

The Patch Protocol

TheSkinnyPatch

Weightloss Support



www.TheSkinnyPatch.com

The material (text, photos, graphics, etc.) contained on this publication is for informational purposes only. No material herein is intended to be a substitute for professional medical advice, diagnosis or treatment. Seek the advice of your doctor or other qualified health care provider.

The products discussed herein are homeopathic and are not regulated by the FDA or any other US organization. They are neither a food or drug and are not ingestible. The products referred to in this publication are transdermal devices.

©2021 TheSkinny Patch (dba Drafting Dan LLC)

www.TheSkinnyPatch.com

IntroductionPage 4

FAQPage 6

PatchesPage 9

ProtocolPage 16

ExperiencesPage 22

Nova Clinic Info Application InstructionsPage 28

Disclaimer and References.....Page 32

“Here’s What’s Standing Between You and the New Skinny You...”

If you want to know, then you need to read every word, because it could change your life...

There comes a time in every chronically overweight person’s life when he has to stand up and say, “enough is enough.” And that’s the day when you decide to change your life for the better by committing to losing weight.

I know what it’s like. Before I lost weight, I spent a lot of time just thinking about it. I purchased a lot of books on the topic. I tried every diet – including starvation!

Problem was, I really wasn’t serious about getting *healthy*. Oh sure, all the fitness magazines, diet recipe books and workout guides stacking up on my bookshelf and hard drive made it look like I was serious. All the charges on my credit card bill made me look pretty serious, too. But nothing seemed to work quickly enough. Nothing kept the weight off. I made a lot of mistakes and wasted a lot of time and money.

I had been told by my medical practitioner to lose weight or it was bariatric surgery for me. I feared going under the knife. Then, out of nowhere, I reconnected with an old friend who was probably 100 pounds lighter than the last time I saw her three months before. What was her secret? Could I do it, too?

I did it. In just one month, I went from 270 lbs to 245 lbs! So believe me when I say I know what it’s like to fear the consequences of extreme obesity. It wasn’t very long ago that I was struggling with morbid obesity. But once I discovered the secret of HCG, nothing could stop me. And now you too can learn these same secrets, without all the trial and error...

- *Contributed*

Announcing the Skinny Patch...

The Quick and Easy Way for You to Get Skinny, too!

Forget about injections. Don't worry about counting sublingual drops – or spilling them!. You'll never again have to deal with the mess again.



FAQ

Let's get some Frequently Asked Questions out of the way to ensure you'll be happy with your SkinnyPatch purchase

What patches are available?

We have the original Nova patch, rebranded as the SKinny Patch for distribution in the USA. Also distributed in the US is the Super Skinny Patch, and the Busy B's patch. These are the most popular formulations used to support weightloss in the USA.

Who is a good match for the Super Skinny Patch?

Many women over 40 prefer the Super Skinny Patch. Individuals with hypothyroidism or other autoimmune conditions have used this patch with success. Many people are deficient in magnesium and B12 and this patch supplies both. Both are absorbed well via the skin. Selenium is included as it increases metabolism. Valerian is known for aiding sleep and rest. There are appetite suppressants included in this patch. Many people lose weight with a simple low fat, low carb diet. More dramatic loss is had by many who use Dr. Simeon's protocol with this patch. This patch helps to rebuild collagen so that a person doesn't look gaunt after extreme weight loss. Many postmenopausal women lose collagen, as well. The Super Skinny Patch helps to naturally rebuild it. Men and Women use this patch to balance hormones.

What's the best way to lose weight with the Skinny Patch?

The Skinny Patch is our original formula, with many of the same ingredients as the super patch. It does not have magnesium. It does not contain the selenium or valerian. It does have an often used appetite suppressant and fat burner. Using the Skinny Patch with the protocol from Dr. Simeon's as found in

“Pounds and Inches” has proven to be a top way for individuals to quickly drop large amounts of weight. The recommended protocol is quite strict, so we add help with the appetite suppressant.

Can't I just use a *Very Low Calorie Diet* to lose weight?

It is not advised to use Dr. Simeon's protocol or any other *very low calorie* (VLC) diet without either of the 2 patches listed above. Both patches are designed to give your body a gift of nutrients to prompt the release of stored and unnecessary fat cells!

Additionally, it should be known that many individuals have used either of the above two patches **before and after weight loss surgery** to obtain the GREATEST benefit possible for their bariatric tool. Some have had such success that they have delayed their bariatric surgery or even cancelled it all together. If this is your situation, we suggest the Skinny Patch and the Busy B's patch before surgery and the SuperSkinny patch with the full B patch afterward.

Who should use the Busy B's patch?

Many dieters have depleted their B's and are deficient. They lose hair, get brittle nails, and have energy loss due to low calorie consumption. With steady use, the Busy B's patch replaces that loss.

