



Plateau Breakers

- Increase water intake to 2-3 quarts per day.
- Try increasing your protein by .5 ounces.
- Eat 6 apples only throughout one day
- Cut American beef down or out
- Check all condiments for any form of sugar. 'Garlic Salt' may list sugar as an ingredient. Any seasoning salt or seasoning product must be carefully checked.
- Stop mixing vegetables
- Don't eat breadsticks
- Make sure there are no additives in chicken or any other protein source. Many times these are injected with some form of sugar even in the grocery store.
- For Women, your cycle may be coming in to play. Review Dr. Simeons' manuscript.
- Have you changes or started one or more medications? The change may just cause a few days delay as your body adjusts, but you may want to consult with your physician to possibly change again or go back to the previous medication if the plateau continues and all plateau breaking methods fail.
- Review the manuscript for serious plateaus (5 days or longer). While the manuscript reports 'apple days' as purely psychological, many participants report a loss of 2 pounds the day after an apple day.
- Consider adding a brisk walk, some yoga, or any type of 15 minute activities to your day a few times a week. Anything that raises the heart rate throughout the day. The activity increases your metabolism and may increase your rate of loss. Exercise is barely mentioned in the protocol. Our interpretation is that exercise is good for everyone; however, it is simply not required to successfully lose weight to this protocol. That being said, we have observed participants who have a physically active job, such as a waitress, where the participants seemed to maintain a slightly higher daily average weight loss than those who did absolutely no physical activity.
- Make sure you are getting enough sleep. More than a few participants have reported being up late and getting up early and the scale reflecting little to no weight loss. However, simply weighing again an hour or so later (without eating or drinking anything) reveals a drop on the scale of up to 2 pounds. That suggests that routine and adequate sleep can affect what the scale registers. While this probably doesn't actually affect the rate of loss, it can cause discouragement and, therefore, routine and exceptions such as being 'up late and getting up early' should be kept in mind.
- Try including 2 TBSP of Apple Cider Vinegar (ACV) to your daily regimen. Take the ACV diluted with water. Many resources claim extensive benefits, particularly increased weight loss.
- Consider going off the drops for a longer period of time. Especially if you cheated throughout the program. This will release the excess HCG stored in your body.