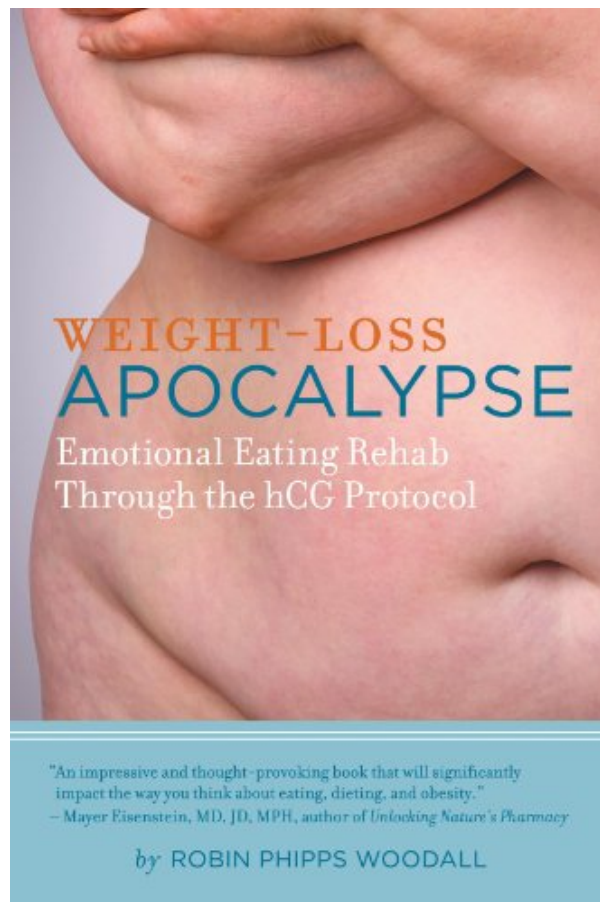
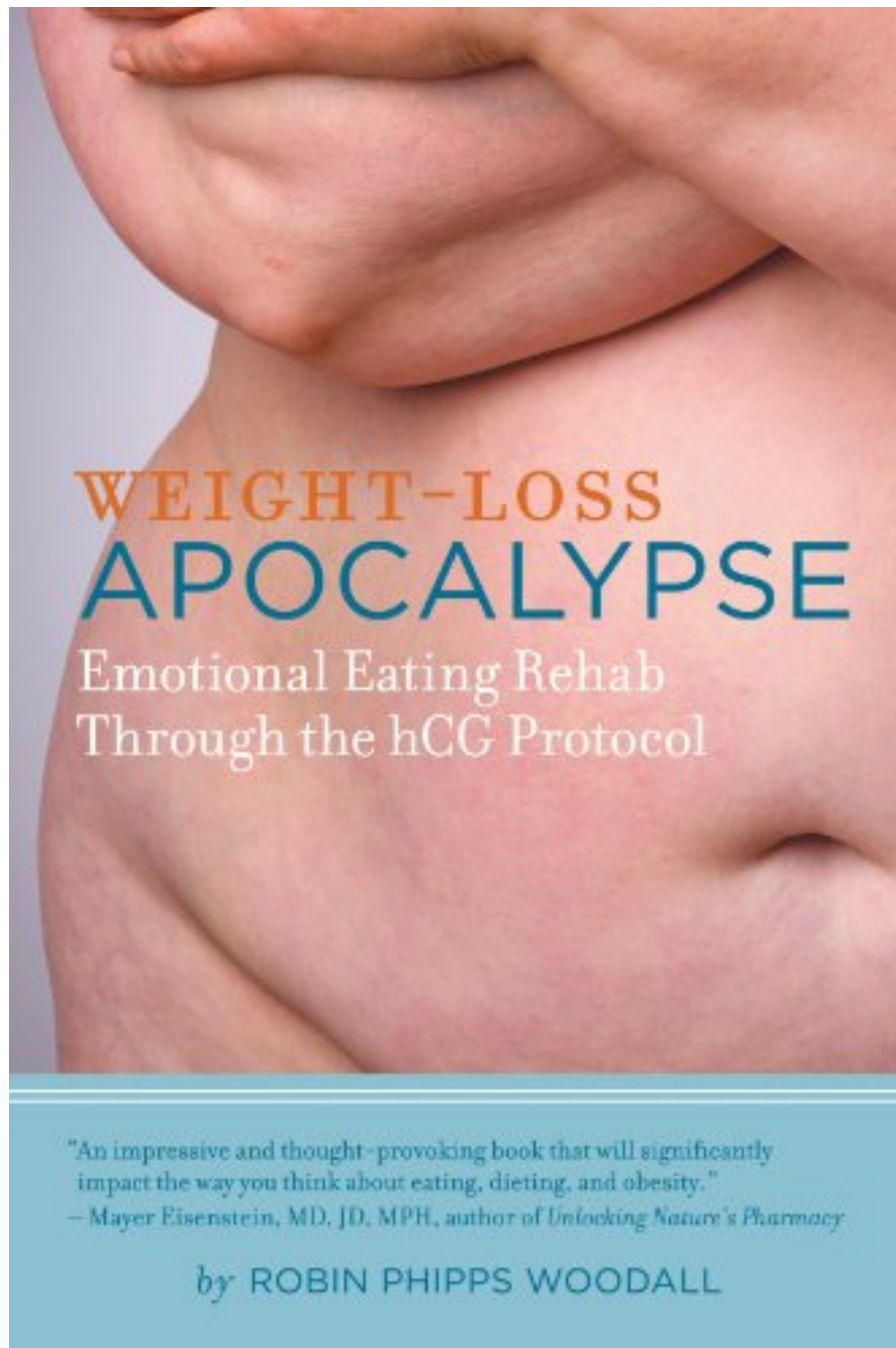


