



Taking Control

...One Step at a Time

Happily Thinner After



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Forward

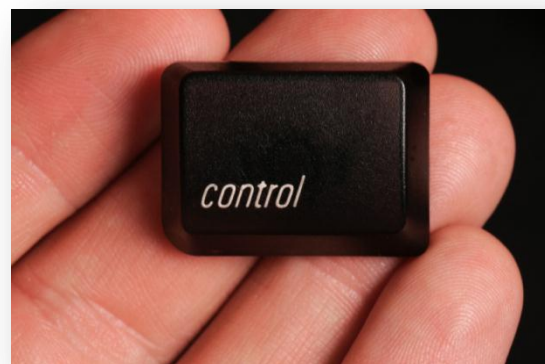
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Introduction: Focus on Control

“Get Your Thin On!” We preach that thought so much, we made it our slogan! But dealing with our weight is not just about getting thin. It is about ***taking control***. That is really the ultimate goal. With any goal, the first step is to get in the proper state of mind. That is not something you simply decide to do. Obstacles and challenges are likely to present themselves. Everyone must **prepare** mentally for the challenge that is about to follow.



To illustrate – no one wakes up one morning and decides to become a professional athlete. Most people likely start **dreaming** about it when they are kids. They **study** and **practice** their sport in school, and after years of **rigorous training**, they develop into the athletes they later become. Simply put, they had their **“heads in the game”** from the offset. This helped them to overcome obstacles and challenges. And they never lost sight of their goal. Further, before each event, they likely find that same mindset and put their heads back **“into the game”**.

When dealing with ***weight control***, each of us has embarked on an **incredible** journey. Along the way, there will be personal challenges and obstacles. So your personal question is before you - What steps can **"I"** take to get my **"head in the game"**?

Realize We Are All Different

Yeah, I have said this a hundred times, but I will say it again and add a caveat. Every **body** is different. Many who have done The hCG Protocol have noted that every round has different challenges, obstacles, and results. But that is a story for another eBook.

For the most part, society, primarily through the media, focuses on the need to be super thin, and many buy into that. But what are the results? Improper dieting with an unrealistic goal has led to an increase in unnecessary health problems such as anemia, muscle loss, hair loss, osteoporosis and eating disorders in many individuals. Then there are a number of health



organizations and government administrations that have established a "one diet fits all" mentality which some follow despite the fact that, as already mentioned, we are all different.

Instead of striving for extreme thinness, we need to strive for a **healthy body weight and composition**. Complicating this is that the answer is different for each individual. Some individuals are genetically given a heavier, thick-boned body type, while others are born with a thin, long boned body type. Some are even a combination of the two. But the truth is, none of us look exactly alike. Clones only worked with Star Wars and Michael Keaton!

Therefore, let's not try to force our bodies into a shape it cannot reach or maintain. Your body has a **healthy weight** that you should try to maintain and reach; at this weight you will look and feel your best. That is **mental note number one**.

Under this same thought, add a **second mental note**: Do not look at others who are on this Protocol to determine how quickly weight loss may or may not occur, or to measure when you will reach your goal weight. Individuals will lose at different rates. Each round for them will be different also – the only person that you can compare yourself to is **YOU**. Your body has a definitive pattern of loss, and you will only know what that pattern is the longer you are on Protocol and can establish data behind you.

Ignore the Hype

This almost falls under the OMG category. Likely, when you first heard of The hCG Protocol, you were told huge, fantastic stories about the ease and speed at which you could lose unwanted pounds. When I first heard about hCG, I watched the infomercial that was going around at the time. It seemed a little too good to be true to me. Sure, the whole **“you will lose a pound (or MORE) a day”** was very appealing to me, but it still seemed a little farfetched.

Gratefully, I went into The hCG Protocol with lower expectations. When I started, I chatted with someone on the Protocol. Enter **HUGE** dose of reality! She reminded me of what Dr. Simeons said in his manual about the real expectations of weight loss with his program. That is a contrast from a **“pound or more a day”** ... and is a primary reason I encourage everyone to read **[“Pounds and Inches”](#)** by Dr. A.T.W. Simeons. Again, it’s best to *ignore the hype!*



Still, many of us got our first **“taste”** of the Protocol when we saw someone appear to shrink before our eyes. We thought to ourselves, **“Dang, I need to do what they are doing!”** Were you excited at the

prospect that you could lose weight fast and keep it off forever? We all know the formula is simple: Stick with The hCG Protocol and you will most certainly **LOSE weight**. But keeping it off (um, remember our first thought ... *taking control?*), well now, that is a different story. No one is out there talking about that are they?

Well almost no one. You have **me** preaching it non-stop!!!

And that is what [Happily Thinner After](#) is all about: removing the hype and helping people *take control!*

Let me remind you that The hCG Protocol requires effort. You **must** implement healthy and sensible lifestyle changes that include a consistent and lifelong change in eating habits.

The Typical Stages of Change



How do we make a change? It seems that there are several stages when attempting to make lifestyle changes. And depending on which study you look at, it can be as few as three or as many as seven different

stages. I am going to concentrate on just four:

- **Pre-Contemplation** – This is the point at which the change first enters your mind. “I really need to get healthy and take off some weight.” This stage can be very short or last for years. There are no immediate plans how to get there, it’s just a thought. Some people never make it past this stage.
- **Contemplation** – Now you begin to set the change in motion. You set goals and strategies to reach your goals. “I am going to use The hCG Protocol to lose all my abnormal fat and become healthy”. Again, this stage can be short or last for years. What can often happen is that one might get stuck between this stage and the pre-contemplation stage, or between this stage and the next stage (action). This is actually a very critical stage as choices are being made here that will have an impact on the success or failure of a particular goal or strategy. Plan carefully.
- **Action** – This is where the lifestyle change can begin. This is where you put any and all choices you made in the contemplation stage to work. If you made the proper choices in the contemplation stage, this is where you will see the results. Action in the realm of The hCG Protocol takes on many different angles, you have to meditate on the different phases. Make sure each contemplation is directed for each phase.

