

hCG Getting Started Check List

Thermometer – for checking Basal temperature

Tape Measure – taking body measurements

Bathroom Scale – “Tanita” brand also measures body fat (Bed Bath and Beyond)

Kitchen Scale – needed for measuring protein

Epsom Salts – for taking detox soak baths (optional)

2 Vitamin Holders – The long ones work best and have different openings for each day of the week. (1 used for lunch supplements and 1 used for dinner supplements)

Liquid Stevia Drops – found at Whole Foods and most COOP’s

Lemons/Limes

Pure Water Daily

Green Tea/Black Tea/Herbal Tea or Coffee