



1911 Mountain View Lane, Suite 200  
Forest Grove, OR 97116  
Ph (503) 357-3074  
Fax (503) 357-2527  
[www.inhealthclinic.com](http://www.inhealthclinic.com) / [dr.crystal@inhealthclinic.com](mailto:dr.crystal@inhealthclinic.com)

Congratulations! You are about to begin the last diet you will ever have to do. Doesn't that feel great? Homeopathic HCG is a safe, effective way to reduce stubborn body fat and the diet is a great start to a healthier new lifestyle. I applaud your decision to improve your health, but let's make sure that this diet is the right choice for you.

The homeopathic HCG diet is NOT for people who are not truly overweight. If you are trying to lose weight below a level that is healthy for you, I will not put you on this diet. The diet is not for people who cannot be self-disciplined. This diet is very restrictive and requires daily weigh ins, precise measuring of portions, and a great deal of self-control. It requires this discipline for a minimum of *9 weeks*. Not finishing the entire protocol can lead to an unhealthy yo-yo diet scenario. If you are not willing to work through your cravings and stick to the plan for that length of time, this diet is not for you. If you are on multiple medications and/or are diabetic and on insulin, I will most likely not put you on this diet.

If you are overweight and committed to establishing a healthier lifestyle, then the homeopathic HCG diet is the right diet for you. This diet is both the easiest and hardest diet to do: what you can eat is simple, breaking habits and cravings can be very challenging. Through the course of this diet, you will eat clean, healthy foods and reset your weight and metabolism. After the initial very low calorie portion of the diet, you will be eating healthy foods in healthy quantities to help your body adjust to its new size.

This diet is most successful when you have good support. To help you succeed, I have created a package that includes screening lab work, your homeopathic HCG spray, 5 office visits strategically placed through the course of the diet, and unlimited email support. An initial screening visit will help us determine if the diet is right for you. At this appointment, we weigh you in and take measurements and answer any questions you have. We will schedule fasting bloodwork to make sure your body is healthy enough to complete the protocol. When your labs come back, we will have our second appointment where we explain the diet and you receive your homeopathic HCG. We will meet again after the first week of your diet, at the transition from Phase 2 to Phase 3 and at the transition from Phase 3 to Phase 4. I will be available by email throughout the diet to answer questions and provide support.

I'm looking forward to helping you become a slimmer, healthier you!

Yours in health,

*Crystal Hannan, ND*