

Introductory HCG Weight Loss Guide

by Kendra Pearsall, NMD



Dear Reader:

This E-Book is concise and won't take long to read. Please take five minutes to read it. If you choose to take action, it will prove to be transformational to your life, health and your weight. Read on...

- **Are you overweight?**
- **Does food control you instead of the other way around?**
- **Have you lost weight on different diets and programs only to gain it back?**
- **Are you losing hope that you will ever be able to feel good about your body?**

Well, don't lose hope. I'm here to tell you that the reason you haven't been able to lose weight is because you haven't tried the #1 secret to permanent weight loss.

This secret is not widely talked about in the weight loss industry, and very few medical professionals are aware of it. I discovered this secret after years of intense research and clinical practice, and now I'm about to share it with you:

My #1 Secret: Use an HCG weight loss formula and the *HCG Diet Detox* to jumpstart your weight loss and reset your metabolism.

Let me tell you about how I discovered the miracle of HCG. My first exposure to the HCG Protocol for weight loss was Kevin Trudeau's New York Times bestseller *The Weight Loss Cure They Don't Want You To Know About* (2007). When I first read about the protocol, I thought it sounded crazy.

The official protocol requires you to inject yourself daily with the HCG hormone for 23 days while eating fattening food for the first two to three days, then eating a very low calorie diet for 20-43 days followed by a low-starch diet for three weeks. I thought surely people would lose weight on the diet but gain it back after eating normally again, and probably gain more than they had lost. Therefore, I chose to ignore his book and continue on with helping my clients and newsletter subscribers lose weight with natural lifestyle changes.

However, ever since I read Trudeau's book, I kept hearing about the protocol over and over from patients and doctor colleagues and how it was so successful for them. One of my physician colleagues, Dr. Arlan Cage (Torrance, CA), called me in August of 2008 to tell me the great success he was having on the protocol with his weight loss patients. Upon hearing this, I accused him of catering to the public's desire to lose weight fast at the expense of their health.

But Dr. Cage elaborated for the next two hours about how he had diligently researched the protocol, read the studies, studied the physiological mechanisms for how it worked

and he slowly experimented with one patient at a time to see if it measured up to the hype. It did. Dr. Cage has treated hundreds of patients and he reports a 94% success rate—success being defined as the ability to lose one pound a day on the protocol with very little to no hunger and keep the weight off even when they resume normal eating.

Simply amazing.

Since that fortuitous phone call, I have spent a great deal of time researching the HCG Protocol, interviewing experts, using it in my private practice and most importantly discovering how to make the protocol better such as switching from HCG injections to Homeopathic HCG.

Because it has proven to be so effective, I've now made it the focus of my practice and website. We receive testimonials on a daily basis for people raving about their success on the program and I love reading and hearing about their success stories. I've been using HCG with my own weight loss clients and everyone loves the rapid success they have on the protocol.

Many ask me, "Is this the only thing I need to do to get to my goal weight?"

The answer is, it depends on how much weight you have to lose and what the reasons are for your weight problem as there are a multitude of factors involved. However, I think it is an excellent place to start a weight loss program as The HCG Diet Detox has helped people:

- Lose weight quickly and easily
- Reset their set point (the weight that your body naturally feels comfortable)
- Speed up metabolism
- Correct the way the body stores fat
- Re-sculpt the body (a natural liposuction)
- Curb emotional eating
- Binging and food cravings and shrink their stomach and hence their appetite
- Jump start their weight loss program

Quick Start Guide To The HCG Diet Detox

History

The use of HCG (Human Chorionic Gonadotropin) for weight loss was originally discovered by Dr. A.T. Simeons in the 1940's. Dr. Simeons used HCG injections and a low calorie diet. *The HCG Diet Detox* is what I consider an improved revision to Dr. Simeon's initial program. For example, instead of injections, I use Homeopathic HCG drops and

I've added the importance of detoxification to cleanse the body for weight loss.