- **Maintenance** – This is now no longer a lifestyle change, but purely a **lifestyle**. You're feeling better, you're looking better. It's no longer a "DIET" but a way to fuel your body for maximum health and well-being. It becomes as natural as the other 'routines' of your life.

At this point we have covered a few bases for mental note, how we are all different, how we need to ignore the hype and the various stages of making a change. What's next?

Just Do It

The four steps we discussed above could take years to complete. Typically we lack patience and expect immediate results. With hCG we actually GET those immediate results – I mean, in what other program out there can you actually **PLAN** your weight loss efforts? But it does not stop there. We are talking about long lasting **healthy eating changes** and yes, that does take time.

What you need is to get tough and get an **attitude change**.



How necessary is Pre-Contemplation? The answer is debatable. To me, it is like merely thinking about doing something, but not doing it...**daydreaming**. What we all need to do is to make our plans and implement them NOW. This really isn't all that difficult. **Writing down your goals** is an important step that many have found helps them **get tough**. I am not saying to put them online or on your computer. I am talking the physical act of actually writing them down ... in pen ... on paper!

Begin Biz's fan moment -

I absolutely LOVE Brian Tracy – and in [his blog](#) he says this about writing down your goals:

The second principle of writing goals down is that something miraculous happens between the head and the hand. When you actually write a goal down, it is as if you are programming it into your subconscious mind and activating a whole series of **mental powers** that will enable you to accomplish more than you ever dreamed of. By writing it down you **intensify your desire** for the goal and you increase your belief that the goal is possible.

Do yourself a favor today and read that entire post if you haven't already.

End Biz's fan moment. But seriously, read it.

Take control of your eating habits, ***take control*** of your body by fueling it with healthy choices, learn what you need to do to make the changes you want, define your goals, create a game plan on paper and implement it NOW! It's really that simple!

Let's Get Tough

All these steps seem pretty easy and some of you may wonder why everybody isn't doing it. I have been on this earth long enough now that I have been able to see a gradual change of a generation of people that have truly turned into "couch potatoes." Each generation is learning worse and worse habits that include eating the wrong foods and taking less responsibility for themselves. We absolutely **MUST** unlearn these bad habits.

We have to reverse this trend and take responsibility for our bodies. **WE** have to realize that only **WE** can control our bodies and health. **WE** are the only ones who can make proper, healthy food choices to fuel our bodies. **WE** have all discovered **FINALLY** the answer to successful, safe and **FAST** weight loss. If we continue to be overweight or out of shape knowing what we know, there is no one to blame but ourselves. Once you accept that responsibility, the other steps become much easier.

You must take action **NOW**, not tomorrow. When you procrastinate, tomorrow never comes. Even if you take just a **SMALL** step, it's a step and every day you do that, it is progress.



Just one small step.

What is your one small step **today**?

Get Support!

There are literally support groups everywhere! You can find support for help with your addictions, your disabilities, how to give proper care, support groups for diseases, and you can even find support to help you **maintain your weight**. How important is that support?

There have been many studies that prove that support in any context will help you **achieve** and **maintain** your goals, even in helping you maintain your weight. Several studies have been noted in The Journal of the American Medical Association. [One in particular](#) has

intrigued me because it specifically mentions how an **internet based support system** is beneficial for weight control.

Support is beneficial in not only taking off the weight, but in helping you maintain it. The trick is to **use** that support. Once a person reaches a goal they feel the support is no longer needed. They move on thinking they have it all under control. But sadly, this is when support is needed the most. Keeping you at your goal is more important than getting you to that goal. I have always said **The hCG Protocol is easy**; it's **maintenance** that is the **hard part**. Support makes it easy.

There is a friend of mine who is a **great** example of how support works for life. Back in the late 70's his friends had to do an intervention, and more than 30 years later, he is still sober. How? To this day, no matter where he is, no matter what is going on in his life, he still goes to his **meetings** *at least once a week*. He still has a **sponsor** that he calls when things are rough. Thirty years later he still does that. Does he consider himself **cured**??? Absolutely NOT. He still sees the **value** of support. He gets his support, and then he **gives** it as well. Those two factors combined keep him

on the straight and narrow.

Walking away when things get rough is a **recipe for disaster**. Stay in touch with your support team.

Surround yourself with people who support your goals



and make you feel good about your accomplishments. What better support team is there than people who have been there, done that, just like you?

Keep in touch. This is how you will maintain.

Conclusion

Happily Thinner After is proud to offer many different forms of support to help you not only drop the weight, but more importantly, to keep it off.

Our **main** website is free. We offer **forums/journals/recipes**, and a **Mentor Program** to help you with your various stages of weight control adventure.

We are especially excited about **Boot Camp**! We are constantly adding to and expanding the methods of support offered there.

I also offer **one-on-one nutritional coaching** that moves you beyond the realm of a group support system into a very intensive atmosphere to help you better reach your goals.

A handwritten signature in black ink. The word "Biz" is written in a stylized, cursive font. Below it, the Arabic word "بیت" (Bait) is written in a similar cursive style.