

The HCG Diet Reviews – Episode 9!

TRANSCRIPT FROM THE INTERVIEW:

Chica: Hey guys, HCG Chica. Welcome to episode 9 now of interviews of everyday people on the hCG diet. I can't believe I'm on episode 9 already. I have a special treat for you guys today. I've found a man to interview. I've been searching high and low for this, to be honest. I know there is a lot of men out there who do the HCG diet, but I think they're hiding, they're little difficult to find, and one person I have found is Nathan. He has agreed to be interviewed today. And I think that this is really good, because men tend to have different concerns when considering the HCG diet than women do, that's kind of what I've observed. So, I'm hoping by interviewing men like Nathan that can give them an idea what to expect and if it's a good idea for them. So, also if you want to find Nathan, he's often on the HCG diet forum. Beneath, you know that all you have to do is put HCG diet forum and Google will also put a link to it right here, and in the description below. It's a wonderful forum for giving advice and you can also personal message Nathan through there if you have any questions, or concerns, but he also pulse on there frequently as well. Thanks for being with me today Nathan.

Nathan: Welcome.

Chica: Let's just get into it. Tell me how much weight you've lost with human chorionic gonadotropin, overall, basic statistics?

Nathan: Sure. I don't remember exact dates and everything, but I started out, in 6 months I've lost 110 pounds and it was something when I pushed towards, I didn't think it's possible. But after I lost 40 pounds in the first, my first round, I was like, wow I could do this. I just felt so good about it, I felt so positive that I can do something. When I'm closer to my 6 months, I'm like, I'm going to do this, I'm going to hit 100, and I hit 100, I'm like I got a couple more days, I'm going to get it one more time, I hit one more apple day before I got my last weighing, 110 pounds.

Chica: That is amazing. So, what was your starting weight then?

Nathan: I think it was 345.

Chica: So, you were quite heavy then?

Nathan: Yes, I was a big boy, I'm 6'6.

Chica: Oh right, you're really tall.

Nathan: Yes, so it's everywhere, it looked like I was stung by a lot of bees, you can look on some of my pictures. That's definitely like, it was like stage or class 2 obese, when you look at, like, be on my level. That was pretty

scary, there was a lot of, I had a lot of physical problems, I was on a lot of medication that was dealing with the reasons while I was having problems because of my weight. And it was a little difficult, I was taking medicine because of the medicine I was taking. A lot of junk like that. But I actually started losing weight before that, but not very much, I was 360, and then with HCG it was 110.

Chica: Wow, that's fantastic. So, you started at 345 and then you ended around...

Nathan: I think it was 225, 215, something like that. (hcgchica note: I love how a 10 lb possible difference is nothing to a guy...)

Chica: And tell me too, how your waist size, your pants size changed, you had talked about this.

Nathan: Yes, I was huge, I didn't realize how much it was, I looked back up on one of my forums, 54 inch waist with 36.

Chica: Crazy.

Nathan: It's real fun, because I'm looking at them, that's not even, that can't be the case that I found my fat pants. That was me, I went from XXXL from shirt down to medium. If it's a good day and Large was with I usually go with anymore. So, it's definitely changed my work, and I am wearing stuff that's now big on me, that I kept from about 5, or 6 years ago when I was about 250, 270 at that time. I lost this weight in some time.

Chica: That's crazy. Now had you done many diets in the past, a lot of men aren't into dieting much at all.

Nathan: No, the only one I've ever tried before was master cleanse lemonade diet, where you take lemon juice, water, cayenne pepper and grey bee maple syrup and it's just fast, you know, you just take that, the only thing all day long. Do that for 10 days. That's extent, I only did that for cleanse not for diet purposes, I wasn't keeping track of my weight or anything.

Chica: Yes, this is technically kind of the first real diet that you did with plans to lose a bunch of weight and everything. So, you mentioned that you do some pretty physical work at times, which you have to continue doing when you're on 500 calorie diet with HCG. Did you feel weaker during, or after, or how did that affect you?