Phases of the Protocol

1) Loading Phase + HCG (Days 1 and 2): This is a period of heavy, high-caloric eating to ensure you have enough fat to carry you through the next few weeks. Start taking the HCG daily.

2) Low-Calorie Diet + HCG Phase (Days 3-23): Beginning on the third day, you will adopt a strict caloric level of 500 calories per day for the duration of treatment. Because you are freeing up a significant amount of calories and nutrients from your abnormal fat stores, you should not feel much hunger or experience food cravings. This is a low-carb and low-fat diet of specific proteins, vegetables and fruits.

3) Low-Calorie Diet Without HCG Phase (Days 24-26): Stop taking the HCG drops but continue your 500 calorie diet for three days, since the HCG remains in circulation for that time. Increasing calories too soon will cause weight gain.

4) Low-Starch Phase (Days 27-48): After the HCG treatment is complete, you must avoid starches and sugars for three weeks to consolidate the treatment and permanently reset the hypothalamus.

5) Maintenance Phase (lifetime): Continue on a healthy lifestyle that includes a whole foods natural diet, strength training three times a week and addressing factors such as emotional eating, hormonal deficiencies, and food allergies that can prevent weight loss.

After you are finished with the first round of the six week program, this is a perfect time to examine other possible factors that will also help you lose weight. The HCG Diet Detox Program continues on past the six weeks into a maintenance program which leads you through questionnaires and actions steps that can pinpoint factors that need to be addressed. These factors include:

- **Brain chemistry**
- Digestion
- **Elimination**
- Detoxification
- **Candida and Parasites**
- High intensity interval exercise routines
- **Emotional eating**
- Food sensitivities

- **Hormone imbalances (thyroid, adrenal, female and male hormone deficiencies)**

The HCG Diet Detox Maintenance Program also helps you with the following:

Overcome your emotional eating. Many people eat because they are stressed out, upset, anxious, or depressed and you will not be able to lose weight if you are an emotional eater.

Helps you eat a specific diet that revs up your metabolism and supercharges your body and includes hundreds of delicious recipes.

Helps you eliminate your food addictions and/or allergies. This is not very well known but the research has shown that up to 75% of the population has some kind of hidden food sensitivities, and these food sensitivities could be making you fat.

Detoxifies your body.

You live in a very toxic world these days. Your air is heavily polluted, as is your water. Your food supply is full of preservatives and pesticides, and the toxicity levels in your body can make you hold on to your fat, so the HCG Detox Diet helps you with that.

Adopt an exercise regime (starting on Week 5). Most people suffer from lack of exercise. Many of us have trouble getting motivated to stick to an exercise program, and even if you are exercising, chances are high that you are probably not doing the right kind of exercise program for optimal fat burning. We will review the kinds of exercises you need to do to burn fat for optimal weight loss.



Address hormone deficiencies. For example, weight gain is very common around menopause and andropause. (Andropause is the menopause for men.) You could also suffer from adrenal exhaustion or adrenal fatigue. Most people do, and if your adrenal is not working properly, you are going to have a really hard time losing weight.

The HCG Diet Detox Kits are our #1 best selling items in our online store of over 200 health products. We offer a 100% money back guarantee if our HCG Diet Detox Kit does not help you lose weight quickly and easily. (we have less than a 0.1% return rate.)

Order your kit today and find out why most people call The HCG Diet Detox “The easiest and quickest way to lose weight that I have ever tried. I highly recommend it to everyone.”

You have no risk, if it doesn't work for you, you get your money back. If it does work for you, think of how thrilled and relieved you'll be.

Go now to:

=> www.HCG-Diet-Detox.com

Welcome to the Enlita Family. Our doctors, staff, members and subscribers are here to support you every step of the way.