Our Busy B's patch can be worn along with any of the other patches – or alone. **They support any diet or protocol by providing a hefty amount of the full range of B vitamins.** They can be cut in half if you are wearing another patch or if you are a mostly healthy individual who simply does not want the hassle of taking a B-complex pill (that often discolors urine and even changes in body odor.) Some B's are good for hair, skin and nails. Other B's are good for energy and still some others repair damaged nerves. See the ingredient list and benefits of each ingredient in the list below.

What are they made of?

We use medical grade silicone. There is no latex. They are allergen free and contain NO stimulants. These transdermal patches are slow-release 7-day patches with a variety of proprietary blends for various intents.

How should I store my patches?

It is best that the patches be stored at room temperature in an airtight container or bag. Each of our silicone patches are individually wrapped; however if a patch is cut in half, store in accord with the directions above. Each pack includes 4 individually wrapped patches.

Where are the Skinny Patches manufactured?

These patches are formulated and manufactured at Nova Clinic in Australia. Also known as Nova-Hart clinic. From the Australian site:

“The Nova Clinic has been in clinical practice since 1982. Our products are guaranteed full strength and superb quality.”

World Famous for Weight & Fat Loss - Our HCG homeopathic patch, The Nova Clinic Formula, is placed on any part of the body. The ingredients are progressively absorbed. It allows a person to use and live on more of their stored fat than on what they eat. It triggers the body to provide a constant flow of food received from the abnormal fat that your body is breaking down and using when on the protocol. Abnormal fat can accumulate around and on the belly, back, hips, buttocks, thighs, ankles, knees and upper arms. Our product targets and dissolves this bad fat.

That means burning 3500 to 4000 calories of stored abnormal fat and losing 1/2 to 2 pounds (1/4-1 kilo) a day.”

The information provided here is not intended to replace consultation or advice received by qualified health professionals regarding your specific situation nor is it to be taken as medical advice or diagnosis.

TheSkinnyPatch

Weightloss Support Patches

INGREDIENTS

All Ingredients are The Nova Homeopathic Skin-Patch Proprietary Blends



Skinny Patch:

Acetyl L-Carnitine – fat burner, stimulates energy, motivation and alertness.

Brussel sprouts & Asparagus – natural appetite suppressant.

Calcarea Carbonica – targets flabby fat as on thighs and buttock areas.

Colloidal minerals from Humic shale – 72 organic minerals and plant nutrients – balances blood sugar, boosts metabolism, breaks down body fat, builds muscle and helps with vitality.

Focus ves Amino Acid complex – a fat burner.

Folic Acid – increases the metabolic rate and is used for energy, burns more fat and increases weight loss.

Ginger & Turmeric – Balances high cholesterol, releases toxins, purifies the blood of toxic build-up.

Homeopathic Chorionic Gonadatropin– Triggers the body to provide a constant flow of food received from the abnormal fat that your body is breaking down and using when on the VLC eating plan.

Homeopathic hypothalamus, pituitary, thyroid – balance for metabolism, fatigue and muscle weakness.

L-arginine – aids in weight loss by burning excess fat and improving muscle mass.

L-Camitine – reduces fatigue, burns fat and is an appetite suppressant.

L-omithine – releases fatigue in the cells and cell memory.

Vitamin B12 – benefits your mood, energy level, memory, heart, skin, hair, digestion. An essential vitamin for adrenal fatigue and multiple metabolic functions.

Vitamin C – an essential vitamin, fat metabolism, balances blood sugar, makes collagen and heals all parts of body/organs/blood.

Spongia tosta – for underactive thyroid.

Source: Nova Hart Homeopathic



Busy B's Patch:

B1 (Thiamine) helps the body make healthy new cells. It's often called an anti-stress vitamin because of its ability to protect the immune system. Helps to break down simple carbohydrates.

B2 (Riboflavin) works as an antioxidant to help fight free radicals (particles in the body that damage cells) important for red blood cell production, which is necessary for transporting oxygen throughout the body. *B2 is often recommended to prevent migraines.

B3 (Niacin) boosts good cholesterol which in turn blocks bad cholesterol.

B4 (Adenine) boosts the immune system, boosting resistance to infections, fatigue and stress.

B5 (Pantothenic Acid) breaks down fats and carbs for energy, it is responsible for the production of sex and stress-related hormones including testosterone. Promotes healthy skin with the ability to reduce signs of skin aging such as redness and skin spots.

B6 (Pyridoxine) helps with mood and sleep patterns because it helps the body produce serotonin, melatonin and norepinephrine, a stress hormone.

B7 (Biotin) good for healthy hair, skin and nails and helps balance blood sugar. *Recommended for bariatric patients to prevent hair loss.

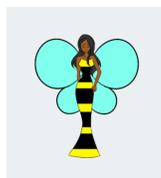
B8 (Inositol) good for anxiety, stress, panic attacks and memory balance.

B9 (Folate or folic acid) helps with depression and memory loss.