WEIGHT-LOSS APOCALYPSE: EMOTIONAL EATING REHAB THROUGH THE HCG PROTOCOL BY ROBIN PHIPPS WOODALL



**DOWNLOAD EBOOK : WEIGHT-LOSS APOCALYPSE: EMOTIONAL EATING
REHAB THROUGH THE HCG PROTOCOL BY ROBIN PHIPPS WOODALL PDF**





Click link bellow and free register to download ebook:
**WEIGHT-LOSS APOCALYPSE: EMOTIONAL EATING REHAB THROUGH THE HCG
PROTOCOL BY ROBIN PHIPPS WOODALL**

[DOWNLOAD FROM OUR ONLINE LIBRARY](#)

WEIGHT-LOSS APOCALYPSE: EMOTIONAL EATING REHAB THROUGH THE HCG PROTOCOL BY ROBIN PHIPPS WOODALL PDF

Based on the **Weight-Loss Apocalypse: Emotional Eating Rehab Through The HCG Protocol By Robin Phipps Woodall** details that we provide, you could not be so baffled to be below as well as to be member. Get now the soft file of this book **Weight-Loss Apocalypse: Emotional Eating Rehab Through The HCG Protocol By Robin Phipps Woodall** and also wait to be all yours. You saving could lead you to evoke the convenience of you in reading this book **Weight-Loss Apocalypse: Emotional Eating Rehab Through The HCG Protocol By Robin Phipps Woodall** Even this is forms of soft data. You could truly make better opportunity to get this **Weight-Loss Apocalypse: Emotional Eating Rehab Through The HCG Protocol By Robin Phipps Woodall** as the recommended book to review.

