

Bodacious HCG Personal Care Products

While some may not believe us and others say it is not true, anything that touches your skin must be analyzed during the Very Low Calorie Diet (VLCD) phase of the *Bodacious HCG* diet because many products can have a negative effect on your weight loss results: slowed rate of loss, stalled weight loss or even gain due to absorption by the skin.

Again: EVERYTHING that you put into and onto your skin during the *Bodacious HCG* diet can affect your weight loss.

The whole world, including individual *Bodacious HCG* diet participants, other HCG diet companies, and even fully-medical clinics can tell us until they are all blue in the face that ingredients in lotions, soaps, creams, deodorants, make-ups, etc. can't or doesn't affect participants' results on the HCG diet, but experience with the *Bodacious HCG* protocol and Dr. Simeons' manuscript does not lie. We have seen many, many slow-ups, stalls, or gains simply because participants were using one or more personal care items that are not allowed on the *Bodacious HCG* diet.

Dr. Simeons devoted an entire page in his relatively short manuscript to this issue. He says,

“When no dietary error is elicited we turn to cosmetics. Most women find it hard to believe that fats, oils, creams and ointments applied to the skin are absorbed and interfere with weight reduction by HCG just as if they had been eaten.

This incredible sensitivity to even very minor increases in nutritional intake is a peculiar feature of the HCG method. For instance, we find that persons who habitually handle organic fats, such as workers in beauty parlors, masseurs, butchers, etc. never show what we consider a satisfactory loss of weight unless they can avoid fat coming into contact with their skin.

The point is so important that I will illustrate it. A lady who was cooperating perfectly suddenly increased half a pound. Careful questioning brought nothing to light. She had certainly made no dietary error nor had she used any kind of face cream, and she was already in the menopause.

As we felt that we could trust her implicitly, we left the question suspended. Yet just as she was about to leave the consulting room she suddenly stopped, turned and snapped her fingers. “I've got it,” she said. This is what had happened : She had bought herself a new set of make-up pots and bottles and, using her fingers, had transferred her large assortment of cosmetics to the new containers in anticipation of the day she would be able to use them again after her treatment. We are particularly averse to those modern cosmetics which contain hormones, as any interference with endocrine regulations during treatment must be absolutely avoided. Many women whose skin has over the years become adjusted to the use of fat containing cosmetics find that their skin gets dry as

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soon as they stop using them. In such cases we permit the use of plain mineral oil, which has no nutritional value.

We do permit the use of lipstick, powder and such lotions as they are entirely free of fatty substances. We also allow brilliantine to be used on the hair but it must not be rubbed into the scalp. Obviously sun-tan oil is prohibited.

Many women are horrified when told that for the duration of treatment they cannot use face creams or have facial massages. They fear that this and the loss of weight will ruin their complexion. They can be fully reassured. Under treatment normal fat is restored to the skin, which rapidly becomes fresh and turgid, making the expression much more youthful. This is a characteristic of the HCG method which is a constant source of wonder to patients who have experienced or seen in others the facial ravages produced by the usual methods of reducing. An obese woman of 70 obviously cannot expect to have her face reduced to normal without a wrinkle, but it is remarkable how youthful her face remains in spite of her age.”

So that’s what the creator of the *Bodacious HCG* diet has to say about the use of cosmetics and other personal care items. Let us second the motion as we have seen similar results over and over and over again.

If your head is still asking...Are you sure about this crazy idea?

Yes, putting a little bit of diaper rash cream on a baby’s bottom can make you gain 1.8 lbs. Yes, using a liquid foundation can make you lose only .4 lbs per day when you would have possibly lost more. Yes, even that little tiny bit of eye cream at night can make you lose only .2 lbs per day. Now, while these weight loss results may appear to be pretty good compared to other weight loss programs, they are not anywhere NEAR what you want to be losing on the *Bodacious HCG* diet. So, it’s up to you. Are you going to lose the most weight possible in the next 30-40 days or are you going to lose 10 -15 pounds or possibly 0 pounds because you love your little dab of night cream, lotion after a shower, or massages? We did it – you can do it.

Mineral Makeup is allowed and we will be providing *Bodacious HCG* compliant cosmetics and other personal care products in the near future. After purchase of *Bodacious HCG* we can provide a list of compliant products available at most stores, or provide a kit of personal care products for your use in the near future.