Love and blessings,
Dr. Kendra Pearsall and the Enlita Team

About Dr. Kendra Pearsall:

Dr. Kendra Pearsall is a Naturopathic Medical Doctor, weight loss specialist and the director of Enlita.com and www.HCG-Detox-Diet.com

Also by Dr. Pearsall: Most of these books can be found here:

http://www.enlita.com/shop/index.php?main_page=index&cPath=45_2

The HCG Diet Detox

Healthy Recipes for Your Nutritional Type

Take Control of Your Health

Sweet Deception: Why Splenda®, NutraSweet®, and the FDA May Be Hazardous to Your Health

Dr. Mercola's Total Health Program and Cookbook

The Hormone Handbook (Author: Dr. Thierry Hertoghe, Medical Editor: Dr. Kendra Pearsall)

HCG Testimonials

Note: The weight loss varies from 10 to 25 pounds per round. The average is about .8 pounds lost per day. Some of these testimonials may be atypical.

I just wanted to share my in progress success story.

Last August I weighed 311 lbs. I am a female. I had tried other diets and had gotten down to the 230's approximately four years prior, but gained it back and some additional.

I started homeopathic hcg on Oct 24, 2008. My first round I lost 27.8 lbs in 28 days. My second round I lost a total of 34.7 lbs.

I ended up starting my third round at 7 lbs above my LDW.

To date I have lost 85.5 lbs with homeopathic hcg. My goal is to lose another 51 lbs, which will still put me in an overweight situation at 160 lbs. It has been an amazing journey and I tell anyone who wants to listen.

--Tracy Hiller

Dear Dr. Pearsall, I wanted to write and tell you I have done the HCG injections to lose weight and I still felt hungry. On the homeopathic HCG I never ONCE experienced hunger. I personally lost 21 pounds, my husband lose 28 pounds and now over a hundred clients have tried it...all but 4 of whom were successful...I can tell you YES...IT WORKS!!

My skin's not sagging, I have not gained any back, I eat whatever I want...the same as I ate at 154#(I was eating pretty good back then also).

Blessings, Anne Kent, Grafton, WI

I want to tell you about the program on which I lost those first 27 pounds, because I owe them a lot. It's Enlita.com. Dr. Kendra Pearsall, a Naturopathic Doctor, founded the site. The weight loss program is based on good nutrition-- eating whole foods and avoiding processed foods.

But there's a lot more to it. It covers food allergies that might be keeping the weight on, hormones, emotions, and other factors. It's really a holistic approach.

This isn't a commercial. I'm not trying to get anyone to join. I'm simply expressing my

gratitude. Dr. Pearsall is the one who made me aware of HCG, through her newsletter. She held an informational teleseminar that explained the science of HCG. I was hooked. And here I am.

I averaged a pound of weight loss per week for 5 months. The principles I learned on Enlita will be with me for life, and I'm so grateful. I lost 20 pounds in 3 weeks on the HCG program. I have been on no starch/no sugar for 20 days and I have stayed within my 2 lb. range the whole time.

It hasn't been that difficult and I've found that my attitudes about food have shifted dramatically. I don't crave sugar any more. I would occasionally like mashed potatoes or something, but that seems more emotional than anything else.

--Cassie Taylor, Spokane, WA

Settled into a routine for the most part. So it's not too hard to maintain. Still feel a bit of hunger at times, especially in the morning, but it's nothing like the compelling cravings that come along with my typical carb heavy diet. I've been able to exercise, even somewhat aggressively without feeling the weakness or fatigue I've experienced on other plans.

I quickly was able to develop a routine that is easy to follow, even at work. I've lost this amount of weight before, but I've always either felt weak or had to run to the bathroom several times a day. I have lost 16 pounds in 14 days.

--Mike Sweezy, U.S. Airforce Pilot, Colorado

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Just to let you know the increase in water and actually taking the potassium has helped! I feel great, no hunger whatsoever. I have lost a total of 6.5 pounds in 10 days with my first loading day. I have also already lost 9.5 inches as of last Friday.

--Marcia DesRosiers Sarasota, FL

I went down from 180 to 140 in two months and I don't follow the diet exactly all the time but I don't eat garbage. I am shooting for 130. I wore a size 12 and now a size 6 but I want to be a size 4 like I used to be. I gained all this weight during my pregnancy.