B10 (Pteroylmonoglutamic acid) helps with depression, irritability and nervousness. Also good for skin problems.

B11 (Salicylic acid) good for anemia caused by tiredness, lack of appetite, low immunity and fatigue.

B12 (Cobalamin) produces red blood cells and help iron do its job. Helps to oxygenate cells, leading to refreshment and energy.



Source: Nova Hart Homeopathic

Super Skinny Patch:

★ 1] For weight loss:

Wild African Mango & Saffron & Ginger – helps to lower cholesterol, suppresses appetite and emotional eating, and elevates good mood (serotonin) and speeds up the metabolism. Cleanses the body and blood.

Chromium Polynicotinate – a mineral that is involved in carbohydrate, protein and fat metabolism.

Wasabi (spice root) – appetite suppressant, natural anti-biotic, great for allergies

Fenugreek Seeds – High fibre content appetite suppressant. Blood sugar balance.

Sphaeranthus indicus (flower heads) and *Garcinia mangostana* fruit (fruit rind). These 2 ingredients both do the following in different ways in the body– reduces appetite, blocks cravings, blocks fat from being stored in the body, purifies blood of toxic waste, cleans skin of toxins, balances hormones for men and women, reduces inflammation, reduces anxiety, increases metabolism and energy levels, burns fat.

L-carnitine – removes ammonia from the body and regulates release of hormones.

Cayenne Pepper – Boosts metabolism and burns fat.

Green tea extract – lowers cholesterol levels, a powerful anti-oxidant, makes the body burn more calories.

Turmeric – Powerful anti-inflammatory and is a very strong antioxidant. Turmeric just makes all of the ingredients work better in the body.

L-Arginine – causes blood vessels to open wider for improved blood flow and helps the body to absorb nutrients, also regulates hormones and blood sugar.

L-Glutamine – Breaks down protein for the body to use.

Chamomile – relaxes the muscles and affects the central nervous system in positive ways.

Moringa – *Moringa Oleifera* – has seven times the amount of vitamin C than in oranges, it has four times as much calcium and double the amount of protein than milk, four times the vitamin A in carrots and three times the potassium in bananas. Yes it's a real super food.

★ 2] For Clogged Lymphatic System & Fluid Retention:

Lymphomyosot and Gallium Heel.

They release toxic laden excess fluid from all over the body, maintains a healthy immune system, promotes *natural* detoxification (not a diuretic). Stimulates the immune system to release toxic sludge.

Aids in detoxification of the cell. Helps maintain healthy kidney function. Helps maintain healthy lymphatic function. Weight loss and full body detoxification. Chronic fatigue, allergies of all kinds and agitation.

★ 3] Collagen Re-growth:

Calendula – activates collagen receptors.

Horsetail – naturally occurring, silica crystals can restore weak connective tissues in blood vessels, cartilage, tendons, and build and restore healthy collagen.

Wild Garlic – promotes and increases collagen production in your joints and skin. Nature's own antibiotic.

★ 4] For Stress and Insomnia:

Sleep and the natural ability to handle stress is essential for weight loss.

Nitrate of Silver – in homeopathic form being Argentum Nitricum (Arg-n). For anxiety, nervousness, impulsiveness, mental confusion, stress, worry, apprehension.

Tart cheery juice – is full of tryptophan is an essential amino acid that converts to serotonin, which then converts to melatonin. Melatonin helps maintain our sleep and wake cycle by causing drowsiness and lowers body temperature, working with the central nervous system to sync our biological clock – when it's time to sleep. It also helps with anxiety, depression, worry and nervousness.

Valerian – helps regulate the action of nerve cells and has a calming effect.

Chamomile – relaxes your muscles and affects the central nervous system.

Magnesium – is one of the most vital minerals, and yet most people are lacking it. It calms your central nervous system, relaxes you, and can help prepare you for sleep.

★ 5] For Natural Hormone balance:

Black Cohosh – helps with affects such as sweats, mood swings etc.

Damiana – a natural aphrodisiac.

Vitamin B6 – regulates hormones.

DIM (diindolylmethane) a compound that helps support healthy oestrogen metabolism. It balances the hormones by breaking down oestrogen and removing it from the body. Too much oestrogen leads to lowered progesterone production and fat deposits around the hips and thighs.

D-Aspartic acid – a natural amino acid that can boost low testosterone levels.

Also a good night's sleep and Vitamin D from the sun creates it naturally in your body.

★ 6] The essence of 160 raw, organic, fresh – fruits and vegetables: Nature's Bounty, we are so blessed.

Nature supplies everything we need, everything. Fruits and vegetables supply us with protein, good fats, vitamins, minerals, plant chemicals and fiber. They make the whole body sing.

★ 7] For Thyroid Balance:

Kelp and seaweed – Strong source of natural iodine which helps the thyroid produce and regulate hormones.

Selenium – Helps the body to prevent thyroid disease.

