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BASIC PROTOCOL FOR HCG WEIGHT LOSS PATIENTS

Before attempting the HCG weight loss program, you must read Kevin Trudeau's book, ***The Weight Loss Cure They Don't Want You to Know About***. You can purchase the book online or at Amazon.com. You can also go online to [www.simeonshcgdietinfo.com](http://www.simeonshcgdietinfo.com) for more information. Prior to the HCG weight loss program you must do one of the following: Dr. Streeter's seminar on weight loss or make an appointment – where you & Dr. Streeter will fill in the health history form & address any medical issues.

Most everyone who struggles w/weight loss is a candidate for the HCG (Human Chorionic Gonadotropic hormone) weight loss program. As you begin to lose weight however, you will need to limit the numbers of medications you are currently taking. You will also need to learn how to reduce & regulate medications – especially if you are an insulin dependent diabetic, taking cholesterol medication or high blood pressure pills.

The following items are recommendations that I believe are essential for the HCG protocol:

1. **CORE Restore Kit** (an Ortho Molecular Product that gently detoxifies the body) or if there are gall bladder or liver issues **Thisilyn Cleanse** (a more aggressive cleanse that detoxifies the liver); must be started at least 7-10 days prior to starting HCG.
2. **CDG EstroDIM** 400 mg/day (Ortho Molecular) or **Myomins** (Chinese herbal product) 2-3 capsules twice daily; blocks Estradiol which causes weight gain in women & prostate problems in men.
3. It's extremely important you take your temperature before rising in the morning. Make sure you use a non-digital thermometer (purchased at any CVS for about \$8.00)...digital ones are not accurate. If your average daily temperature is below 97.8°F you are thyroid deficient & will not lose weight on HCG. You will need **Eco Thyroid**, **Armour Thyroid** (prescription) or **NatureThroid** (prescription) until problem is resolved. Women are usually deficient in thyroid due to using thyroid every time ovulation occurs & a lack of Iodine in our diet & environment. Most men don't have thyroid issues but you will still need to check your temperature to optimize the effect of the HCG. If you are thyroid deficient, I'll recommend a low dose of one of the above thyroid products. You will gradually increase the thyroid by one tablet every 10-14 days until the proper dosage is determined; if menstruating, it will be 1<sup>st</sup> day of menstrual. The proper thyroid dose is based on your average body temperature (97.8°F or above), energy level or thyroid blood test.
4. **Lugols Iodine** (1-20 drops/day), **I-Throid** (1-2/day) or **Iodine Plus** (1-2/day) – all feed thyroid.
5. **Selenium** 200 mcg/capsule - 1 cap 2x/day (Combines w/iodine to convert T4 to T3 & causes apoptosis (death) of cancer cells).
6. **Saffron** (1 capsule 3x daily) is an herbal product from *LIFE EXTENSION* that helps prevent fat production from starches, carbohydrates & sugars. I recommend this for all patients who are diabetic, have a family history of diabetes or those who crave sugar. Saffron works similarly to HCG; it helps burn fat, keeps calories from turning into fat & helps build muscle. Once you finish the HCG, the Saffron when taken daily can also prevent the return of fat.
7. **Coffee Genic** (400 mg caps 2x/day) is prescribed for those who have blood sugar problems from glucose & may even be a cancer preventive.
8. Women who still have menstrual cycles will have Bio-Identical **Progesterone** Trans Dermal Cream prescribed for them; you will use it days 10-20 of your cycle. This prevents the accumulation of estrogen fat, eliminates PMS & decreases the length of menstruations. If you no longer have a cycle, you will be prescribed **Progesterone & Biest** for daily use; this prevents the conversion of progesterone into estradiol by the body & prevents abdominal fat.
9. **Balance** (from Ortho Molecular); 1 capsule 2x/day. This balances hormones for women just beginning or ending their menstrual years & will also help w/the emotional & physical difficulties.

10. **Proper Food Combining** is required to maintain healthy body weight; it is essential whether or not you are on HCG. The body digests the easiest foods first while other foods (starches, refined sugars, etc.) will settle around the midsection & buttocks. The body makes fat from undigested/putrefied waste in an effort to protect itself from toxicity. An over simplified suggestion: eat fruits or melons alone & wait 15 minutes before eating anything else. Eat starches or protein w/vegetables, but never eat starches & proteins together. Examples: avoid meat & potatoes, meat & pasta, fruit & vegetables, pizza, etc.