--Caroline Stevens

Today is Day 23 on the HCG Diet. I am down a total of 17.7 pounds. When I look in the mirror I know that the brown fat is disappearing because there is a big improvement in the way my clothes fit. They are now loose and flowing rather than form fitting.

Thank you for your leadership and encouragement, Dr. Pearsall. And, thanks to EFT, I am experiencing no cravings and only eat when I am hungry. Thanks for all of your help and encouragement,
--Alice Goers, CAP

I am 60 years old, 5'2" I started the HCG on Nov. 14, loaded for 3 days and took 39 days of the homeopathic HCG kit. My weight went from 150 to 125 lbs.. My clothing size from 12 to 8. My BMI went from 27.4 (overweight) to 22.5 (normal weight). My body fat went from 32.7% to 22.7%. I can't tell you how many inches I've lost but the size of my clothes show that it's a lot!

I sometimes felt hungry but nothing I couldn't handle. I staved off hunger by drinking a lot of fluids. Water (which I always drink 2-3 liters of every day anyway), organic decaf coffee flavored with cinnamon and chocolate flavored stevia drops (tastes like hot chocolate!) and pots and gourds full of hot yerba mate'.

I experimented with lots of different protocol compliant recipes which I gathered from various sources and I loved all of them! I felt like I was eating better than ever, just not very much! My energy was great, I slept pretty well. I was constipated but used a combination of fiber and herbal teas containing senna and other herbs which kept me going pretty well. All in all I found the diet extremely satisfying. I enjoyed the structure of it. Even though the weighing of the food and calorie counting was cumbersome, it was also very instructive and I enjoyed knowing the content of everything I was eating. It was not simple...but it was easy! It was the easiest and quickest way I have ever lost weight, and believe me I have tried dozens of diets over the decades.

I have gone through most of my clothes and made a big pile of clothes that are too big on me now. Whereas before I would always save my "fat clothes" just in case, this time I am getting rid of them because I know I will never be that heavy again...I have a tool to enable me to maintain my weight forever. That feels really good. I feel pretty young and fit for 60!
--Susan Hay

I was a bit skeptical about the homeopathic HCG after reading some of the posts on internet sites. However, it has exceeded my wildest expectations! As a yo-yo dieter for 40 years, I had gotten to the point that no matter how little I ate, I would lose maybe

1/2 to 1 pound a week. It is so gratifying to step on the scale and have a loss almost every day!

I have had much less hunger than on other diets. Even when I'm hungry, it's more of an empty feeling rather than a gnawing hunger. I personally have had no cravings. I'm very satisfied with the food on the protocol. 18.8 pounds in 26 days.

--Debbie Waid

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Hello dear Dr. Pearsall, I have completed the survey you send me, and I want to say big Thanks for your site and hcg homeopathic and your support and information. It worked for me very well. I am so grateful and happy. I am looking forward to doing one more round after 2 months. I lost 18 pounds and I am so happy!

--Aldona K

I did the HCG diet with my family...you may remember us. We did 2 back to back sessions. My two sons lost 45 lbs each, my husband lost 39 lbs and I lost 20 lbs. We were all very pleased and excited. It was great to do it together. The food choices were very limited, but that actually make it easier...no room to cheat. We were creative with our choices and that made it fun.

Although I didn't lose as fast as the boys did, I was very pleased as it has been extremely hard to lose weight due to hormones and a hypothyroid. I did lose 2 sizes! We have been off the HCG for 4 weeks and in 2 weeks will start again to complete out weight loss. Many people we see are interested in learning how we did it, but I find it complicated to explain. Thank you for your help Dr. Pearsall!

--Sincerely, Sylvia Jaynes

I have had great results with the protocol and have lost close to 30 lbs.

--Clay Wickier

What People Are Saying About The Enlita Program

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Dr. Pearsall, The end of December I weighed 205 pounds. Your information at the Enlita Program has been wonderful. The hypnosis dealing with self image was life changing for me.