Vitamin B12 – helps the body to produce red blood cells which help the thyroid to absorb Vit B12.

Pro-biotics from sauerkraut – helps the gut where all disease starts.

Bitter Melon Extract – helps lower blood glucose levels, and it regulates the body's use of insulin.

★ 8] For Leaky Gut:

Spouted seeds being Chia, flax and sunflower – Improves digestive health.

Peppermint Probiotic – calms symptoms and feeds good gut bacteria so healing can take place.

Horopito – Pepper tree herb – acts as a pro-biotic on fungal and yeast infections.

★ **9] For Insulin resistance and low blood sugar:**

Cinnamon and Jamun – stimulates insulin activity and balances blood sugar.

Black seed (Nigella Sativa) – reduces insulin resistance.

Berberine – (Barberry root) – Lowers blood sugar.

★ **10] And 3 super ingredients:**

Turmeric – is a wonderful herb that just makes all of the ingredients work better and more efficiently. The most powerful aspect of curcumin (the main active ingredient in turmeric) is its ability to control inflammation (pain and swelling) and is a powerful antioxidant – it stops or delays cell damage when there is infection or injury and cleans and removes waste/toxins (free radicals) from the cell before they do harm.

Vitamin C – boosts absorbsion of Iron, collagen growth, makes the immune system stronger which all helps with weight loss and absorbsion of nutrients.

Ginger – can prevent diabetes.

Source: Nova Hart Homeopathic

Note: The Super Skinny Patch contains all of the ingredients from 10 different popular patches.



TheSkinnyPatch

Weightloss Support Protocol

EXCERPTS

Dr. Simeon's HCG Protocol [Pounds_and_Inches](#) is a detailed, step-by-step, blueprint that will show you exactly how to lose up to a pound per day with HCG. Just imagine:

- No more injections!
- No more drops!
- And never again will you have to deal with the prospect of bariatric surgery!

In as little as **28 days**, you too could lose *up to 28 pounds!*

Best of all, it's easy to start. All you have to do is read the excerpts from [Pounds_and_Inches](#) and in just moments you'll discover how to use our Skinny Patch (or Super Skinny Patch) to shed excess weight.

At last, you'll finally discover the TRUTH about weightloss!

First, a word about FAT...

3 Kinds of Fat

“The first is the structural fat which fills the gaps between various organs, a sort of packing material. Structural fat also performs such important functions as bedding the kidneys in soft elastic tissue, protecting the coronary arteries and keeping the skin smooth and taut. It also provides the springy cushion of hard fat under the bones of the feet, without which we would be unable to walk. The second type of fat is a normal reserve of fuel upon which the body can freely draw when the nutritional income from the intestinal tract is insufficient to meet the demand. Such normal reserves are localized all over the body. Fat is a substance which packs the highest caloric value into the smallest space so that normal reserves of fuel for muscular activity and the maintenance of body temperature can be most economically stored in this form. Both these types of fat, structural and reserve, are normal, and even if the body stocks them to capacity this can never be called obesity. But there is a third type of fat which is entirely abnormal. It is the accumulation of such fat, and of such fat only, from which the overweight patient suffers. This abnormal fat is also a potential reserve of fuel, but unlike the normal reserves it is not available to the body in a nutritional emergency. It is, so to speak, locked away in a fixed deposit and is not kept in a current account, as are the normal reserves. ***When an obese patient tries to reduce by starving himself, he will first lose his normal fat reserves. When these are exhausted, he begins to burn up structural fat, and only as a last resort will the body yield its abnormal reserves, though by that time the patient usually feels so weak and hungry that the diet is abandoned.*** It is just for this reason that obese patients complain that when they diet, ***they lose the wrong fat. They feel famished and tired and their face becomes drawn and haggard, but their belly, hips, thighs and upper arms show little improvement.*** The fat they have come to detest stays on and the fat they need to cover their bones gets less and less. Their skin wrinkles and they look old and miserable. And that is one of the most frustrating and depressing experiences a human being can have. “

emphasis ours

The Emaciated Lady

Dr. Simeons also provides his clinical experience regarding “the emaciated lady” as follows. You might identify with it:

“ I remember the case of a lady who was escorted into my consulting room while I was telephoning. She sat down in front of my desk, and when I looked up to greet her I saw the typical picture of advanced emaciation. Her dry skin hung loosely over the bones of her face, her neck was scrawny and collarbones and ribs stuck out from deep hollows. I immediately thought of cancer and decided to which of my colleagues at the hospital I would refer her. Indeed, I felt a little annoyed that my assistant had not explained to her that her case did not fall under my specialty. In answer to my query as to what I could do for her, she replied that she wanted to reduce. I tried to hide my surprise, but she must have noted a fleeting expression, for she smiled and said “I know that you think I'm mad, but just wait.” With that she rose and came round to my side of the desk. Jutting out from a tiny waist she had enormous hips and thighs. By using a technique which will presently be described, the abnormal fat on her hips was transferred to the rest of her body emaciated by months of very severe dieting. At the end of a treatment lasting five weeks she, a small woman, had lost 8 inches round her hips, while her face looked fresh and florid, the ribs were no longer visible and her weight was the same to the ounce as it had been at the first consultation. “

KEY TAKE-AWAY UNDERSTANDINGS:

- ❖ A Very Low Calorie Diet alone will not work!
- ❖ Starvation or Fasting *indefinitely* can do more harm than good *without* nutrient support.