WEIGHT-LOSS APOCALYPSE: EMOTIONAL EATING REHAB THROUGH THE HCG PROTOCOL BY ROBIN PHIPPS WOODALL PDF

[Download: WEIGHT-LOSS APOCALYPSE: EMOTIONAL EATING REHAB THROUGH THE HCG PROTOCOL BY ROBIN PHIPPS WOODALL PDF](#)

Weight-Loss Apocalypse: Emotional Eating Rehab Through The HCG Protocol By Robin Phipps Woodall. Learning to have reading habit resembles learning to try for eating something that you actually do not really want. It will certainly need more times to assist. Additionally, it will certainly additionally bit force to offer the food to your mouth and ingest it. Well, as reading a book *Weight-Loss Apocalypse: Emotional Eating Rehab Through The HCG Protocol By Robin Phipps Woodall*, sometimes, if you must read something for your new jobs, you will certainly feel so dizzy of it. Even it is a book like *Weight-Loss Apocalypse: Emotional Eating Rehab Through The HCG Protocol By Robin Phipps Woodall*; it will make you really feel so bad.

When getting this book *Weight-Loss Apocalypse: Emotional Eating Rehab Through The HCG Protocol By Robin Phipps Woodall* as reference to check out, you can gain not only motivation however additionally brand-new knowledge and also driving lessons. It has more than typical advantages to take. What kind of e-book that you read it will work for you? So, why must get this publication qualified *Weight-Loss Apocalypse: Emotional Eating Rehab Through The HCG Protocol By Robin Phipps Woodall* in this write-up? As in link download, you can obtain guide *Weight-Loss Apocalypse: Emotional Eating Rehab Through The HCG Protocol By Robin Phipps Woodall* by on-line.

When getting guide *Weight-Loss Apocalypse: Emotional Eating Rehab Through The HCG Protocol By Robin Phipps Woodall* by online, you can review them any place you are. Yeah, also you are in the train, bus, waiting checklist, or other locations, on-line publication *Weight-Loss Apocalypse: Emotional Eating Rehab Through The HCG Protocol By Robin Phipps Woodall* could be your buddy. Each time is a great time to read. It will certainly improve your expertise, enjoyable, enjoyable, driving lesson, and encounter without spending more cash. This is why on-line book [Weight-Loss Apocalypse: Emotional Eating Rehab Through The HCG Protocol By Robin Phipps Woodall](#) becomes most wanted.

WEIGHT-LOSS APOCALYPSE: EMOTIONAL EATING REHAB THROUGH THE HCG PROTOCOL BY ROBIN PHIPPS WOODALL PDF

This book was written to start a new conversation about how Dr. Simeons' protocol has relevance, not only as a hormonal therapy, but as a means to end our national eating disorder. Instead of continuing to apply the protocol as a short-term diet, it should be discussed as a real solution --a tool to end irrational eating for emotional fulfillment. This country is dealing with a crisis: an addiction to eating emotionally, and the obvious result is the overwhelming increase in obesity. Think about the number of people in our culture who eat without hunger. When you observe our nation's behavior with food, it's very clear that fat isn't what we should be obsessed about, and weight shouldn't be the target of the problem. We need a genuine desire to eat less, one that isn't dependent on weight loss as a reward. This requires each of us to be accountable for our own emotions, and find happiness in life not centrally stimulated by food. "Finally a book that credibly answers the questions every doctor, patient, and skeptic needs to know about the hCG protocol." - Dr. Heidi Anderson, Doctor of Osteopathic Medicine "I've been prescribing hCG for weight loss for over four years, and nothing I've read comes close to having this level of expertise. Without question, this is the most informative and enlightening book about Dr. Simeons' hCG protocol available." - Dr. Ed Hagen, OB/GYN "Robin's approach to the hCG protocol is ingenious. Using the protocol as a way to heal the mind and body as an emotional and physical therapy is exactly what this country needs." - Becky Crowther, Registered Dietitian, Life Coach

- Sales Rank: #60375 in Books
- Published on: 2011-11-08
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .51" w x 6.00" l, .67 pounds
- Binding: Paperback
- 204 pages

Most helpful customer reviews

113 of 115 people found the following review helpful.

Finally! A book that explains WHY the hCG protocol is hormone therapy and NOT a fad diet!