Nathan: Well, one of the first things I've said when I started this diet was my health is the most important. So, there is not a diet out there that I'm going to flip my health at second, compared to losing weight. My mom's a nurse, I was an EMT for 8 years, my family has a health background, so I asked my mom to take a look after me, make sure that I'm not thinking, just about losing weight, but about my health. So, that being said, when I started do more work, and I was in P 2, I really watched how I was doing. The only times that I had real bad problems was when I missed, or skipped the lunch. And when that happened the way I cheated was, I ended up going with, I would take a handful, sugar-free Hershey chips, and a big spoon, the natural peanut butter. That's it. And then water, and I would

rest for about half hour, and after that hit my system, because there is no really added sugar to it, even though it's like the fake sugar, or whatever it is. The only thing I did, and I would say hydrated as much as possible, and not missing my HCG dosage, eat anything I could. I add my strawberries, my apples.

Chica: So, for the most part you could do the 500 calories as long as you did eat at the proper times, like when you needed it?

Nathan: Yes, when I needed it, if I feel down, like I said, health first. If I felt that I was starting to get to a point where, because when you start to exercise and do more, your body needs more energy. And because of that you will actually stop losing weight. I hope everybody got that idea when they go on HCG. Like I don't have to work, I mean, I can workout all at one, eat nothing, I lose weight. That doesn't happen, you know. You find out you actually start gaining weight. So I was wondered to make sure I had enough food, I may add another apple to what I was doing. You know, more water, portion size may increase, but as far as 500 calories I would say I was within 250 calories through a day, or throughout the week.

Chica: Cool. So, sometimes you added step in, and obviously that worked up totally fine, because you lost a lot of weight. and often times I agree it's better to do that, to go with your physical needs and your hunger, because like you said, otherwise your body seems to start holding on to stuff. If you stress your body out too much, so that's a good point. What was the most challenging part of the HCG for you, the different phases, what was more challenging for you?

Nathan: I would have to say nights, because I didn't realize till I first started, I was like oh, man, I have no self-control, I eat all the time and then I go on this diet, I'm like oh, I stick to it, and I was good during the day, and at nighttime like wait a minute, this is usually when I have my 4 hot-dogs, or my popcorn, or my pizza, and I'm thinking I can't have that, you know. Still I have a plans throughout the day, I have my frozen strawberries at night time, I drink, make my own tea, whatever I got to do, because at night time is when I really got hungry, and I did a lot of my eating before, which I didn't know that's when I did it, till I started on a protocol.

Chica: Yes, interesting.

Nathan: Yes, throughout the day, it's not quite the same. You eat what everybody else, now you buy yourself, you're chilling out, you're stressed from a day, everybody wants to eat.

Chica: I think you're right, I think that's a common feeling, I think I noticed the same thing when I first went on it, that it is the night time thing, and usually during the day you're busy doing stuff, and the day flies by, and yeah, you're right, so true. That was hard for you. Now, we talked before you also have mentioned that phase 2 in general, maybe because it was structured was easier for you then phase 3 at first. Tell me your experience with phase 3.

Nathan: It is, I mean it is still easier. Right now I'm on stage 3, and I just, I'm struggling every day to figure out what to eat, because stage 2, you know, here is the list that said, that's all I can have. OK, so, all right, I'm going to have fish, that's all I've got.

Chica: Yes, close your eyes and pick one.

Nathan: Exactly. And that's pretty funny, because when I'm on stage 2 I'm thinking oh, I got enough food here. And it's, I do, but then stage 3 comes along, I am like, I can eat whatever I want, that doesn't have sugar, or any type of starch, or flour, or whey. Then I start looking, I'm like wait a minute, everything has sugar in it, everything. I find like one bacon that doesn't have sugar, block cheese does not have any type of corn starch because with the shredded cheese it will have, keep it separate and has corn starch, or some sort of a starch. So, I started, you know, I would have to get like a cookie cut dinner plan, or a lunch plan, or breakfast plan. That way I didn't have to think about it, or unless it stress me out and I just start looking for something to eat. Definitely it's a lot easier to stick with the stage 2, phase 3, it's always a struggle every time I do it.

Chica: Yes, almost like having more choices is more overwhelming, and like you said, a lot of convenience food, like a shredded cheese that could be quick, yeah, you're like man, has these starches, and it is good to be really careful in phase 3. You can get away with that stuff on phase 4, because you can add the starches, but yeah, it just requires more preparation like you said.