Dr. Simeon's Original Diet

“Breakfast: Tea or coffee in any quantity without sugar. Only one tablespoonful of milk allowed in 24 hours. Saccharin or other sweeteners may be used.

Lunch: 1. 100 grams of veal, beef, chicken breast, fresh white fish, lobster, crab, or shrimp. All visible fat must be carefully removed before cooking, and the meat must be weighed raw. It must be boiled or grilled without additional fat. Salmon, eel, tuna, herring, dried or pickled fish are not allowed. The chicken must be removed from the bird. 2. One type of vegetable only to be chosen from the following: spinach, chard, chicory, beet-greens, green salad, tomatoes, celery, fennel, onions, red radishes, cucumbers, asparagus, cabbage. 3. One breadstick (grissino) or one Melba toast. 4. An apple or an orange or a handful of strawberries or one-half grapefruit.

Dinner : The same four choices as lunch. The juice of one lemon daily is allowed for all purposes. Salt, pepper, vinegar, mustard powder, garlic, sweet basil, parsley, thyme, majoram, etc., may be used for seasoning, but no oil, butter or dressing. Tea, coffee, plain water, mineral water are the only drinks allowed, but they may be taken in any quantity and at all times. In fact the patient should drink about 2 liters of these fluids per day. Many patients are afraid to drink so much because they fear that this may make them retain more water. This is a wrong notion as the body is more inclined to store water when the intake falls below its normal requirements. The fruit or the breadstick may be eaten between meals instead of with lunch or dinner, but not more than than four items listed for lunch and dinner may be eaten at one meal.”

KEY TAKE-AWAY UNDERSTANDINGS:

- ❖ Chosen foods should be low-fat (chicken, fish, shrimp, etc)
- ❖ Chosen foods, therefore, should not include oil or butter
- ❖ Chosen foods should eliminate table sugar; however zero-calorie sweeteners are permitted
- ❖ Chosen fruits and vegetables should be of 1 type when eaten (not a vegetable or fruit mix)
- ❖ 1 serving of starchy carbohydrate was permitted daily (1 thin hard breadstick or melba toast)
- ❖ Seasonings and spices, including salt , may be used freely
- ❖ Water intake is essential

PLATEAUS

“A plateau lasts 4-6 days and frequently occurs during the second half of a full course.... In such cases we consider it permissible, for purely psychological reasons, to break up the plateau. This can be done in two ways. One is a so-called “apple day”. An apple-day begins at lunch and continues until just before lunch of the following day. ***The patients are given six large apples and are told to eat one whenever they feel the desire though six apples is the maximum allowed.*** During an apple-day no other food or liquids except plain water are allowed and of water they may only drink just enough to quench an uncomfortable thirst if eating an apple still leaves them thirsty. Most patients feel no need for water and are quite happy with their six apples.... The apple-day produces a gratifying loss of weight on the following day, chiefly due to the elimination of water. This water is not regained when the patients resume their normal 500- Calorie diet at lunch, and on the following days they continue to lose weight satisfactorily.

The other way to break up a plateau is by giving a non- mercurial **diuretic** for one day. This is simpler for the patient but we prefer the apple-day as we sometimes find that though the diuretic is very effective on the following day it may take two to three days before the normal daily reduction is resumed, throwing the patient into a new fit of despair. It is useless to give either an apple-day or a diuretic unless the weight has been stationary for at least four days without any dietary error having been committed. *emphasis ours*

emphasis ours

KEY TAKE-AWAY UNDERSTANDINGS:

- ❖ A plateau is 4-6 days without loss of weight
- ❖ Eat 6 apples within 24 hours, beginning at Lunch of 1 day and ending at Lunch the next day
- ❖ Alternatively, an OTC diuretic may be taken

Gains?