I am finding at this point that most of my problems are due to allergies and leaky gut. It's amazing to feel good and the weight is dropping off. At this point I weigh 165 pounds and still losing. Even more important I feel great.

--Thank you, Kim Dahl Homemaker, Reno, NV

I am really loving the program. Both my husband and I lost 20 pounds in 9 weeks following the food plan. We have referred a ton of people to the site.

--Marcia DesRosiers RN, LMT Sarasota Florida

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Hi Dr. Kendra, Just to let you know...I am using the EFT daily, and I have very little cravings for anything! Perhaps it's a combo of the supplements and the EFT, but whatever it is, it's changing the way I feel about food! It's actually hard to eat...I just haven't felt like eating unless I'm really hungry. One of my favorite quotes, which I'm sure you have heard, is "Nothing tastes as good as being healthy feels." That's how I feel now. Even though I have always believed that, my cravings were stronger than me. I felt so weak to my own beliefs! Not now...I hope it continues! Thanks for your help and continued support.

--Cori Stearns, Owner of Automotive Store Bishop, CA

You asked me what I think about the program. For me It looks great. I have tried WW It Was Okay but I regained all my weight two years after and a little more...In Enlita I get the structure I need to practice what I learn. I don't follow the recipes but adapt with my culinary tradition. Since the beginning, with the eviction of gluten, diaries and eggs, I have lost 6.6 pounds. Very encouraging! The forum is a great tool too, and EVERYTHING: the podcasts, the videos on you tube.

--Sylvie from France

"I sought out Dr. Pearsall because I have been overweight over a decade and could not lose the weight no matter what I did. In working with Dr. Pearsall and her natural weight loss program, I have lost 21 pounds (and am still losing). But even more importantly, I have greatly improved other areas of my health with her healthy lifestyle program. I have improved my condition of adrenal fatigue, I have gotten rid of parasites and Candida, I no longer have abdominal bloating and cramping.

I'm also working on a plan to create balance and margin in my life, I am setting aside time now for my spiritual life, I am practicing EFT for emotional stability, for the first time in my life I'm setting boundaries with others, I've learned to practice forgiveness and understanding for those who have hurt me and learned to accept what is. I've highly recommend her program to all my family and friends. Her program has opened my eyes to a whole new way of living. I'm excited about what the future holds for the new me!"

--Colleen Schranz, Gilberts, IL

"I tell everyone I know about Dr. Pearsall's Program. Before I started with Dr. Pearsall, I was 256 pounds (70 pounds overweight), I was an uncontrolled diabetic (my blood sugars were 265 even on 120 units of insulin a day), and I was on a lot of medications that were making me sick. The lifestyle program she put me on had totally changed my life.

Now my blood pressure is normal, my blood sugars are 120, and I am losing one pound every three days. What is more, I used to be a hard core carbohydrate addict (I'm a professional chef/baker). All day long I used to eat bread. I told her I would be her most difficult patient and if she could cure me of my bread addiction, she would be a miracle worker.

She explained to me a diet that was ideal for my needs and for blood sugar control and she put me on a total lifestyle program. I was skeptical but promised her I'd try it. I've never found it difficult to stick to the program from day one because she was so convincing and she also taught me EFT to deal with carb cravings. I don't miss bread at all now. I feel better than I have in a long time and so many of my other health problems have disappeared since joining her program. Everyone should do this program if they want to be young, fit and healthy."

--Gary Sloane, Schaumburg, IL

"I originally enrolled in Dr. Pearsall's program because I wanted to lose weight, and I was a sugar addict. After seeing Dr. Pearsall, I now understand how carbs and sugars affect our whole body and now I feel more energized. I also lost 8 pounds so far (5 more to go). One of the major improvements is I used to be swollen all the time, my ankles would be so swollen I could hardly walk and I no longer have any swelling since being on the natural lifestyle program.

I no longer have the highs and lows of carbohydrate withdrawals. I now watch what I eat -- lots of protein and fresh vegetables. On a scale of 1-10, I used to have a low energy level of 3 and now it's about a 7. I've already recommended this program to my colleagues at work who want to lose weight as I feel Dr. Pearsall's program is no question the best way to go."