By Mom of 3 boys

There are no words to express how grateful I am for this book. I have done numerous rounds of the hCG protocol, went from 210 pounds to 127 pounds, and maintained my losses fairly well until a vacation hit, or a holiday, or a birthday, or any and all excuses we make for ourselves to "celebrate" with food. I have struggled over the last 2 years gaining and losing my last 15-20 pounds over and over again. This book explains the viscous cycle of emotional eating in a clear and simple way. It explains exactly how the hCG hormone works with the 500 calorie diet to tap into the body's fat stores for fuel without cannibalizing lean muscle mass, and any "tweaking" done to the diet or even a small cheat can cause disastrous hormonal repercussions. hCG is hormone replacement therapy, used in combination with a very strict diet to utilize the body's leptin levels, fat mobilization, metabolism, and thyroid response. I am blown away at how many times

the "light bulb" went off in my head, explaining HOW and WHY this protocol works so well. I am forever changed and know I can finally reach my weight-loss goal and maintain for life. This book is a must-read... whether you are new to the hCG protocol or not. Thank you, Robin!

52 of 54 people found the following review helpful.

A Book Equally Suited to Professionals and the Lay Public

By Grady Harp

Robin Woodall has done the public more of a favor that I think she realizes. Or at least let's hope as many people buy this valuable, intelligent, well researched, yet user friendly and accessible book as possible. The contents of this book have been well discussed and the basics of the book are fairly straight forward: Woodall presents her experience with Dr. Simeon's famous hCG diet published in book form in 1967 and seeing that the wise and innovative Dr. Simeon's died before he could complete his work, Woodall takes up where he left off and supplies that information about the overall importance and methods of interpreting the hCG diet to physicians and to the lay public.

The focus of the book is not the hormone effect of injecting hCG on a daily basis - something that has caught on with the public with good results since Dr. Simeon published and treated patients. But Woodall takes this hormonal manipulation of the hypothalamus in addition to the Very Low Calorie Diet that must accompany the treatment protocol, shows how the hCG really works, introduces the fat produced hormone Leptin and demonstrates how the level of leptin in the blood stream sends signals as to satiety or hunger in an intricate interaction among hypothalamus and thyroid and the source of energy being utilized. As she states, 'As blood leptin levels rise, and leptin increases in the brain, the hunger center of the brain deactivates, communicating to the conscious mind you have adequate fuel, and diminishing the urgency to eat. On the other hand, if leptin levels decline, the same hunger center senses a decline in food, and activates and communicates to the conscious mind an increased urgency to eat.'

So far so good. But Woodhall pursues this idea and sates, 'Simply put, if you're not hungry, your leptin levels are elevated, and your body is using stored fat as energy. If physical hunger increases, and the urge to eat is felt, then leptin levels are dropping, fat is insufficiently fueling the body, and the need for food is higher.' There is so much more to the information that is condensed here. Woodall devotes a very highly scientific chapter addressed to physicians and nutritionists that is as solid as any in the literature. But then in the following chapter she simplifies the same information for the lay reader. This is not only intelligent, it is thoughtful - and it is an indicator of how committed to the idea of fighting the world obsession with eating and with then dieting Woodall is.

Woodhall's message is to end irrational eating. Or as she more eloquently puts it 'To make eating functional, allow yourself to eat what you want without judgment, and limit quantity, using the body's signal.' She is a solid thinker and a fine communicator. Her book deserves to be on the Top 10 list! Grady Harp, February 12

71 of 77 people found the following review helpful.

The first intelligent THERAPEUTIC GUIDE MANUAL for the HCG Protocol of "Saint" Simeons

By Ben Franklin

If you are planning the protocol, you want this book in your lap. It is worth the money. The hardcover book is printed with the finest plant-based ink on acid-free paper.

The author, Robin Phipps Woodall, is an intellectually curious personal trainer with a degree in exercise physiology. Many years ago, Woodall's sister, a registered dietician, had already been doing the protocol for a week, when she first told her sister, the author, about it. Although skeptical from the very start, Woodall soon approached the protocol with scientific scrutiny. She read "Pounds and Inches" and was very impressed.