“Patients should take no notice of any increase but the moment the scale **goes beyond two pounds**, even if this is only a few ounces, they must **on that same day entirely skip breakfast and lunch but take plenty to drink. In the evening they must eat a huge steak with only an apple or a raw tomato**. Of course this rule applies only to the morning weight. Ex-obese patients should **never check their weight during the day, as there may be wide fluctuations** and these are merely alarming and confusing. It is of utmost importance that the meal is skipped on the same day as the scale registers an increase of more than two pounds and that missing the meals is not postponed until the following day. If a meal is skipped on the day in which a gain is registered in the morning this brings about an immediate drop of often over a pound. But if the skipping of the meal - and skipping means literally skipping not just having a light meal - is postponed the phenomenon clues not occur and several days of strict dieting may be necessary to correct the situation. Most patients hardly ever need to skip a meal. If they have eaten a heavy lunch they feel no desire to eat their dinner, and in this case no increase takes place. “

emphasis ours

KEY TAKE-AWAY UNDERSTANDINGS:

- ❖ Weight fluctuates throughout the day
- ❖ Weigh in the morning only.
- ❖ A Gain is OVER two (2) pounds (in other words 33 oz or MORE)
- ❖ Skip Breakfast and Lunch, drinking enough water Have a large Steak and apple (or tomato) for dinner

TheSkinnyPatch

Long Term Weightloss Support

EXPERIENCES

THIS IS NOT MEDICAL ADVICE AND SHOULD NOT BE CONSTRUED AS SUCH.

Long Term Nova Diet:

Below is an outline of what can be found on the Nova Clinic website regarding long term use of the weightloss patch:

4th week and ongoing for as long as you like, while you use the Nova HCG Patches

Note this diet has been put together by the Nova Clinic, trialled over 8 months and it will give you ALL of the nutrients you need to be healthy, active, lose weight ongoing and not be hungry. You will get enough protein, iron, fats, calcium, vitamins and minerals. All vegetables, legumes and fruit give you all of the nutrients you need. And no starches are NOT fattening, are full of vitamins and minerals, are a vegetable and they fill you up.

The only thing you may want to do is have use our 12 Vitamins B's patch as well as Vit.B12 is the only thing this diet does not give you.

Do NOT Eat – Avocados, sugar, junk food, fats, all oils, nuts and seeds, butter, protein powder, coconut, olives.

Cut out completely for now, you can pick up later if you really want to – dairy products which include all cows milk and products, cream, cheese, cow-milk yogurt, butter, ice cream.

Cut out or make very minimum – all meat, all poultry, all fish.

DO eat –Tons of all vegetables including potatoes, sweet potatoes, all color vegetables [especially green leafy vegetables and green beans] in large quantities. Greens the biggest share. Garlic, spices, salt & pepper. Rice, brown is best. Fruit, any fruit 2-3 pieces a day. Non-dairy yogurt if desired. Rice cakes and/or real wholemeal bread. Rolled oats. Can ready cooked, or homemade beans and legumes. Mashed potatoes – use some of the water they are cooked into mash [as that is full of vitamins] use a little rice milk and salt & pepper. Rice milk is the closest to cows milk in creamy texture and taste – and its a real food that you can use and it won't make you fat. Butter replacement. Be sensible only use a little. Baked potatoes, sweet potatoes and vegetables Rice and stir-fried vegetables Homemade hummus – no tahini added. Note: Beans, legumes and lentils, no more than 1/2 cup per day total.

NOTES:

- **MANY WHO USE THIS DIET ARE MAINTAINING A PREVIOUS WEIGHT LOSS or THEY ARE SUPPORTING MENOPAUSE**
- **This is comparable to Phase 3 (or P3) of the Simeon's Protocol.**
- **If using only the Skinny Patch (not the SuperSkinny Patch) then a Busy B's patch is recommended.**

KETO *with* INTERMITTENT FASTING

Many patch users report being able to use the Skinny Patch or the Super Skinny Patch to support a higher fat KETO diet. We have tried and suggest **Intermittent Fasting** with this method. Doctor Simeons original protocol limited fats and oil - even on the body. The keto diet is well known for encouraging fat consumption. There is much research on cellular use of fat, instead of sugar and carbohydrates causing dramatic weightloss. We provide several patches that provide the vitamins, minerals and nutrients that cannot be obtained by consumption of fats alone.

We suggest:

- A 4-6 hour eating window per day.
- High quality fats in Avocados, coconut and some tree nuts.
- Low carb vegetables such as cauliflower, zucchini, and kale
- Water in large quantities
- NO Sugars.
- Less than 20 grams of carbohydrates per day, including vegetables.
- A 36 hour fast at either the beginning or end of the diet (with patch)
- No “loading” phase, simply wear 2 patches for week 1

Bariatric Surgery...Or Not

The following is a pre-operation diet designed to shrink the liver and jump-start weightloss.

Breakfast: One meal replacement shake with at least 15 grams of protein and less than 5 grams of sugar. No more than 200 calories.

Lunch: One meal replacement shake with at least 15 grams of protein and less than 5 grams of sugar. No more than 200 calories.

Snack: Low fat jerky or low fat yogurt or low fat mozzarella cheese, and a carrot or a small apple.

Dinner: 3 to 4 ounces lean meat, 1 cup of vegetables or about 8 ounces of salad. Often, a single slice of 40 calorie or toast or crackers is allowed. Oils and sugars are not allowed.