Nathan: Yeah. For right now, my breakfast, I'm just in the rush or whatever is 4 eggs, jalapenos and cheese. A piece of sharp cheddar, or whatever and coffee. You know, I can't think about anything else, I'm like what would I go eat. It's easy, it's quick, I got it, but, yes, truly, if you're struggling with it, you know shout out to you, because it's hard.

Chica: Yes, it's a good point. A lot of men who can consider HCG diet, or any diet really aren't concerned about losing strength. I hear about this a lot. Most men would rather be overweight and strong, then thinner, but lose muscle, from the men I talked to. So, were there any indicators for you that you lost strength, or had weakness when you were done with the diet?

Nathan: Zero. I went from no activity when I was on p2, to full physical work when I went on P 3. And, I've, even as a teenager I've never been this fit. Maybe because I lost so much weight, I wasn't carrying that around, so it's like, the muscles maybe if there was some sort of fatigue, I didn't noticed it, I went from when I was a teenager, I couldn't even do one mile run. Now, when I first started out I was doing 45 min, 5 miles and something like that, when I've never done it before. So, it just from that state of point I didn't feel like I lost any strength, I can't say gain strength, but it was just there when I needed it.

Chica: That's amazing, that's good to hear. You know, usually gain strength from HCG, because you're not actually working out, but you lost so much fat that now the muscle you do have can do so much more, because there is so much less weighing on it.

Nathan: Right. When I thought about a 110 pounds I was like, how much could I put that in terms as, you go to like some hardware store, you pick up a huge 5 gallon container of paint, primer, or something like that. It's one of those is 55 lbs. I've lost 2 of those.

Chica: Two of those, man.

Nathan: Yes, how many people can carry those around? So, after all that I was gone, my muscles and everything were still there carrying that junk around. I mean I just didn't feel like I was lack in anything. Did I lose muscle mass? I didn't measure it, some people say they do, did I lose strength, I don't feel like I lost any strength.

Chica: Kind of from what I've observed, it seems you really only lose like, whatever, basically you're going to keep what your body needs. Kind of what I've seen, because when you are heavy you do need more muscle to carry all the fat, you know. So, it makes sense you would lose some, but the point is is that for your height, well you're really tall, so you need more, but yes, it seems your body retains what it needs and then it's actually from what I've seen men really lose very little muscle on a diet from what I've seen, because they have more testosterone. Women seems to lose a little more, but I was able to gain mine back like that, almost with no effort. So, interesting. Just tell me what some of the differences are in your life, like how it's changed when you were 345 pounds vs. 220 something. What are some of the differences?

Nathan: Well, they are really comical, because you don't think about it till afterwards, I haven't broken any toilet seats in a while, it's something you probably don't think about, I hope not, but GERD, acid reflux really bad where I would wake up choking, like it was really bad, I couldn't even breathe, I would choke. It was bad enough where I had problems, where I had to sit up and sleep at night time. I had, when you go barefooted, you don't feel everything like my parents farm, they have grabble and walking around with 345 pounds compared to 230, you know, your feet don't hurt, probably the dumbest thing ever.

Chica: Just like simple things in life, you can do without been super uncomfortable, or breaking something, haha.

Nathan: I stop wheezing so much. Gees, there is so many different things, I did actually write down some, because I don't remember all these numbers. It started up with my cholesterol was at 249, I guess normal is like 199, triglycerides, I was at 398, normal is 199, then like LDL, I was at 131, explicitly 121, and after that it was sub normal, I was actually above better than normal.

Chica: Good health.

Nathan: I don't remember all those numbers either, but I have them on the forum on the one of my posts.

Chica: Got you, but it really did change that much after losing weight.

Nathan: Huge. I mean, so much so that my doctor, I've never seen him not talk so much, I guess I can say he was speechless. You were on what again, you took what, because I asked him

before I even started about it, and he is one, we did the blood work just in case, you know. He was extremely surprised.

Chica: Because it was like 6 months later, only 6 months later. I think that's the most shocking thing, is when you see someone and 6 months later there is like a half of them almost.

Nathan: I actually saw him 3 months in, and then another 3 after 6 months I was done. So, there was in between period where even that 3 months I dropped down to normal. I wasn't at normal weight, I was probably almost 80 pounds down, something like that. But still I was, my insides were feeling better, I was doing better with that.