According to her book, Woodall found a doctor willing to prescribe hCG, then found six willing participants among her exercise clients, and proceeded to accumulate physiological data from them, before and after the protocol, to measure the effects that the protocol had on them. She measured: cardiovascular endurance on a treadmill; blood pressure; resting heart rate; flexibility testing; push-up and sit-up endurance; bench-press strength; two different body-fat assessments, as well as circumference measurements.

This book is the first book that I could find that explicitly attempts to explain (with the latest understanding of metabolic functions) how the hcg protocol works. However, the book really excels in specifying how we can better prepare ourselves for success with the hcg protocol.

Woodall does not alter the original protocol, but goes further. She explains in the book, that she has personally guided hundreds of hcg protocol patients. So she seems to have picked up where Simeons left off, with his untimely death, shortly after he published the original manuscript of "Pounds and Inches." But, of course, Woodall also delves into the tremendous wealth of biological knowledge accumulated since Simeons wrote the protocol. She writes with conviction about what works and what doesn't, and how to focus on important details - pleasant addendums to the original protocol work of dear "Saint" Simeons - researched and developed in India and Rome, Italy at mid-20th century.

The other "HCG books" I have investigated or read, are a useless exercises in sensationalism and money-making. These other books have the potential to disrupt the endocrine balance and reduce the at-rest metabolism, of people reading them and following their advice. It is obvious that these authors and publishers are simply conspiring to profit from the sensational popularity caused by the sudden awareness of hcg protocol results (when done correctly.)

In the first half of Woodall's book, she explains her system of charting different forms of hunger, and identifies the dynamics of "emotional eating" which is useful therapy when doing the protocol. The book goes into the biochemistry of the current state of knowledge involving hormones, especially leptin, and how metabolism interacts with hormone balance (or imbalance.) The last part of the book is a bone fide supplement to the work of Dr. Simeons, with some time-tested advice that goes beyond the original manuscript.

If one is considering doing the protocol, I would recommend first reading "Pounds and Inches: A new approach to obesity" by A.T.W. Simeons (1967) before anything else, even before this book being reviewed. But Woodall's book must be the second book to read. Beyond that, books on paleo/low-carbohydrate diet would also be a good preparation, as would be an hCG "tracking" notebook/chart of some kind.

Before you start any kind of protocol involving injections, if there is no clinic (such as Woodall's in the Midwest, where she lives) you should look for a physician or nurse for consultation while doing the protocol, and of course, a physician that can write prescriptions in your State for hCG. If you can find a physician willing to participate in this therapeutic protocol, you may have to give yourself your own shots for economic reasons, that is, if you cannot afford a daily appointment for a physician or nurse. For self-education, I would recommend ordering a heavy-duty clinical nursing skills manual/textbook, the kind used in standard nursing courses, the latest edition usually retails for \$60-\$70. However, at certain times of the academic year, you can find "new" old stock of past print runs for \$10 or \$15. (These are even better than the latest printing, as most of the toxic vapors of petro-based ink have gassed-off.) Learn the chapters/sections on injection procedures, and all the chapters/sections about mixing/calibrating dosages you can find, before beginning.

A beam scale (a "doctor's office" scale) is a lifelong family investment. A Detecto brand with a height

measure, was available on Amazon for around \$150 when I bought ours. I call it the "truth machine." Try to find an old-style cloth tape measure, or a new professional tape measure that's flexible and doesn't stretch. Most I've seen are cheap vinyl that stretch and gets curly.

It is important to remember that a diet too high in carbohydrates is a strong component in how the body develops a disposition towards an obesity condition (acquiring "abnormal" fat that accumulates, but won't burn off.) Processed foods, high fructose corn syrup, MSG, trans fats (hydrogenated/partially hydrogenated oils) etc. are all suspect, contributing to the development of an obesity condition. They give the body the wrong messages it needs to metabolize/store calories properly.