11. **Foods to Avoid:** the following 4 categories of food will deprogram the body to become leptin resistant & make fat cells – especially around the abdomen:

- a. **High Fructose Corn Syrup** (regardless of the name used to try to hide it from the public) is in every commercially sweetened food. High fructose corn syrup will raise insulin levels before increasing blood sugar levels which is by far more deadly & damaging long term.
- b. **MSG (Mono Sodium Glutamate)** a seasoning that used to be called **Accent**, but is now a chemical additive found in commercial foods. It is a chemical that is addictive, fattening & deadly.
- c. **NutraSweet (Aspartame)** is a deadly chemical sweetener. It is a sugar substitute used in nearly all commercial diet foods & drinks & recommended by dietitians & physicians as a substitute sweetener for diabetics. It is neither healthy, safe, nor fit for human consumption & is especially deadly in our sodas. This product also turns into formaldehyde when ingested.
- d. **Refined Carbohydrates** which include all sugars, milled flours, processed sugars & sweeteners, pastas, pies, cakes, cookies, ice creams, candies, etc. I recommend Xylitol, Stevia & Coconut Sugar as sugar substitutes. The Glycemic Index of foods & sweeteners is the best indicator of what one should eat on a regular basis (the lower the Glycemic Index, the safer the food).
- e. **Low Fat Foods, Trans Fatty Acids & Hydrogenated Oils** – use Olive Oil or Coconut Oil.

There are over 15,000 chemical additives in our foods & every day products; these help make us fat & addicted to processed foods. Follow the above list & you will avoid most of the dangerous & fattening chemical additives. People who are truly pursuing a healthy lifestyle need to become aware of chemicals in not just our food but soaps, shampoos, deodorants, hair products, lotions, makeup products, laundry detergents & much more.

What can you expect from HCG? Weight loss & inches from your waist as well as a decrease in appetite & an increase in energy. I have experience very few side effects & have had many satisfied customers & most people return after 6 weeks for another round. HCG reprograms the body to use leptin & which causes it to put calories into muscle & not fat, & tells the brain to limit appetite.

After completing the above protocol, the HCG prescription (0.2cc/200 IU of HCG or 0.3cc/300 IU of HCG depending on weight) will be called into Portage Pharmacy in Portage, MI. It will be shipped directly to you packet in ice. All of your supplies will be included (needles, syringes, alcohol prep's, etc.) w/a 45-day vial of HCG. You will need to call the pharmacy (269-327-0033) to arrange for payment & shipping.

Apart from the HCG and compounded hormone creams the above suggested products can be ordered at Portage Pharmacy or Northern Nutrition (800-860-8486). This can be done after you have filled out a health history form & you have either been to one of Dr. Streeter's seminars or had a consult within the last year.

## BASIC LIST FOR THOSE TAKING THE HCG WEIGHT LOSS PROGRAM (MINIMUM)

- 1) Weight loss book by Kevin Trudeau &/or look up Siemens on the internet.
- 2) CORE Restore or Thisilyn Cleanse for 7-14 days before starting HCG – detoxifies liver.
- 3) CDG EstroDIM or Myomins 2-3 caps 2x/day – either blocks Estradiol production, a hormone that swells tissues, causes weight gain, breast & uterine cancer in ladies & BPH in men (prostate enlargement/swelling).
- 4) NatureThroid (Prescription), Armour Thyroid (Prescription) or Eco Thyroid – rests/heals thyroid, increases metabolism, causes ovulation of mature eggs in ladies, & raises body temperature above 97.8°F average.
- 5) Lugols Iodine (1-20 drops/day), Iodine Plus (1-2/day) or I-Throid (1-2/day) – all feed thyroid.
- 6) Selenium 200 mcg/caps - 1/day if taking Lugols, I-Throid or Iodine Plus. Increase by 1/day every 2 weeks for every 5 drops of Lugols Iodine &/or 3 caps of Iodine Plus – Combines w/iodine to convert T4 to T3.
- 7) Saffron 1 cap 3x/day [for diabetics, strong family history of diabetes & those who do not want to regain weight after HCG] – blocks fat from carbs, starch & sugar.
- 8) HCG 0.2 ml/day for 45 days – decreases fat, increases energy, decreases appetite. Will be called in to Portage Pharmacy (after you order the other prescribed items & begin your detoxification regimen) & you will need to call them before picking up or requesting shipping. Needles, syringes, alcohol prep's, instructions & HCG will be included (Portage Pharmacy [269-327-0033] – located in Portage/Kalamazoo, MI); A 45-day supply will be shipped.
- 9) Bio-identical hormones will also be called in for you at Portage Pharmacy – balances hormones & stops most PMS & menopausal symptoms. You may also use Dr. John Lee's Formula (1-2 squirts daily) or Progesticare – both available at Northern Nutrition.
- 10) Balance 1 cap 2x/day – balances hormones for many ladies without #8.
- 11) Oil of Evening Primrose 1300 mg caps 1 cap 3x/day – feeds brain GLA (Gamma Linoleic Acid) & settles nervous problems for many menopausal ladies.

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