



Dear Doctor

I want to join the Skinny-World program and do the HCG Diet recommended on their website

Skinny-World is a web portal for members and practitioners specifically designed to aid doctors manage patients in real time. This simple, user-friendly program is packed with information about nutrition, health and weight loss.

Our goal is to empower people with knowledge so they can make better healthier choices, understand the relationship between food and health and achieve permanent healthy weight under the supervision of a licensed medical practitioner.

The HCG Diet must not be undertaken by any person who is or has:

- under 17 years of age
- not in sound health
- pregnant or breastfeeding
- testicular or prostate cancer
- breast cancer (in males)
- ovarian cancer
- vegan
- eating disorder

From Day 3 to the end of Phase 2 Stabilization (45 or 62 days) the HCG Dieter cannot take any medications that contain natural or artificial sugar, oil or alcohol. Oral contraceptives may be continued but it is suggested that HRT be discontinued.

HCG dieters are expected to lose up to 7 kg (15 lbs) on the 26 day program or up to 15 kg (34 lbs) on the 43 day program. Due to progressive weight loss, patients treated for hypertension and other conditions may need to reduce the dosage of their medication during the diet phase of the program and therefore should be monitored. As no fat is consumed in Phase 1 Weight Loss, patients on statins may be advised to stop medicating until after their new weight is established and a new baseline can be determined.

It is recommended that patients who have a medical condition schedule doctor review appointments every 2 weeks through Phase 1 Weight Loss.

Skinny-World Medical Support Team

What are you waiting for – Find the Skinny in YOU

www.skinny-world.com



Questions for your Doctor

1. Am I a suitable candidate for the HCG Diet program?
2. Are you willing to monitor my health and weight loss during the program?
3. If so, what email address can I use to invite you to share my Skinny File?

DOCTOR'S NAME AND EMAIL ADDRESS

4. What delivery mechanism for HCG do you prescribe?
(a) cream compound, (b) injection, (c) sublingual drops, (d) nasal spray.
Homeopathic drops and pellets are not recommended.
5. Can you guarantee the HCG is genuine?
6. What are the directions for use of my HCG?
7. What is the anticipated lead time for delivery of my HCG?
This needs to be taken into consideration when choosing the best day to start.

Recommended Next Steps

Establish your patient's baseline:

1. Weight
2. BMI
3. Waist-Hip-Ratio
4. Blood pressure
5. Blood and urine test
6. Medication review
7. Establish a schedule of appointments

- FBC
- ESR
- AST
- ALT
- Gamma GT
- Creatinine
- Uric acid
- Fasting glucose
- Total cholesterol
- LDL cholesterol
- HDL cholesterol
- Triglyceride
- TSHs
- FT4
- Urinalysis

Cancer markers – female

- CEA
- CA-125

Cancer markers – male

- CEA
- PSA
- AFP

For unique features and benefits of Skinny Practitioner Membership see www.skinny-world.com
OR Contact Us at doctor-support@skinny-world.com

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