In our family, my wife and I have switched traditional roles. I am the homemaker with two children, a house-husband, as it were. I did research on weight-loss issues for my wife, who works a steady job, and too tired to do research herself, when she gets home. I am her personal trainer and life coach. While I myself never had an obesity problem, I have had many digestive conditions, the worst of which is yeast overgrowth syndrome, which I struggled twice, for several years, to reverse. I developed a severe chemical sensitivity (MCS) problem starting mildly in 1998, but progressed rapidly to severe over the following few years. This causes spontaneous bouts of migraine pain, everyday. I wear a "painters" mask in public. While not "cured" of either problem, I have been able to adjust my diet and lifestyle to live relatively comfortable with a minimum of pain. I keep a mask handy in the house, and don't leave home without it. It is a 3M 8577, which I buy by the box or case from the local Airgas supply store.

From the research of my own health challenges, I have realized that many petro-chemical synthetics are also entering our bodies directly through respiratory system, which dumps it into our bloodstream, and then throughout our bodies. This is clearly demonstrated by the common fact that people who inhale tobacco vapors get addicted to nicotine. The obvious conclusion is that hormone/metabolism balance can be disrupted by common everyday "toxic" vapors getting into the blood through inhalation, as nicotine does with smoking.

Most fragrances since the 1970s are petroleum industry by-products. Other toxic synthetic vapors come from cleaners; pesticides, herbicides, electronic insulating plastics; vinyl; car and truck pollutants; Pesticides and fungicides from imported products in retail stores (overseas shipping containers must be treated for bugs and mold, etc.) The list goes on.

It is a scientific fact that there are proven endocrine disruptors everywhere. Most people are exposed to these on a daily basis without realizing it. I have a doctor for much chemical sensitivity diagnosis and consultation. He is an MD allergist, who belongs to many associations, has several certifications, and has had a professional interest in severe human chemical sensitivity conditions, since the 1960s. I found him through the American Academy of Environmental Medicine doctor referral, years ago. He recently suggested I read a book called, "Clean, Green, and Lean: Get Rid of the Toxins That Make You Fat" by Walter Crinnion. About \$17 for hardcover.

My wife has done a 23-day course of homeopathic hCG (recommended by a primary physician) with mixed results. The first week was good, but results after that was spotty, possibly even reverting to starvation mode near the end (not good.) She is only 4'9" and did lose 10 pounds (from 113 to 103) and managed to only gain one pound since, eating only when hungry. But we now question if this was healthy weight loss, because the gut and a few other places were not impacted much at all. I am not sure if she lost much of the bad fat. We are going to use a tape measure next time. Woodall notes the importance of two or three days of "bulking up" before the protocol. This is important for the endocrine shift needed for the protocol, but "bulking up" also restores some of the healthy fat, muscle, etc. lost from past "dieting," and futile attempts to lose the bad fat.

Woodall notes in her book, that homeopathic is less reliable than injections. This may be true. I no longer recommend homeopathic hcg to anyone. We are still unsure how much of this loss was good fat (which we did not intend to lose) because virtually all of the bad "obesity" fat is still there.

The MD doctor who originally recommended homeopathic hCG to us got "cold feet" and no longer recommends ANY form of hCG use for bad fat weight loss (obesity syndrome.) There have been memos from FDA and FTC floating around the hCG circuit, warning of legal action, fines, etc. if doctors promote homeopathic hCG for weight loss. The memos reportedly state there are "false claims" about weight-loss, but also states worries about malnutrition occurring from the 500-calorie diet. I don't have any solid information link for how the FDA tested it, or how they did, or did not, test it.

"Real" hCG (not homeopathic) supposedly can be legally purchased on the web from overseas pharmacies without a prescription, but cannot be resold in the U.S.

