

## VLCD Personal Care Products Selection Guide

In Pounds and Inches, Dr. Simeons wrote:

*“Most women find it hard to believe that fats, oils, creams, and ointments applied to the skin are absorbed and interfere with weight reduction by HCG just as if they had been eaten. This almost incredible sensitivity to even such very minor increases in nutritional intake is a peculiar feature of the HCG method. For instance, we find that persons who habitually handle organic fats, such as workers in beauty parlors, masseurs, butchers, etc. never show what we consider a satisfactory loss of weight unless they can avoid fat coming into contact with their skin.”*

Dr Simeons goes on to say that mineral oil is acceptable to use during VLCD but, **we MUST avoid products that contain food oils, fats, butters, steroids and/or hormones.** This doesn't mean that selecting personal care products has to be complicated! In fact, you may find that you will be able to continue using many of your regular products during VLCD.

Do you have to replace all of your personal care products with those listed below? NO! Check your current products and replace them if necessary. The items listed below are suggested replacements. But, **you may feel free to use ANY products that contain no food oils other than mineral oil.** The last page of this guide is a list of food oils that need to be avoided in your personal care product choices. **As a general rule, if any of these food oils are listed after the 8<sup>th</sup> ingredient, then the product is fine to use.**

At the time this guide was published (August, 2010), the items on this list were deemed safe. But, manufacturers can (and will) change the formulas of their products on a regular basis. It's up to you to ensure that your products are safe. **You may begin using personal care products containing oils on your first day of Maintenance!**

At MyHCGPlus, we always encourage our clients to make healthy food choices. We'd like to encourage you to also make healthy and informed choices when choosing your personal care products. Many ingredients in today's products contain chemicals that are considered to have negative effects on our long-term health. Skin Deep Cosmetic Safety Database (<http://www.cosmeticsdatabase.com>) rates thousands of products by their "hazard" level. All of the products listed below have a rating no higher than a 4 (10 being the worst rating).

**Start by reading the ingredient labels** of your current products. If they contain any food oils, butters, steroids or hormones, put them away until you have completed VLCD. These items will need to be replaced with products that do not contain these ingredients.

**Wear gloves:** During VLCD, it is very important that you wear gloves when washing greasy dishes or handling fatty foods. In fact, gloves should be worn whenever your hands might come in contact with any fatty/oily substances. Keep a box of nitrile gloves on hand.

**Keep track of products used and when you used them:** as with many things in this protocol, different people may experience different results/effects with certain products.

**Coloring hair while on VLCD:** We haven't identified any treatments that are perfect. Regardless, many clients have used hair coloring treatments during VLCD, and while they may have not lost weight that day, the color treatment did not have an ongoing effect, and most didn't note any difference in long-term weight loss. Make sure that you bring your own VLCD safe shampoo and conditioner to use at the salon. The salon products may not be safe for VLCD.

## Easy to find VLCD-Friendly Personal Care Products

This is a list of oil-free options. You do NOT have to use these specific products in order to be successful on VLCD. If you use products not on this list, just check the ingredients and make sure it contains no food oils, butters, creams, steroids or hormones. **As long as your products do not contain ANY of the oils listed on the last page of this guide, they are safe to use during VLCD.**

Essential oils are fine to use during VLCD but, we recommend that you avoid any ingredients listed as: "Essential Oil Blend." These blends MAY contain carrier oils. Carrier oils are commonly food oils that are used to dilute essential oils, and they must be avoided during VLCD.

### Makeup:

- Most loose-powder mineral makeup, such as Raw Minerals or Bare Escentuals
- All oil-free liquid foundations

### Lipstick:

- Revlon Super Lustrous
- L'Oreal Colour Juice Lipgloss
- L'Oreal Endless Lipcolour
- Cover Girl Outlast Lipcolor
- Max Factor Color Perfection

### Lip balm:

- Avon Basics Care Deeply W/ Aloe
- CVS Chap-Block Medicated Lip balm
- Vaseline Lip Therapy
- Nexcare Cold Sore Treatment

### Moisturizers:

- Alba Botanica Hawaiian Skin Care, Green Tea Eye Gel
- Alpha Hydrox AHA Soufflé 12% Glycolic AHA
- Neutrogena Oil Free Moisture for Combination Skin
- Olay Regenerist Advanced Anti-Aging UV Defense Regenerating Lotion, SPF 50
- Olay Sensitive Moisture Therapy Beauty Fluid for Sensitive Skin
- St Ives Elements Mineral Moisturizer, SPF 15

### Facial Cleansers/Makeup Removers:

- CVS Eye Makeup Remover Oil Free
- Neutrogena Oil-Free Makeup Remover
- Almay Facial Soap for Oily Skin (Bar)
- Cetaphil Gentle Skin Cleanser
- Clearasil Ultra Daily Face Wash
- Neutrogena Facial Bar Original
- Witch Hazel

### Bar Soap:

- Burt's Bees Bay Rum Bar Soap
- Irish Spring Bar Soap – all varieties
- Ivory Bar Soap – Simply Ivory

Body Wash:

Aveeno Exfoliating Body Wash – Positively Radiant  
Jason Natural Fragrance Free Body Wash  
Coast Arctic Surf Body Wash  
Johnson’s 24 Hour Moisturizing Wash (Regular, Shower & Shave, Melt Away Stress & Deep Hydrating)  
Mr. Bubble 3 in 1 Extra Gentle Body Wash, Shampoo & Bubble Bath

Body Lotion & Sunscreen:

