andreas jopp

THE ULTIMATE METABOLIC RESET

Losing weight has never felt this good

+++ Activate and rebalance your metabolism

+++ No hunger pangs, no mood swings, no yo-yo effect

+++ Maximise your fat burn



THE ULTIMATE
METABOLIC RESET

+++ Fast, healthy weight loss
+++ Detox and re-balance your metabolism
+++ Tone your skin and reduce cellulite

More than 800 000 metabolic dieters will tell you from experience:
It *is* possible to lose weight fast while feeling satisfied and content.

The secret recipe is to reduce your calories substantially and to boost your intake of protein and essential nutrients. That's the difference between this solution and all other "diets", which frequently leave your body deficient in essential nutrients. The increased inflow of essential nutrients and protein result in improved mood, plenty of energy and a metabolism that is activated to produce the maximum fat burn.
Women can lose 4 to 6 kg (9 to 13 lb) and men 7 to 10 kg (15 to 22 lb) without hunger pangs in the space of four short weeks.
But the metabolic diet does more than just help you lose weight; it also increases your supplies of essential nutrients - for better health, more energy and improved quality of life. You'll feel these benefits in your life.

Top topics:
++ Protein to make you feel full and satisfied, and to help you avoid the yo-yo effect
++ Essential nutrients to make you feel vital, stress-free and full of energy
++ Omega-3 for better mood and lasting good health
++ Activate your collagen production to tone your skin and reduce cellulite
++ Cleanse and re-balance your colon with fibre and friendly bacteria
++ Maintain your weight loss and keep your energy levels up over the long term

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Fast healthy weight loss

"Fast results on the scale are the most motivating factor to keep going," says author Andreas Jopp.

- Why losing weight slowly is not more sustainable than losing weight quickly. 27 comparative studies have proven it.
- Women can easily lose 9-13 lb. and men 15-22 lb. without hunger with the metabolic reset program.

This is how you stay motivated.



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Feeling full, satisfied, and without the yo-yo effect

"Feeling full is crucial for lasting weight loss," "that's Andreas Jopp's golden rule.

Discover the fascinating research and how to implement it:

- Why protein and fiber trigger a feeling of fullness.
- How protein and micronutrients stabilize your mood.
- How proteins affect fat burning.
- Why sufficient protein intake helps you avoid the yo-yo effect.
- How much protein should be included in a weight loss program.

Losing weight has never felt this good.



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Escape the carbohydrate-trap

"When addressing 600-1000 participants in my speeches, 90% of metabolic reset participants report reduced carb cravings and improved mood."

- Why fast carbohydrates are addictive.
- Why fast carbohydrates trigger mood swings and hunger.
- How you can easily escape the carb-trap. Without the need for constant strict discipline.

That's how weight loss becomes easy.



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Tone your skin and reduce cellulite

"Fat gone, skin saggy. Most fad diets lead to nutrient deficiencies, which in turn reduces collagen and skin regeneration."

- Learn how the metabolic reset activates collagen production for beautiful skin and less cellulite.

Simply look amazing.

Activate, detoxify and rebalance your metabolism

"Losing fat releases stored toxins and acids. Excessive acidity slows down weight loss."

· How the right detox strategy binds and gently disposes of toxins.

- How to reduce acidity.H
- ow to build nutrient reserves for a more active and improved metabolism.

Feel more energetic every day.

Recipes

"You don't need to do additional exercise during the metabolic reset! Challenges, as seen on TV, give a false impression. Studies clearly show: Exercise contributes little to weight loss during a diet. It overwhelms many people instead. Therefore: "Swap the treadmill for better cooking."

- Quick and delicious recipes: High in protein, low in fat, and No Carb actually tastes very good.

Exciting meals erase mealtime monotony.

Andreas Jopp is a medical journalist, health coach, and bestselling author. He has published eight books on topics such as anti-aging, weight loss, nutrition, burnout, stress, and depression, as well as three books on vitamins, minerals, omega-3 fatty acids, heart and brain health, and a multimedia quit-smoking program.

Andreas Jopp's books have consistently topped the German bestseller non-fiction lists for months and have been translated into 17 languages. Every year, he inspires thousands of seminar participants to lead a slimmer, happier, and fitter life.

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Foreword

It's not about what you are today, but what you would like to be in the future.
More than 800 000 people all over the world have successfully lost weight using the metabolic reset: quickly and easily.