--Debbie Sloane, Schaumburg, IL

It is my impression that ENLITA is directed to fairly highly functioning individuals. It is such a thoughtful, rigorous programme. I have enormous respect for Kendra Pearsall. I love her honesty and her sense of humour. I joined as a Platinum Member because I wanted to hear everything she had to say. I thought any extra information would be worth the additional cost. And I loved, loved the teleseminar on Emotional Eating.

I found the Podcasts useful. They were done by Kendra herself, whom I feel some kind of connection with from her videos over the past year. I joined this plan solely because of her (and the fact that the program could help me implement the Protein Metabolic Diet that Dr Mercola's site refers to and which I tested myself for earlier this year). Dr Pearsall has a fantastic way of communicating her ideas about weight loss and health.

She is incredibly smart, frank and witty. (Recently I read all the Diet reviews she wrote and found myself laughing out loud.) In contrast, I find most stuff on the internet is DEVOID OF PERSONALITY. It is incredibly flat and rarely comes to life with any sparkle. I think the weekly podcast is a great tool for deepening the customer's learning and connection with the Program.

--Regards, Natasha L. Australia

I've done pretty good on Enlita. I was down 28 pounds this spring. Then my father-in-law died, and shortly following that my brother died. Which means on top of all the emotions, people brought meals for us--a full week of food I couldn't control each time. (No time or desire to prepare my own food.)

My cravings roared to the surface and I've had a really hard time getting back on track. I was getting discouraged. So the prospect of getting rid of a lot of weight quickly is just what I needed. My thoughts are back to the positive. Thanks for all the hard work you've put in to make Enlita what it is. I'm so grateful for your efforts. Enlita is *the* way to eat, and this hCG will simply be a boost into fast forward.

--Tina

I've been anxiously awaiting this program since I first subscribed to the email list some time back. I've been learning about whole foods, diet and nutrition for some time and have made several lifestyle changes over the last couple of years, but I'm very excited to finally have a program that will help me put it all together into a comprehensive and workable plan.

I just logged in and everything appears as expected. I'm just digging to the materials now... what joy! As I sit here typing this email, I feel hopeful for the first time in so long that I can achieve my goals - I am actually crying right now with happiness! Thanks again, Tammy

My husband (Jay) and I are doing very well. Jay joined me on this adventure so that it would be easier for me to cook for 2 (although I'm also sure he wanted to diet and didn't know how to go about it). Well imagine his joy as he watched 35 lbs. fall off him in the first 5 weeks!! He is feeling wonderful, looking great and has energy to burn. I believe part of his problem was that he didn't eat enough to begin with. Now he is eating what I prepare for him and is full and satisfied. I am very happy for him.

I had different problems when I started. I was a major carb addict and had yoyo dieted all my life as a result of that. I am fighting chronic Lyme Disease and just recently got off a 2 1/2 year regiment of antibiotics. Although I took care to balance my intestinal integrity as best as I could I would imagine that it will take me a little bit longer to be in better health. I am happy to report that I no longer crave sugar, ice cream or pasta and bread products. That is not to say that I am totally turned off to them yet but I am very comfortable around them. The one time we went to a restaurant I just asked the server not to put bread on the table (just in case!).

We both had problems with eggs, dairy and wheat (I already know that I have problems with wheat so I did not test for it). We are testing today for oats and are hoping for good results.

So, I just wanted to thank you for getting me off to a good start! That is so important when you are just getting going. I knew I had someone to talk to if I needed it. I think because of that, I didn't need it!

It's funny but although I started this plan mainly for my own benefit, one of my main driving forces at this time is to stay with all this slicin' and dicin' for my husband's sake! The happiness he is experiencing is all I need to keep it up as our new eating lifestyle! I am sure we will have a slice of pizza before we die but it will be when I chose and not because I'm crazed to have it. What a feeling!! You and your wellness program have brought much happiness to our home - to date I have lost 30 lbs. and my hubby has lost 88 lbs.