Chica: That's really cool. And I think it's true, I heard that as well, just losing the initial chunk of weight for a lot of people is what's going to make a huge difference in those baseline levels of cholesterol, blood pressure, you not necessarily have to be, you know, most fit ever in order to get healthy. So, just even get that first chunk off, get it off.

Nathan: It's huge, huge, because when I found, when I tried to workout, I couldn't do it, I couldn't do anything. I mean, I would try to workout, I was sweat just walking into the gym. So, it was very hard to do any type of strength, or cardio, after losing all that weight it was easier for my body to move, do things, so was easier to actually maintain my weight, whether you know, so I wasn't carrying this much around with me. Things were easier that way.

Chica: Yes, for sure. I think a lot of people do that, you know, with HCG works well to get off of initial bulk of fat, and then when you start working out you really are able to do more. Awesome.

Nathan: Hey, I just thought of something too, I had a guy who broke probably one time and he said something about my body chemicals changing, that after doing HCG your body doesn't take certain foods, or can't do this, or like the you have a lot of problems afterwards. I actually found out, I actually had some of that problems, where I started to eat normal again, like in P 4, and I started to have really bad gerd and some irritable bowel syndrome, something like that. And what it actually was is I think I have some gluten issues anyways and been away from those foods that I'm sensitive to, which I didn't know I'm sensitive to, my body got used to it. That's part of what weight loss is, it's inflammation. When I started back, even food which was pizza, that was my problem, I have pizza. The next morning I was paying for, I love that pizza. So, after a while my body got used to those glutes and all these other things I maybe am allergic to, and I've part of the weight I gain back is inflammation, but my body didn't react the same way. So, if you have like some reaction when you're going back on P 3, or P 2, rather P 4, that's what it is. I mean, if you want to go back to eat some of those food, just know you're going to have to go through it. If not, I mean, some people go back to gluten free and they're happy with where they are.

Chica: Yes, I know, I'm glad you brought that up, because that's true. Some people think that's actually changing, the diet is changing. Yeah, their reaction, but it's not, like you said, it's undiscovered sensitivities. I had the exact same experience, and I am gluten free now because of HCG helping me realized that I'm very allergic to. You know,

like you said, sometimes you can't actually force your body to accept it again. For me, I've realized it's better for my health, but like dairy is one thing that I can tell my body doesn't really love, but it's not bad enough for me to give it up. So, I can still kind of manage to eat it, but it takes a while to adjust, so. But I think that's a good point, because it is something for those who maybe have ill health, it can actually help you figure out what your body doesn't do well with, and then you can remove it, and have better long term health.

Nathan: Like in, even with P 2 and P 3 when you start to notice that you don't lose that pound a day, what I would do is, I might go, what did I eat yesterday, because it's such a sensitive diet. If I don't lose a half pound, or pound of a body weight, you start with. Then you start thinking where am I going wrong, because you really do see a pattern after a while. Then I started, OK, what did I eat yesterday, then I take that out, I'm like OK, I did good. P 3 is the same, exact way, I had to start taking a journal, because I started to having, I would gain weight, I had to do a stake down, what did I eat yesterday. By finding out, by doing that, I actually found out what I'm sensitive to, and I would be surprised, eat them, I'm going to have some weight issues the next day.

Chica: Yes, that's good. So, journaling kind of helped you to figure those things out.

Nathan: I was lost. What I'm going to eat, you know? So, I started figuring that out, writing down things, gain a lot weight off, that's what I would eat.

Chica: That's great. And I also want to mention, you know, you mentioned losing like a pound a day, I find in general that men really do lose about a pound a day. Women, they're kind of the majority doing the diet, and you know, we don't lose that much in general, but men really seem to, it's pretty amazing.

Nathan: I think I told you about, I'm trying to figure out this formula, because it depend on your age, your gender, like where you start, how much weight you start out with, it depends on how much you're going to lose, like if you are extremely overweight, you're going to lose a lot of weight in the beginning and it kind of slows down at the end and it becomes more difficult. Guys are about .8, pound a day, women from what I've found is .5 to .7, .8 a day. Definitely not to be discouraged about, because what other diet, that usually has woman really tried, they can say I'm losing a half a pound a day.