Aveeno Active Naturals Daily Moisturizing Lotion  
Aveeno Anti-Itch Concentrated Lotion  
Baby oil (mineral oil)  
Aloe Vera-100% gel  
Dove Cream Oil Intensive Body Lotion  
Neutrogena Norwegian Formula Body Moisturizer – Daily Therapeutic Lotion  
SunX sunscreen lotion SPF 30  
Coppertone Kids Pure & Simple Sunscreen Lotion SPF 50  
Coppertone Nutrashield Face Sunscreen Lotion, SPF 70  
Panama Jack Sunscreen Stick SPF 50+

Deodorant:

Crystalux Crystal Deodorant  
Crystal Body Deodorant Roll-on  
Thai Stick (crystal deodorant)  
Baking Soda  
Avon Cool Confidence Original Roll-on Anti-perspirant Deodorant  
Avon Ironman Roll- on Anti-perspirant Deodorant  
Dry Idea Roll- on Anti-perspirant Deodorant  
Kiss My Face Liquid Rock Roll- on Deodorant Fragrance Free

Hair Care:

Giovanni organic shampoo & conditioner (available in the organic sections of WalMart & Target)  
Biosilk Silk Therapy Shampoo  
Jason Fragrance Free Daily Shampoo & Conditioner  
Biolage Conditioning Balm  
Dove Conditioner-all varieties  
Nexus Emergencee Reconstructor  
Dove Smooth & Soft Anti-Frizz Hair Cream  
Jason Styling Gel (or, Texturizing Cream) - Aloe Vera & Bergamot  
Giovanni Root 66 Hair Spray  
Giovanni Styling lotions and gels

Toothpaste:

Tom's toothpaste  
Baking soda  
Spry toothpaste  
Jason Natural Tooth Gel  
Arm & Hammer Teeth Whitening Booster Toothpaste

## Do-It-Yourself Spa Treatments

### Sugar & Spice Facial Scrub

- One tablespoon sugar
- Add a dab of any VLCD safe, non-astringent facial wash product
- Add a pinch of your favorite aromatic spice such as cinnamon or nutmeg, freshly ground is best
- Lightly massage scrub into facial skin (avoiding the eyes and mouth)
- Rinse with warm water and pat dry
- Again, you do NOT want to get ANY sugar in your mouth while on VLCD

### Salt Foot Scrub

- 1 cup sea salt or Epsom salt
- ½ cup of cold water
- 2 drops lavender essential oil
- Start gradually adding water to salt and lavender oil. The mixture should become a paste, not too liquid and not too solid.
- Rub the mixture onto your feet and soles with a circular motion
- Rinse with warm water and pat dry

### How to take a Detox Bath

- Make sure you have at least 40 minutes set aside for your bath.
- Fill the tub with comfortably hot water, using a chlorine filter if possible.
- Add 2 cups or more of Epsom Salts
- Add 1 to 2 cups of Baking Soda
- Optional additions:
  - Ground ginger, don't over-do it!
  - Essential oils
- Swish all of the ingredients into the tub and soak for as long as you can, preferably 20 minutes. You should start sweating within the first few minutes, and the longer the better, up to 20 minutes. If you feel too hot, start adding cold water into the tub until you cool off. Sit in the cool water another 20 minutes, if you can. When you get out of the tub, move slowly and carefully, as your body has been working hard and you may get lightheaded or feel weak and drained.

### Tips for Detox Bath:

- Take a large glass of water with you. Drink plenty of water before, during and after the bath.
- Don't eat immediately before or after the bath
- Relax for the rest of the day and allow your body to continue to detoxify & heal itself.
- Have your towel near the tub and read so that you can wrap up immediately & continue to detox.
- You may shower off the Epsom salts, if desired but, it's not necessary and it benefits your body more if you wait until morning.
- Dry brush your skin before the bath for further benefits. Dry brushing explanation:  
[http://www.naturalhealthtechniques.com/healingtechniques/dry\\_brushing\\_technique.htm](http://www.naturalhealthtechniques.com/healingtechniques/dry_brushing_technique.htm)

### Food Oils to Avoid in Your Personal Care Products Choices

As a general rule, if any of these food oils are listed after the 8<sup>th</sup> ingredient, then the product is fine to use.

Acai	Fish oil	Perilla seed
Almond	Fish oil, cod liver	Pine nut
Amaranth	Fish oil, herring	Pistachio
Apple seed	Fish oil, menhaden	Poppyseed
Apricot kernel	Fish oil, salmon	Prune kernel
Argan	Fish oil, sardine	Pumpkin seed
Artichoke	Grapeseed	Quinoa
Avocado	Hazelnut	Ramtil
Babassu	Hemp	Rapeseed
Ben	Illipe	Raspberry seed
Blackcurrant	Jojoba	Rice bran
Borage	Kapok seed	Royle (prinsepia utilis)
Borneo tallow nut	Kenaf seed	Safflower
Bottle gourd	Lanolin	Sasha inchi
Buffalo gourd	Linseed	Sesame
Camellia	Macadamia	Sheanut (shea butter)
Canola	Marula	Soybean
Carrot	Mongongo	Sunflower
Carob	Mustard	Supu assu
Cashew	Oat	Tea seed
Cassia	Okra seed	Thistle
Castor	Olive	Tigernut
Cocklebur	Palm	Tomato seed
Coconut	Palm kernel	Ucuhuba (butter)
Cohune	Papaya seed	Vegetable oil
Corn	Peanut	Walnut
Cottonseed	Pecan	Watermelon seed
Dika	Pequi	Wheat germ
False flax (Camelina sativa)		