Linda Sarno

Dear Dr. Pearsall, I really believe with all my heart in what you are trying to accomplish with Enlita. You have it right- the knowledge, the correct methods, and so many people supporting you with big hearts who genuinely want to turn the Standard American Diet and ill health around. I *love* it that you are healing people with nutrition/lifestyle rather than products. I was so on most of what you teach prior to Enlita from years of my own research, but you and your team brought it together for me in a package I could easily follow and (MOST IMPORTANTLY) gave me the support I was desperate for. I think most people fall into this category.

Because I truly care about you, I will tell you what drew me to you and Enlita: "Our mission in life is to help the masses transform their health and their lives by going back to nature."*I* could have written the following because it is EXACTLY what I was looking for:

"We keep it natural. Natural whole food, functional exercise, spending time in nature, relaxation, communion with your spiritual nature, fresh air, sun, water, herbs and vitamins, deep breathing, organic food, body cleansing, emotional release and positive attitude and a whole lot more." There is a tremendous amount of "heart" in that.

This was the final kicker for me: "One thing our program is not – it is not a program that puts up content and then goes on autopilot." I firmly believe that if you stay solid on your mission, you are going to build a HUGE foundation with which to build a very successful business on IN A POSITIVE WAY.

We had eaten VERY healthy prior to Enlita for many many years, and really only had to make food changes for the elimination period and then the subsequent food sensitivities. What we wanted to say was that Enlita really helped take us to that "next level" in our family's nutrition. We all feel better. We are addressing the emotional issues that are manifesting themselves in our bodies as disease. By eating small meals throughout the day and following the Enlita guidelines for food choices, we are seeing more energy, better digestion, and learning to listen to our own body. Weight loss and great health are the natural results of a program you can live with every day.

Both my husband and daughter were in great shape to begin with. They have been doing the program along with me (14 weeks) although my husband did not do a lot of the eliminations that my daughter and I did. Both of them have said that their clothes feel a little looser and they have lost about 5 pounds each. I think the one-on-one coaching is exactly what I need right now, mainly because of having so many health issues. You have such a big heart :)

--Dawn Shelby Colorado Springs Construction Personal Assistant

I have been waiting many months for the launch of Enlita -- and it's finally here. All I can say is Thank Goodness and Thank You. My doctor (Naturopath) suggested the Elimination Diet in the Spring. She gave me literature about elimination and diet guidelines. However, the eliminated foods were such an integral part of my diet I found that I didn't know where or how to begin, so I did not. It wasn't until your daily menus arrived that I had direction. They provided a roadmap for me to follow. At last, I could begin the Elimination Diet!!!!!!

During the first week I lost 9 pounds, which surely attests to the fact that I suffer from food sensitivities. Also, I have been suffering with flatulence for many years, and the condition seems to get worse (and more embarrassing) with each passing year. It is now greatly reduced, thanks to your diet. I have been so pleased with your program, that I e-mailed my doctor to tell her that I started the elimination diet. I also directed her to your website and suggested that many of her other patients might also benefit from the Enlita program. She visited your website to learn more.

I love the fact that you provide daily menus, recipes, shopping lists and lessons. This makes it very easy for me. I have all the tools I need and know in what direction I am

going -- to better health and longevity. I will continue to work with my doctor on a regular basis and hope that Enlita remains part of my life for a very long time. To date I have lost 10 pounds. I know that the first 9 pounds were due to the elimination diet and avoiding food sensitivities.

--Alice Goers, Cleveland, OH Human Resources Manager Phone 330-668-5271 Fax 330-668-5184 agoers@jewels.com

"I am amazed at the progress my body has made in such a short time..."

Submitted by: Cindy Chancer, Homemaker - Tacoma, WA

I have been using the Enlita program for 3 weeks. I can't believe the increase in energy that I have. I used to have symptoms of IBS. Now I feel confident and comfortable being in public without worrying that I might have to run to the bathroom at any moment! Since I started on the program, I have lost about 10-12 pounds. I no longer have chronic water retention. My joint pain has been decreasing. I am amazed at the progress my body has made in such a short time just by eating whole foods and paying attention to relaxation and body awareness.