Chica: Right. And truly the ratio of fat loss is much higher. I do all that hydrostatic body fat testing and I mean the fat loss rate of it, how much of it is actual fat, not just water, you know, or muscle, so, it's definitely the best, yeah. So, how do you're doing in your phase 4. Is there a method that you just discovered for yourself where you can eat, you know, sometimes people wonder, I have to never eat sugar again, or never have bread again to maintain, how was that for you?

Nathan: Well, once I get P 3 down, how hard is it for me to incorporate that in P 4. Because, really, all that, it's after you've done your stabilization you're doing your maintenance. So, maintenance is just a modification on 3. Do I try to skip out on sugar, absolutely. I still do that. It's like, I would get the block cheese instead of the shredded, just because it's not going to have the glutens in it. I still buy the same bacon, because it doesn't have sugar in it. I'm still

buying the same type of stuff, not just because it maybe, because I like it, because it's also good for me, and it's not much more difficult. I've already done all that footwork during a P 3 to figure out what to eat.

Chica: Sure. Can you eat some carbs thought, maybe healthy carbs, what do you find that you can eat? I know the gluten is not good for you.

Nathan: Right.

Chica: Do you eat anything else, like brown rice stuff?

Nathan: Yeah, I do OK with, pretty much, to be honest, this is where the guy comes out of me, I just, you know... I know that, I've heard this before.

Chica: What are the carbs again? That's a true man speaking.

Nathan: The better answer was...

Chica: Never mind, strike that from the record.

Nathan: I've just eat it, and it looks good, and it doesn't have a bunch of stuff on it.

Chica: That's the perfect answer. So, you're not having to like feel restricted all the time basically?

Nathan: No. You know, the times in P 4 that I find that I gain weight is when I stopped measuring it every day, because I stopped thinking about it. So, I'm thinking, you know, I found, it's like OK, I've gained a few pounds, I've stopped weighing myself and then I gain another few pounds. I mean, you're going to gain some weight back anyways. I figured, usually ends up being about 20 percent of your gross loss, no, your net loss. So, you're going to gain some of that fat. No illusion about that. But, you know, when I ignored it, that's when I started to coming back, and I'm like holy cow, I gained 20 pounds, why is that, new suit I got. Then still, it doesn't, I haven't been able to wear it yet, my last, I don't know...

Chica: That's funny. If you were making recommendations, someone doing the protocol for the first time, what is some of the most important advice that you would give?

Nathan: Your first 2 weeks as strict as possible, because that's where your body gets into the groove. I've found that, I did 5, or 6 cycles. And if I had a good first 2 weeks, the rest of them were fine. In fact usually if I have my first 2 good weeks I was doing at least, you know, by the time I expected about 20 pounds off within the first 2 weeks. If that was a case, then the rest of time I can eat just a little bit more my portions, I could work a little harder without having to worry about going in the starvation, or stall mode. So, it's, the first 2 weeks don't think about cheating, the one thing I did I played a little mind game with myself, I would eat the most bland, nastiest P 2 food I could. So, I

would take a piece of steak, this ugly little thing with no fat on it, and I'd eat that. Til I got sick of it, and then once I've got passed that first 2 weeks I've started having salt and pepper, some jalapenos, or whatever I, I add these little things, like wow, this is the greatest diet ever. It's just like even though I was doing it.

Chica: That's a great tactic.

Nathan: Yes, you got to do something.

Chica: No, it's true, because I hear a lot of people complain that they're so sick of the diet, they're going to like a barf if they have another P 2 meal, you know. And that's a good way, just only add you think is necessary, then you'll be very happy.

Nathan: Yes. And I prepared a week in ahead, your proteins, you're more unlikely, you can cook ahead, except for your fishes, like a shrimp usually, maybe a shrimp the day before something. So, I would like, if there was beef, chicken, would prepare ahead of time, like cook it, grill it, whatever, put it in bags, I may freeze it, or leave it in the fridge, keep it cool. Vegetables, no more than a week, because those things go bad. But, nothing that frying them in coconut oil couldn't help.

Chica: Yes. So, the first couple of weeks you really tried to stick to your protocol, what you advice other to do. And then following that, what type of, we call it rogue in this diet plan, what type of things might you decide to try?