The metabolic reset is a low calorie diet with added essential nutrients and protein. This guarantees rapid weight loss while staying energetic, in a good mood, feeling full and without the yo-yo effect. When a person reduces calories on any other diet, nutritional deficiencies, loss of muscle mass and the yo-yo effect are practically inevitable! This is because under such regimes the body is inevitably going to go short of essential nutrients and, most of the time, of protein.

Lots of people would like to lose between 20 and 30 kilos (44 to 66 lb) without ending up suffering dangerous nutritional deficits caused by dieting. The metabolic reset replenishes the body's reserves of essential nutrients rather than depleting them. Instead of leaving you feeling tired and low, the plentiful essential nutrients that the metabolic reset provides will make you feel energetic and positive. On top of that, the additional protein you take in will keep your hunger under control and help you avoid the yo-yo effect.

Health goes well beyond the goal of simply losing weight. With the smart use of essential nutrients and protein, you will improve and re-balance your metabolism to ensure better health into the future. More than anything else, it's the quality, composition and bioavailability of the essential nutrients that you take in that determines the success of your metabolic reset.

The metabolic reset is more than just weight loss

As a medical journalist, I will show you the success factors of this diet. The metabolic reset conforms to the very latest scientific findings on how the body works.

1. You can lose between 4 and 10 kg (9 and 20 lb) per month.
2. The diet will increase your fat burn.
3. You can reduce hunger pangs.
4. You can increase your energy levels and resistance to stress.
5. You can cleanse your colon.
6. You can detox your body.
7. You can reduce inflammation in your joints
8. You can tone up your skin and reduce cellulitis.
9. You can restore your acid-alkaline balance.
10. You can regenerate the function of your pancreas.
11. You can normalize your blood sugar and fat levels, as well as improve your blood pressure.
12. You can replenish your body's reserves of essential nutrients.
13. You can increase your blood levels of vitamin D and omega-3 fats.
14. You can treat your body to a general overhaul.

My advice to doubters is as follows: Don't take my word for it. Try it out for yourself.

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Rebalancing your metabolism

So you've got your weight down – but what then? Do you go back to your old ways? Or do you want to continue to use essential nutrients to keep you energetic, stress resistant and in a good mood into the future? Giving your cells potent protection. Getting fitter and healthier. Reprogramming and activating your metabolism. Naturally enough, you'll only pose this question to yourself once you have successfully lost weight after a few weeks on the metabolic reset and have seen for yourself how your intake of essential nutrients and protein leaves you feeling full of energy and good humour. This will not be just your imagination or a placebo effect. I'll show you how scientific studies have proven exactly these effects. Once you've improved your body's supply of essential nutrients, would you want to do without these benefits in the future? The choice is yours: do you want to spend your money on that chocolate bar, pastry and coffee? Or do you want to get fit and ready for action and stay that way, contributing substantially to your long-term good health in the process. You can decide for yourself whether you're worth it.

Your advantage: You will already have seen the benefits of the metabolic reset in your own body, so you won't need take what I say on trust. Experience is the best form of wisdom.

With very best wishes,

Andreas Jopp

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INTRODUCTION
The 10 keys to success in the ultimate metabolic reset

Lose weight without suffering mood swings, hunger or the yo-yo effect – it *is* possible!

↓Calories down. ↓Essential nutrients and protein down.

How does the metabolic reset differ from a traditional, common-or-garden diet? Conventional diets reduce calories to tackle the fleshy fat around the dieter's belly, hips and bum. But if you dial down the calories – even if you only reduce your intake by 500 to 700 calories (2100-2900 kJ) – you will also be reducing the amount of essential nutrients and protein that your body is getting and your metabolism is inevitably going to go out of kilter. You're going to suffer nutritional deficiencies. And the result will be a bad mood. Irritability. Cravings for sweet foods to give you that quick lift. Hunger pangs. Your biochemical factory – your body – is sending you a signal: *"Please replenish my nutrient level." "Please eat now."* Your metabolism is running out of steam. If, on top of all that, there's too little protein in your diet, then the yo-yo effect is practically inevitable. And when that kicks in, the whole torturous effort has been for nothing. Dieting means deficiency and abstinence.

↓Calories down. ↑Essential nutrients and protein up.

The metabolic resets diet does precisely the opposite. Calories down. Essential nutrients up. By adopting the metabolic reset, lots of overweight people begin taking in greater amounts of vitamins, minerals, trace elements, omega-3 fats and proteins for the first time. Their body's reserves of essential nutrients are replenished. Their metabolisms are re-balanced.

