

BestChoiceChanges

Troubleshooting

This is an excerpt from the document by Dr. Simeon's Pounds and Inches.

The weight registered by the scale is determined by two processes not necessarily synchronized under the influence of HCG. Fat is being extracted from the cells, in which it is stored in the fatty tissue. When these cells are empty and therefore serve no purpose, the body breaks down the cellular structure and absorbs it, but breaking up of useless cells, connective tissue, blood vessels, etc., may lag behind the process of fat-extraction. When this happens the body appears to replace some of the extracted fat with water which is retained for this purpose. As water is heavier than fat the scales may show no loss of weight, although sufficient fat has actually been consumed to make up for the deficit in the 500-Calorie diet. When such tissue is finally broken down, the water is liberated and there is a sudden flood of urine and a marked loss of weight. This simple interpretation of what is really an extremely complex mechanism is the one we give those patients who want to know why it is that on certain days they do not lose, though they have committed no dietary error. Patients are usually hard to convince that the amount of water they retain has nothing to do with the amount of water they drink. When the body is forced to retain water, it will do this at all costs. If the fluid intake is insufficient to provide all the water required, the body withholds water from the kidneys and the urine becomes scanty and highly concentrated, imposing a certain strain on the kidneys. If that is insufficient, excessive water will be with-drawn from the intestinal tract, with the result that the feces become hard and dry. On the other hand if a patient drinks more than his body requires, the surplus is promptly and easily eliminated. Trying to prevent the body from retaining water by drinking less is therefore not only futile but even harmful.

Troubleshooting:

- Are you getting sufficient water intake? Keep that water coming in at least 64 oz per day and preferably half your body weight in ounces.
- Don't eat hidden carbs or sugars– NO carbs! Particularly simple refined carbs. Check for hidden sugars in spices or choices you are eating (watch for dextrose, sucrose, fructose, maltose)
- Constipation** – do not tolerate it, not for a day. Treat it!
Preferred and recommended treatment is use of **ColonMax**. Take 2-4 capsules at bedtime by 10 pm. Available through BestChoiceChanges.
- Consider what you have eaten in the past couple days. Did you try anything different? It may just be your body acting on a different food even broccoli.
- Are you sure you are holding your drops for a full 2 minutes which is critical to proper dosage and absorption? Do not take your drops after cold fluids or immediately after brushing your teeth.
- Exercise can be counterproductive! Only mild exercise is recommended. You will have plenty of time to resume exercise programs. For now, floor exercises, pilates, mild walking, and cutting in half any vigorous activity is recommended. Your body will hang on to fat rather than release it if you are doing too much.
- Women – if you still have a menstrual cycle or are even peri-menopausal you may very well experience episodes of fluid retention that happens every month or with hormonal swings. This will adjust naturally or you can opt to take an over the counter diuretic such as Diurex.

During a stall **stay even more focused on the EXACT plan and protocol**. It is more than likely water based on Dr.Simeons discussion in the excerpt above or fluid retention that is temporary.

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Tips for recovery of your measurable weight loss during this time:

- ✓ Do an apple day or even a modified apple day. Eat 6 apples and nothing else all day.
- ✓ Do a modified apple day. Eat only 3 apples the first half of the day, no melba toast, and then do a dinner according to plan and still no melba toast that day.
- ✓ Switch to all lean proteins by eating only chicken and fish. Avoid red meat and when you use red meat use only lean and organic.
- ✓ Drink more water. 64 oz. per day may be insufficient for your weight loss, so try increasing this.
- ✓ Eliminate one or both Melba toast for one or two days and note if that triggers your weight loss.

Be sure to note not only how much weight have you lost but how are you clothes fitting? Do you see changes in your face, neck or body?

Patience and proper troubleshooting are necessary during a stall or plateau. Most important is to stay on plan and trust the process.