Some feedback on this would be appreciated. I only know what the vendors on the web are telling me. Here's what I have read on internet vendor sites:

It is legal to personally import (without a prescription) some prescription pharmaceuticals (hCG among them) by internet mail order from overseas.

The imported drugs cannot be legally resold in the U.S. (by the internet purchaser) but must be intended only for personal use.

We tried this and found it quite interesting. Everything seemed legitimate and our sample, after mixing, tested moderately positive for hCG, using an hCG pregnancy test stick. We were aiming for a 125 IU dose, but might have left something in the mixing vile, undissolved.

However, buying drugs mail order overseas drugs gave us the "creeps." So you may want to follow the advice Woodall gives us on her website, to find a local MD or DO that is willing to write an "off label" prescription. On Woodall's one of Woodall's website pages she says, "You can get a prescription of hCG 'off label' from a doctor if they know what the protocol is and are willing to perscribe it for weight loss."

It should not be very expensive. Pharmaceutical hCG is usually legally used in fertility therapy, for men and women in one large mega-doses (10 to 30 times greater than the hCG protocol daily dosages.) It is not considered harmful or dangerous by regulators, as a fertility enhancer, even at those mega-dosages.

As far as I know, the current web hCG comes in powder form that must be mixed with bacteriostatic water. The dry powder has a shelf life of 3 years, but once it is mixed it starts to degrade, must be refrigerated, and must be used within 30 days. Mixing for injections, and instructions for subcutaneous injections are all over the internet - from the hCG kit vendors. We got the one 5,000 IU bottle from an internet vendor (because 5,000 IU seemed most economical) but in retrospect, I've found it makes more sense to mix three 2,000 IU bottles with the bacteriostatic water. It would be easier to dose, and it would be fresher to use, as well.

A word about concentrations of hCG in solution: When calibrating dosages for mixing, bear in mind that smaller, more concentrated dosages are much easier to inject subcutaneously, than larger, more diluted mixtures. For some, the advantage of a more concentrated hCG solutions is easier, less uncomfortable, less traumatic injections. (i.e.: For people who develop skin reactions to injections like bruising, redness, etc.) this is very important. The advantage of bigger shots (of more dilute dosages) is obviously greater dosage precision.

My wife hopes to try Simeons' original subcutaneous ("skin") injections, doing the protocol, starting with 125 IU doses of hCG (not homeopathic.) My wife is hoping to lose about ten pounds (or more) of the most persistent belly, side torso, and back fat, that has plagued her worse and worse, for 20 years. If she loses her 10 pounds or so, of bad fat, she may well end up weighing about the same (or not losing much overall weight) but hopefully will have lost all of her "bad" fat, while restoring some normal, healthy fat. Read "The Emaciated Lady" on page 20 of "Pounds and Inches" (the original Simeons Protocol) to better understand this kind of obesity disorder and how Simeons used the hCG protocol to reshape this woman, and "reset" her kind of metabolic accumulation of bad fat.

It is fine to be a few pounds overweight with normal healthy fat, the kind that comes off with normal diet and exercise. But, if most of your remaining fat is abnormal, that should come off.

Losing all our abnormal fat once-and-for-all can also be a good body "detox" as well, since the so-called "persistent" man-made compounds in the environment, especially compounds such as DDT, PCBs, PBDE & DecaBDE fire retardants, etc. which tend to accumulate in fat tissue of all species, and stay there until there is no fat to harbor it. When released from fat, not sure if it breaks down and/or simply leaves the body through the bloodstream, but may redistribute itself, if it is not broken down and excreted. In preparation for our protocol, my wife and I have been doing Dr Mercola's Chlorella, and Milk Thistle, in various dosages. Theoretically, the Chlorella releases the toxins into the blood, and the Milk Thistle helps the liver break them down and excrete them.

I will edit this review to update my wife's progress if we ever get around to doing her hCG shots. It may be a while. Keep checking this review - "stay tuned".

My wife is partially vegetarian. She only eats true fish (not shellfish) and chicken, for meat, so I calculated 100 gram counts for chicken and the fish which she eats.