- The patient is required to drink at least 8 glasses of water per day (8 ounces per glass). 64 ounces of water per day must be consumed *in addition to* any flavored sugar-free liquids one may freely consume.
- The patient maintains a similar diet after surgery, eventually taking out the meal-replacement shakes and adding in real food of a similar nutritional profile. After surgery, the patient is not usually allowed to drink carbonated beverages as the gas released in the gut could be detrimental.

Compare the above to [Pounds and Inches](#) protocol. Because the shakes have to have some flavor, they can sometimes be calorie dense; however, most of the shakes to use are 130-170 calories. The daily consumption of calories on a bariatric pre-op diet is usually around 600. This one would be about 550 calories – just what one needs to lose weight on Dr. Simeon’s diet with the Skinny Patch or the Super Patch!

The Busy B’s vitamin patch will *support* weight loss surgery of any type.

Skinny Patch - Sample Simple Method

After a hot morning shower, when my hands and body are **dry**, I:

- Cut open the Skinny Patch packet
- Carefully pinch the corner of 1 patch (I scratch it a little. Tweezers may be used.)
- Lift the thin patch off the sheet (careful not to allow it to stick to hands, etc)
- Place the patch on a fatty part of belly below ribs but away from belt line
- Seal both sheets of remaining patches inside of a sandwich bag, store in a dry area
- **Eat a low-fat diet of 400-600 calories per day**
- Drink between ½ and 1 gallon of water daily
- Replace the patch weekly until desired weight is reached

NUTRITIONAL GUIDELINES I follow (similar to bariatric surgery nutritional guidelines):

- **400-600 CALORIES WOMEN / 500-800 CALORIES MEN**
- **40-60 GRAMS PROTEIN**
- **UNDER 15 GRAMS FAT**

My Breakfast: 1 Cup Black Coffee or Green Tea, 1 100 calorie container of Nonfat Greek Yogurt with ¼ cup Low-Fat Homemade granola, 1 orange (Total Calories: 245, Fat: 3g, Protein: 22 g)

My Lunch: Protein Shake (Orgain, for example) and 1 medium apple. (Total Calories: 235 (140/95), Fat: 2g, Protein: 20g)

My Dinner: Green (spinach or other greens) Egg with Pico de Gallo and Nonfat Sour Cream (Total Calories: 139 Fat: 4.5, Protein: 8 g)

Total: 619 calories, 9.5 grams of fat and 50 grams of protein.

-Contributed



I am amazed and excited, and very grateful. My only question would be where was this hidden for so long. Try it you will love the easily achieved results. - GLENDA, AUSTRALIA

Happily and very easily I have lost 20 kilos. I am amazed to put it mildly. I feel 20 years younger and my wife says I look hot! - JASON, NEW ZEALAND

I am delighted with my weight loss, being 18 kilos. I have struggled previously only to put the weight back on again. This excess weight has been gone for over 3 months with no sign of venturing backwards. - MERLE, FRANCE

Testimonials and Photos provided to Nova Clinic

Please note that no one can actually copy the Nova Clinic Recipes into patch material – I have invented/created a way to impregnate the patches with our pure Mother Tinctures that are very old and potent. And as we say on the website - No other formula (impregnated into a transdermal patch) will work like our products unless they are our products.

NOVA CLINIC MANUFACTURING DISCLAIMER

Our product is manufactured in our own sterile laboratory in Australia. It does not contain hormones from human or animal sources. Our products all made from natural herbs, wild herbs and flowers, mother tinctures that we make ourselves.

There is no shelf life or expiry date for nova clinic homeopathy patches, if stored correctly – this is also important for the patches to keep their adhesive (sticking) quality. Store away from direct sunlight, heat, computers and microwaves. Do not store in the fridge.

Nova Homeopathic Clinic Transdermal-Patch Application

1st Placement: Wash your hands. Open the sealed sterile envelope and take out your patch, peel off the sterile backing sheet and press the patch onto the skin very firmly – smooth out to the edges with your fingernail.

Place the patch on clean and dry skin (no moisturiser, tanning lotion, powder, oil, also the skin should not be damp from the shower or be sweaty). Do not place on top of any hair.

If you decide later, you want the patch in a different place on the body, or you crease it upon application – you can peel the patch off painlessly and re-position it.

Place anywhere on the body. Obviously don't touch the jelly-glue.

The abdomen below the navel is good place where it will not be rubbed by clothing, or under the breast line, the waist area is not a good place.

Take care when taking off clothes so you don't pull at the patch.

If by chance you do rub the patch off with a towel after showering or via clothes just stick right back on and smooth out to the edges firmly with your fingernail, it will still be active.

If your skin is very sensitive, we doubt that you will have any reaction to this medical/surgical grade material, but as a safeguard choose to place your patch on a more weathered area than the upper abdomen.

After shower or swimming press your patch firmly with a dry towel, do not rub.