Nathan: I actually had the method to that too. So, it was my methods of, I remember one, poster put it as, it's not cheating, cheating is, has to do with your heart. It's protocol deviation. So, my protocol deviation was, first of all I would increase by portion size. So, if I needed to cheat, like I felt I really needed to eat, I would take something from P 2 and eat just a little bit. Or, I would mix instead of having one vegetable I'd add another vegetable the same time because you're not supposed to have that, or do the same twice, something like that. I always tried to stay with P 2. When it started to go little further than that, then I stick to P 3, no sugar, no gluten, and then I would eat something within that range, and then I would go to like a P 4 modification, and then if it didn't care one bit, you know, you're out with your friends, those pizza bagels look really good.

Chica: That's too funny. But, it's good. So, overall you did stick to that and you still add things in strategically, so that you can kind of see how it's affecting your weight loss?

Nathan: Yep.

Chica: That's good. I've actually had to eat different vegetable that are on the protocol, I did that my last around. I actually have done this food allergy test and it showed I was actually allergic to a lot of the foods, on dr. Simeon's list. I know, I was like, man, that list is already really small, so I did try a few different things, I tried mushrooms and they actually did well for me, they were perfectly fine, but like you said, there is a difference between cheating and

strategic deviations, things that you plan in advance to try, and then to see the results. So, I don't think there is anything wrong with that.

Nathan: You're going to have a party to go to, you know, what, you can stick close to P 2 as much as you can, and just know you're going to have an apple day. So, I mean, the thing about it is you can't beat yourself up over the diet, you have to, that's what the forum did for me, because I didn't have anybody else around me, anybody else thought I was crazy for doing something like that, I tried to lose weight, and they were like OK. But after that point, it's kind of like where I'm going to get this encouragement to keep going. It was from the forums. I mean I was on the forums all the time, trying to ask questions, try to figure out how to do this, how to stick with it, and just getting some feedback from other people, of what they did, that's what helped me the most.

Chica: That's good. So, is there any other advice as far as starting off for a new people on a diet, aside from that, sticking to protocol first couple of weeks?

Nathan: Support group, like me with the forum. Once you start to lose weight people are going to ask you questions. Can I help you to know a little bit more about it, and you can encourage other people. Have an apartment to do it with. Some of, actually 2 of the cycles I did I was doing it because someone else wanted to start and I knew it was going to be very difficult for them, so I was doing kind of the buddy system.

Chica: That's good.

Nathan: Unfortunately they dropped out, but I kept going, but still it was like, it's a same kind of feature, there is some people that may want to do it. I know my wife, she says she wants to try it out again. And I am more likely going to pick up P 2 again just to help her out, so you know, we all eat the same food.

Chica: It is helpful, when you can do it together. My parents have actually done it together. My husband and I, the first round we did together. It does help us, especially when it's your first time. Really helps, you know. And in the future of course it's a great too. I should mentioned one thing too, you mentioned that sometimes you make little cheats or blunders, and I think from what I've noticed men can get away with this more than women, I just want to say that. From what I've seen, men seem to be able to make fairly large mistakes and still lose or not gain much and for women, you know, I'm just warning the women out there, we're all doing mistakes, and you should just let it go when it happens, but don't think that you can without suffering consequences, because for us ladies, we just doesn't seem, you know, the weight comes back to bite us a lot easily. I just wanted to say that.

Nathan: I have an app in my phone that I use. They have it for Android and also for Apple. So, either one, just get it on your phone, it's like 5, or 6 bucks. Just a little check off, you can go along and they'll keep tracking your weight, and whatever. I mean, there is, I have found 2 different ones that I use, if you don't mind I'll just show you them.

Chica: Yes, for sure. I think I might have at least one of them pinned on my little Pinterest HCG diet tools page.

Nathan: Yes, see if it shows up there. See it at the bottom.

Chica: Yes, HCG.

Nathan: And other one I use is Libra. That's one I use for keeping track of my weight, because to me, I am very visual, this is my last one I've done.

Chica: Oh, awesome, that's on the Libra app.

Nathan: And it will actually help predict like how am I doing, compared to where I am going to be going, it takes them to counts and other little math things in there. Because I couldn't find anybody else to something without a whole bunch of ads.

Chica: Yes, that's such like a nice app. Very nice.

