 weeks the body will take this new weight as its new “norm” and will no longer try to go back to the old “norm”.

At this point you have reached a new level and now you can maintain your new weight quite easily by sticking to the rules of proper nutrition and light exercise. With that you will be amazed at how normalized your metabolism is and how easily you can fix minor transgressions by returning to the right track of proper nutrition on the next day.

In the following chapters I will give you precise instructions on how to carry out Doctor Simeons' weight loss process. If you follow these instructions step-by-step, you would easily get to the other side and enjoy the results of the modern which miracle this process is.

The most important rule is: “Everything that is written, should be strictly followed”.

### **This Process Works! Period!**

But only if you follow it word-for-word, without trying to change or “adjust” it.

Remember - its development took 40 years of intensive research and clinical trials, until this fully verified and strictly functioning process was developed. So let's benefit from it and fast, ok?