Excessive sweating: Generally, people who sweat a lot do not have any issues, however some do. This depends on the salt and oil content of your sweat. You need to find a dry place to apply the patch.

Patch roll-up: If by chance your patch rolls up on the skin – this may happen when restless in bed, taking off tight clothes or just putting the patch on the wrong part of the body so it's does not lie flat.

Firstly, find a better site.

Also, in this case take the patch and smooth out and rinse under cold water, shake off excess, apply to skin again (in a different place) and pat dry firmly, then smooth out to the edges with a fingernail.

The ingredients are still in there they won't be 'washed off'

Obviously, the patches are waterproof as they can be worn in the shower and swimming – but the jelly-glue is not salt and oil proof.

On the rare occasion some people do have excessively oily skin and this oil may get under the patch and make it move, also the salt from sweat can irritate the skin if excessive. Again, its rare but these people may need to have a band-aid over the patch to keep it secure to the skin.

Once activated (applied to the skin) the ingredients last seven days only.

The Nova Clinic Patches were all invented by, and are manufactured by, The Nova Homeopathic Clinic in Australia.

No part is formulated in Asia.

There are no hormones, stimulants or additives added and the patch material is made from surgical grade silicone with silicone-jelly glue/adhesive.

They are waterproof, non-toxic and latex/plastic free.

The Nova Homeopathic Clinic patches are not like anyone else's and cannot be copied.

All of our organic nutrients come from Nature, being wild herbs, flowers, fresh or dried herbs, vegetables, fruit, and Humic shale.

We have been in business since 1982.

Our patches are soft and pliable, beige in colour and the size of a postage stamp.

They are gently adhesive, and the glue is made of pliable silicone jelly – the patch adheres to the contours, and creases of the body so will not come off until you are ready to remove it.

You wear one Nova patch per week and change after seven days for a new patch.

Unless you are using a diet patch then you wear two for the first week, then one at a time for the following two weeks. Full instructions come with your order.

Once attached to the skin the ingredients last at full strength, slow release, for seven days.

The ingredients activate as soon as the patch is attached to the skin, and after seven days they then become inert.

The Nova Patches are plastic & latex free, made of surgical grade materials and surgical grade jelly adhesive.

They are also alcohol free so are halal and kosher compliant.

You can wear them in the shower and swimming.

They are FDA approved as a surgical dressing (being superior quality, and all parts are sterile).

Note that several Nova Patches can be worn at the same time; all Nova Patches are compatible to each other. So, someone could wear for example - a maintenance (after diet) patch, a B's Vitamin patch and a minerals patch at the same time without any negative issues. See Products Page on our website for all 32 formulas available.

Storage: Each single patch comes in its own sterile, sealed envelope.

Then 4 of these patches are sealed in a second sterile envelope.

All patches come in an outer card envelope as well - you need to store them in this to keep them at full potency and stickiness.

There is no shelf life if stored correctly as in - keep your patches in the envelopes provided – store in a cool, dry place, do not refrigerate. Keep away from sunlight, mobile phones, computers, and microwave ovens.

Children wearing the patches: You can cut the patch in half for a child – cut while still on the backing paper. Place on the shoulder blade if they are likely to tamper with them. And wear for seven days then change for a new patch.

Pregnant or Nursing Mothers: Please check with your doctor before use.

Nova Manufacturing:

Each ingredient is made into an individual mother tincture, and then they are mixed in the correct homeopathic dilutions and potencies and made into one remedy – which is then infused into the Medical-grade patch material.

Open any product on Products page to view the list of their ingredients and what they are utilised for in the body. www.skinpatch.com.au

All Nova Patches are manufactured in our sterile laboratory in Australia..

Nature gifts powerful nutrients to us in abundance.

Think of our all-natural ingredients as very good food

made with Love & Gratitude.

MEDICAL DISCLAIMER:

Whenever considering a weight loss program, consult with your healthcare provider.

The information provided here is not intended to replace consultation or advice received by qualified health professionals regarding your specific situation nor is it to be taken as medical advice or diagnosis. All information offered on this site are merely opinions regarding the diet proposed by Dr Simeons. Losing 1 to 2 pounds a day is a result that many on the hCG diet have done, but is not a personal guarantee. If you have any medical questions about the program you should consult your licensed medical provider before starting this or any weight loss program.

Not suitable for pregnant women or nursing mothers.

NOVA DISCLAIMER:

Any information on our hCG Diet is a guide only and is intended only to assist users in their personal weight loss efforts. The website is not written by a medical organisation and offers no medical advice or diagnosis. The information generated should not be interpreted as a substitute for physician consultation, evaluation, or treatment.

References:

POUNDS & INCHES A NEW APPROACH TO OBESITY

BY: A.T.W. SIMEONS, M.D., SALVATOR MUNDI INTERNATIONAL HOSPITAL

00152 – ROME, VIALE MURA GIANICOLENSI, 77