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They feel fitter and more energetic. And, as a by-product, they also lose weight rapidly. The metabolic reset improves their quality of life, just as other regimes diminish it.

The majority of people are not overweight because they're getting lots of essential nutrients and taking in plenty of vegetables, fruit and protein. Those who are already eating healthily, but still can't get rid of their problem spots, are a small minority. They have what I call diet-resistant fat. Many are stuck in a sugar/carbohydrate trap. Highly processed foods contain almost no essential nutrients. People therefore often feel the benefits of the additional essential nutrients provided by the metabolic reset very strongly. They often feel "strangely different", more lively, more energetic. They feel ready to chop down trees with a single blow. They get on everyone's nerves with all that energy. And, to be very honest about it, that effect is the very last thing you'd expect from starting a dieting regime.

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Overweight, but undernourished

People who are overweight really aren't getting too much. In fact, they're getting too little. Overweight people always see themselves as "too much". We professionals, on the other hand, measure too little in their bloodstream – and, what's more, studies prove it. Too few essential nutrients. That means having too little protein to get slim and feel full, satisfied and dynamic. Too few vitamins to be able to produce enough slimming hormones and neurotransmitters that make you happy. Too-low levels of vitamin D to keep your mood stable. Too few essential minerals. Excessive acidity (due to mineral deficiencies) makes you tired and vulnerable to stress, and puts a brake on your capacity to lose weight. Too little magnesium in the bloodstream. That makes it impossible to work out in the fitness club or build up your stamina. Too few trace elements like iodine and selenium to produce fat-burning thyroid hormones. Too-low levels of omega-3 in the bloodstream. Omega-3 has an anti-depressive and mood-lifting effect.

All of these nutrients are absolutely essential to the task of losing weight successfully. Only when you have plenty of each of them can you reduce

your calorie intake radically. Going on a low-calorie diet will have the effect of making you lose weight rapidly. Now that's inspiring!

Hunger, mood and the yo-yo effect

If you can deal with each of these critical points effectively, then your diet will be successful. That's why the topic of hunger, mood and the yo-yo effect is the common thread running through every chapter of this book. For me it's beyond question that you can use the metabolic reset to get your weight down. Have faith in yourself. Get over your fears. Set yourself a clear goal and a target date for achieving your new weight. Take back the quality of life you deserve.

10 factors for success in the metabolic reset

These 10 pillars are an integral part of the metabolic reset. They work together and reinforce each other.

Pillar 1: Calories down, essential nutrients and protein up.
Pillar 2: Escape the carbohydrate trap.
Pillar 3: Use extra protein to feel full and satisfied, and avoid the yo-yo effect.
Pillar 4: Supplement essential nutrients to feel lively, energetic and stress-resistant.
Pillar 5: Avoid mood swings with omega-3.
Pillar 6: Lost body fat can leave your skin looking saggy. With OPCs that doesn't have to be that way.
Pillar 7: Use extra fibre to slim more effectively and to cleanse your colon.
Pillar 8: Detox and reduce acidity: The holistic idea behind the metabolic reset.
Pillar 9: Use your photo for motivation
Pillar 10: Eat with pleasure: new recipes, new good habits.

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The quick guides

Are you in a hurry to get started now? Then read these quick guides now.

I would recommend that you read factors for success 1 to 10 while you are on your metabolic reset. Only then will you understand how the metabolic reset works, what you need to keep in mind and how to stay slim permanently.

- **Brief guide on how to follow the metabolic reset** Page 132
- **Brief guide to essential nutrients and protein** Page 139
- **Brief guide to nutrition** Page 142

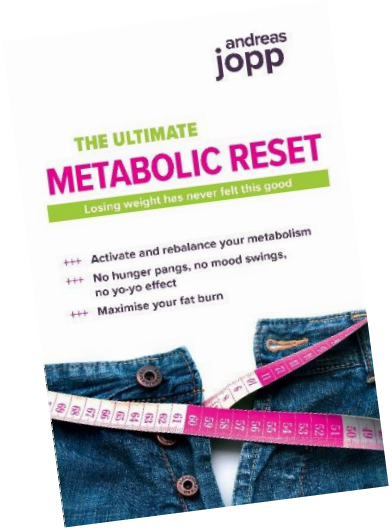
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PILLAR 1

Calories down, essential nutrients and protein up.
Success through a Nutrition plus Shake Strategy.



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