My favorite part of the program is how comprehensive it is. It's not about counting calories, but about changing my lifestyle...all parts of it.

I haven't really tried any weight loss plans. I've looked at a lot of them. I think the thing that stands out most is how thorough it is. I don't have to "count points" like some of my friends, and then be concerned because I haven't lost weight while staying in my point allowance. I am able to eat all I want of truly good-for-me food, and I've still been losing weight.

I love the recipes, shopping lists and menu plans. They make it easy to follow the program. But I also like that it's flexible. I don't have to follow the menus exactly, but can substitute items, as long as I remember to have some protein and vegetables. I love the podcasts each week. The relaxation podcast and the hypnosis podcast have helped me to change my perception of my body, and they both help me fall asleep at night.

The menu is EXCELLENT and feeds a family of four with some left for Dad to take to work the next day. The prep time is a little more than what I had planned, but the whole family came to help out and we enjoyed our time together in the kitchen trying out the new recipes. They are totally different than we have ever tried before and they were a big hit! I found it a little overwhelming to try and get all the meals in order.

I am still trying to find what works best for me, however we might have not gotten them all in the right order, but we ate all the meals within the same week so I am happy at

this point with our dedication to keep on toward our goal of wellness for our family. Actually my daughter enjoyed the food so much she ate more than she normally does! That is good for her as she could put on a few extra lbs, but Mama actually has lost 2 1/2 lbs this week. yeah!

--Jane S.

What do you like about the Enlita Program? (Survey Results)

Everything.

I like the natural approach you take. Also well-rounded expert advice.

The support, and amount of effort taken to help everyone needing help and support.

Working on my own, at my own pace.

All-in-all, I am very satisfied with the overall program, the ability to send messages to and receive answers from actual doctors. I think this is a BIG plus compared to other programs. I also like that you provide daily menus. This makes it much easier to follow a "diet".

I like the way you're doing it. It's what I need. Getting back to Mother Nature is the only way that will truly work in the long run.

It has helped with how to prepare meals for my nutritional type. Also I really like the fact that the program uses up the leftovers from the previous meal, and that proportions work for one or two people.

The forums

I like that you guys are an alternative to the mainstream mind mush that is being spouted everywhere. eg. Must eat no fat to lose weight.

Emphasis on natural foods

I like that it is comprehensive and covers *all* the reasons why a person might be overweight.

Healthy. The information looks very good

Not like the usual weight loss misinformation out there. I am a fan of Dr. Mercola's site and this program seems to be in tune with his thinking also.

I think it is the best program to follow for weight loss from a health perspective, and for safe weight loss.

The entire philosophy about weight loss and the in depth very thorough presentation, research and materials in the lesson plans.

That it is not b.s. like other diets exercise, metabolic typing

Most everything

Geared toward organic whole foods

I love the whole concept!

I like Dr. Kendra Pearsall...I think she's great!

It is sound, has great integrity.

Whole food concept. It's the only diet that suggest a wide range of healthy fats and how to incorporate them into a meal

The commitment of the organizers is inspiring. I am a writer (35 books to my name) and TV broadcaster on health and spiritual subjects and it is by far and away the most comprehensive, intelligent and effective program I have ever come across.

Non-mainstream advice

It brings together menus/recipes/portions that I couldn't put together on my own - not that I haven't tried - I just ended up gaining weight.

All the info and having it online

Love that I can do it in the privacy of my own home, and I actually feel like it's working rather than HOPING.

More of a life change than a diet

Love being able to login to my profile, track my weight loss and print out my shopping lists.

I think it is the best program to follow for weight loss from a health perspective, and for safe weight loss.

Order your kit today and find out why most people call The HCG Diet Detox "The easiest

and quickest way to lose weight that I have ever tried. I highly recommend it to everyone.”

Go now to:

=> www.HCG-Diet-Detox.com