

Short overview of the phases of the process

Now, that you're familiar with the basic principles of this weight loss process called Doctor Simeons' Diet, let's take another look at the table of its precise phases. In this table you can find information about when a phase starts, how long it lasts, what is its purpose and a short description of the phase.

Phase	Days	Purpose	Description
Phase 1 Fattening	1 and 2	To create a layer of fat to make starting with the diet more comfortable.	It takes up to 3 days until the HCG is accumulated in the body in sufficient quantity to release the locked fats and start to burn them.
Phase 2 500-Calories Diet	3 – 23 or 3 – 40	To burn as many bad fats as possible.	Your body will burn the bad fats thanks to the HCG in your body and you not consuming more than 500 calories from the Doctor Simeons' list. You can follow this phase for a minimum of 23 days and a maximum of 40 days.
Phase 3 Unloading	24, 25, 26 or 41, 42, 43	To free the body from HCG.	You continue to be on 500 calories until the body is completely free from the HCG.
Phase 4 Stabilization	3 weeks	To accustom the body to the new "normal" weight.	You can eat anything you like except for sugar and starch – the goal is to make this new weight last forever. You should not gain weight more than 1 kilogram and it is not allowed to continue to lose weight.