Nathan: So, I keep tracking both of them, so I can have. HCG 1 tells me when I have an apple day, steak day. It keeps tracks of dosages, if I've eaten every vegetable I need to everyday. How many glasses of water I need to drink, something like that.

Chica: Cool. You know, I would actually like to ask you, so you did homeopathic HCG and that's big, and also did you find, I mean, since you lost so much weight, did you find that you had to change your dosage along the way at all to stay not hungry, or you didn't, you were able to stay on the same?

Nathan: Yes, I just stayed across the board, 10 drops 3 times a day. 15 minutes after eating, or drinking, 15 minutes before eating and drinking, and left it under my sublingual for 5 minutes.

Chica: Cool. So, thank you so much Nathan for being with me today, I really appreciate your time. It just need to see that men can accomplish so much in short period of time, and you actually, in a sense you're stronger now, because you don't have all that weight on you anymore.

Nathan: I think, unfortunately guys are little, we take for granted that we can lose it, because I see a lot of guys, I've lost all this weight, there is actually one thread out there, The Men cave or something. It's all about the same stuff, it's like I've lost all this weight, but man, I'm gaining it back. So, I think it's, we take it for granted that we can lose it, because for the most part guys don't do diets, you know. So, we don't realize how hard it is to lose and keep it off. Whereas a lot of women, they try different diets, here and there, weight watchers, Atkins, whatever. And like goes off and comes back.

Chica: Yes. And it sounds like for you overall that you have made general long-term changes to your eating, even though you can still probably eat what you want, but you still have made, so not all men are mentally ready to do that, they're like.

Nathan: Yes. You know, I mean, really, you got to have your life and when you keep, you change that a little bit, and still be happy and not gain the weight, because mentally every time I eat I'm thinking OK, sugar and fat, sugar burns faster than fat. If I eat this much sugar that will burn and the fat get stored. If I cut out some of the sugar I'm gaining more fat. I'm cool with that, I mean it's a huge steak and potato, whatever, as long as there is no sugar, maybe I got the wrong idea, because I'm...

Chica: No, you're right, you're good.

Nathan: I don't have that extra ice cream, whatever, at the end I won't gain anything, because sugar is going to burn first.

Chica: Yes, and it's good to know what you can, I think sometimes if you think about, oh I'm not supposed to eat this, and then you just felt totally deprived, but like you said there is a lot that you can have, that is very, I love steak myself too, I mean I can have a big stake in a restaurant, and yeah, no problem. But like you...

Nathan: It's like my favorite was in pounds and inches, I think he actually says find the biggest stake and eat it. I'm thinking myself I don't think you have Walmart back there, because I'll take a roast. A three pound roast and I would eat that, I would narrow the tomato, I'm hungry. Unfortunately I do lose weight.

Chica: The whole 3 pounds, you'll eat it. Oh, wow, you are 6'6 and I'm like 5 feet, so. I have actually been known to eat whole pound of meat in this sitting. But yeah.

Nathan: Yes, take it easy.

Chica: I have, I have. I don't do that really much, but I have done that, but that's amazing. And you still lose weight after that.

Nathan: The next day I'm all right, like I just did that few days ago, it's like, 235, I mean it wasn't that 3 pound roast or anything, it was a nice, big guy about that thick, added the tomato with it, next day I lost 4 pounds.

Chica: Wow, that's amazing, that's great.

Nathan: It's water, that's what really was. Like the night before I probably had some salty peanuts and something else I wanted to hang some weight down, because there is no way I gained that much weight that quickly, without drinking water.

Chica: I think that's important for people to know, I think, I don't know if men do this or not, but women definitely do this where you see this scale go up, you kind of just assume it's fat, and there is nothing you can do about it, but you really, you can correct and because like you said, the majority of it is just water at first. So, if you make those corrections quickly you can keep things in the control.

Nathan: Yes, pounds and inches, it is the truth. Some days I'm walking, I'm like oh man, I lost a couple, and I'll get on the scale, what, salt, ??? like 3 times, average 3, or at least roaster. Some days it's like I lose all those weight, but I don't feel like I lost any inches, so it's back and forth and it really has to do with water and mass and just some all these little intricate things that happened to body to make it that way.

Chica: Thank you so much.