Here is something we put together. These calorie counts may **MAY BE HELPFUL TO SOME READERS TO COPY/PASTE** into their records, if intending to do the protocol:

FOOD ITEM CALORIES

Lean fish and chicken, with all fat and skin removed, if any

raw, calories per 100 grams(3.6 ounces)

cooked, calories per 85 grams (2.9 ounces)

CHICKEN (lean breast) 170 calories for 100 grams (3.6 ounces)

FLOUNDER 119 calories for 100 grams (3.6 ounces)

HADDOCK 114 calories for 100 grams (3.6 ounces)

HALIBUT 143 calories for 100 grams (3.6 ounces)

SHRIMP 247 calories for 100 grams (3.6 ounces)

TUNA 187 calories for 100 grams (3.6 ounces)

WHITE FISH 103 calories for 100 grams (3.6 ounces)

FOOD ITEM CALORIES for SPECIFIED PORTIONS

ASPARAGUS 25 calories for 1/2 cup, boiled
BEET-GREENS 8 calories per ounce
CABBAGE 15 calories for 1/2 cup, boiled
CELERY 10 calories for 1/2 cup, for raw-diced
CHARD 35 calories for 1 cup
CUCUMBER 20 calories for 5-ounce weight
FENNEL 27 calories per 1 cup, for raw-sliced
GREEN SALAD 35 calories for 1 and a half cups
ONION 30 calories for 1/2 cup, for chopped-cooked
SPINACH 40 calories for 1 cup, boiled
TOMATO 25 calories for 4 ounces-weight

GRAPEFRUIT 10 calories per ounce-weight
ORANGE 15 calories per ounce-weight
LEMON 12 calories for Juice of 1 lemon, raw-fresh

MILK 4 calories per Tablespoon

RICE CRACKER AND RICE CAKE EQUIVALENTS FOR BREADSTICKS AND MELBA TOAST

RICE CRACKERS

Rice Crackers are SESMARK rice thins (3.5 oz. Package)
20 calories for 3 Rice Crackers
3 Rice Crackers = 1 breadstick
1 Rice Cracker = 1 melba toast

RICE CAKE

Rice Cakes are KOYO organic plain rice cakes
20 calories for 1/2 Rice Cake
1/2 Rice Cake = 1 breadstick
1/3 Rice Cake = 1 melba toast
1 Rice Cake = 3 melba toast

See all 166 customer reviews...

WEIGHT-LOSS APOCALYPSE: EMOTIONAL EATING REHAB THROUGH THE HCG PROTOCOL BY ROBIN PHIPPS WOODALL PDF

Be the first who are reading this **Weight-Loss Apocalypse: Emotional Eating Rehab Through The HCG Protocol By Robin Phipps Woodall** Based upon some factors, reading this e-book will certainly supply more perks. Even you have to review it detailed, page by web page, you can finish it whenever as well as wherever you have time. Again, this on the internet e-book **Weight-Loss Apocalypse: Emotional Eating Rehab Through The HCG Protocol By Robin Phipps Woodall** will offer you easy of reading time and task. It also provides the encounter that is budget-friendly to get to as well as acquire considerably for far better life.

Based on the **Weight-Loss Apocalypse: Emotional Eating Rehab Through The HCG Protocol By Robin Phipps Woodall** details that we provide, you could not be so baffled to be below as well as to be member. Get now the soft file of this book **Weight-Loss Apocalypse: Emotional Eating Rehab Through The HCG Protocol By Robin Phipps Woodall** and also wait to be all yours. You saving could lead you to evoke the convenience of you in reading this book **Weight-Loss Apocalypse: Emotional Eating Rehab Through The HCG Protocol By Robin Phipps Woodall** Even this is forms of soft data. You could truly make better opportunity to get this **Weight-Loss Apocalypse: Emotional Eating Rehab Through The HCG Protocol By Robin Phipps Woodall** as the recommended book to review.