# SUMMARY



## Rebalance your Metabolism

Forget everything you've ever heard about diets

## With the Metabolic Diet you detoxify & rebalance your metabolism based on 3 key factors:

1. Nutritional supplements
2. An activator that triggers a glycoprotein in the body
3. A change in diet for a minimum of 3 weeks

## What does it do?

- Improves the metabolism without feelings of hunger
- Maintains the new weight (no “yo-yo” effect)
- Weight loss in the “right places”
- Firmer skin and more youthful appearance
- Increased energy, at least after the metabolic diet
- Exercise not actually required - although it does encourage weight loss
- “Normal” eating afterwards

## There are 3 different types of fat:

1. Structural
2. Energy
3. Adipose

The storage of adipose fat is a DISORDER. Everyone knows somebody who simply cannot lose weight no matter how hard they try.

60 years ago an English doctor discovered how this disorder can be remedied by “re-programming” the hypothalamus.
For 40 years he carried out research in this field and his method has been successfully clinically tested on thousands of humans.
Until a few years ago this particular diet had to be carried out in special clinics where patients received injections of the glycoprotein mentioned above. The expense in every respect was much higher than compared to today.
Only recently an activator has become available in homeopathic/bioenergetic form. This way the metabolic diet is now available to everyone.

## The metabolic diet is comprised of 4 phases:

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|---|---|---|---|
| 1. | 2 days | Feasting” phase / loading days | activator & nutr. suppl. |
| 2. | 21 days | Actual weight loss phase | activator & nutr. suppl. |
| 3. | 21 Tage | Stabilisation phase | activator & nutr. suppl. |
| 4. | 6 months | Test-Phase | activator & nutr. suppl |



## What is needed to rebalance your metabolism?

High quality nutritional supplements with phyto-nutrients and excellent bioavailability
The Activator
A set of bathroom scales
Kitchen scales with g/oz display
Fat free shower gel and shampoo, MSM lotion for the skin
Careful observance of the instructions
Reading of the recommended reference books is helpful
Self-discipline for 3-6 weeks
Taking advantage of any monitoring offered to you.

# Course of the Metabolic Diet

## Phase 1:  2 days Loading Days

- 3-5 times a day: activator according to the respective instructions 20 minutes before a meal and 20 minutes after brushing your teeth or drinking coffee.
- Twice a day: nutritional supplements

Eat foods rich in oils and fat:  all kinds of nuts and seeds are ideal for this phase, as well as avocado, salmon and olive oil.  Enjoy a cream cake and other things you like to spoil yourself with.

During these 2 days it is important to supply your body with a lot of rich food and drink

The more you "load", the better your result: during the following 3 weeks the same amount of calories will be burned, whilst only about 20% will be supplied by your food.

## Phase 2:  21 days Actual Weight Loss Phase

In this phase the adipose fat "melts away".
For a minimum of 21 days you only eat the food allowed by Dr. Simeons (see below).  You may wish to try the recipes listed in the recommended books.  It is important that you adhere to the prescribed quantities.

Take the activator 3-5 times a day according to the recommended instructions and the nutritional supplements twice a day (as before).

**Twice a day: 120 g (4 oz) of food containing protein**: e.g. lean beef or veal, eggs (egg whites), chicken or turkey, white fish, tuna in water, seafood, shrimp, prawns, squid, tofu, Harzer or other low fat cheese, high quality protein shake made from 3 different types of protein.

**Twice a day: 100g – 300g (3.5-10.5oz) vegetables or salad:** spinach, Swiss chard, Belgian endives, beet leaves, lettuce, tomatoes, celery, fennel, onions, garden radish, cucumbers, asparagus, cabbage, peppers, courgettes (zucchini), sauerkraut, white mushrooms, leeks, Brussels sprouts.

**Twice a day: 100 g (3.5oz) fruit** – apples, oranges, grapefruit or strawberries

2 Grissini a day, but not both at the same time.  Eaten together with your meal this may give you a more satisfying experience that you perhaps might sometimes miss, despite not feeling hungry. You can also eat them individually as a snack before 7pm.  In general, it is best to eat before 7pm.

**Liquids/day: at least 2 litres (2-2.5 quarts**): Non-carbonated water or tea is ideal. Reduce your coffee, if possible. NO alcohol.

**Spices**: sweeteners are allowed, e.g. stevia, erythritol, pepper, mustard, garlic, fresh herbs, vinegar, soy sauce, tabasco, wasabi, sambal olek, cinnamon, lemon juice.

**No oils, no fats** – do not apply oils or fats externally. Do not use oily skin care products.

**No sugar or carbohydrates** – rice, potatoes, bread or grains, pasta, legumes and alcohol are NOT ALLOWED.

**Important**: Do not add anything and do not leave anything out. Any deviation from the diet can compromise your results. Weight loss also works with other foods, but long-term weight management may not be possible.

High quality natural nutritional supplements are absolutely essential to encourage the detoxification of the body.
Toxins that are not flushed out are stored by the body in the fat. Only high quality nutritional supplements guarantee long-term weight management. It is recommended you supplement for at least 6 months after the metabolic diet.

**After these 3 weeks (minimum) you continue eating the approved foods however WITHOUT taking the activator**.  The diet can be continued past the 3 weeks without stopping until you have reached your desired weight.

## Routine during the actual weight loss phase

Weigh yourself in the morning after passing water. On the first diet day take your body measurements (afterwards measure 1x a week)

Breakfast
Take the activator before breakfast according to the instructions
Ideal liquids: non-carbonated water or tea. Coffee without sugar (1 tbsp milk in 24hrs is allowed)
Take nutritional supplements: vitamin/mineral/fibre drink, antioxidants, organic sulphur, Omega-3 fatty acids

Mid morning:
If recommended in the instructions for the activator, take before your snack.
If necessary, a medium size apple or ½ grapefruit or 1 orange or 1 handful (100g/3.5oz) strawberries
Drink enough water. 1 Grissini can also be eaten at lunch time.

Lunch:
Take the activator according to the instructions
Salad or one type of vegetable with 120g (4oz) meat / fish / tofu (cooked weight) / protein shake. Please do not eat more than 4 different foods at one meal. Don´t forget to drink enough liquids.
Additional Supplements (makes sense but only if you wish) high quality products for the skin containing hyaluronic acid that can be taken orally, micro minerals, vitamin D&K

Afternoon:
If recommended in the instructions for the activator, take before your snack.
If necessary, 100g (3.5oz) fruit from list, maybe 1 Grissini, drink lots of water

Dinner:
Take the activator according to instructions
Nutritional supplements: organic sulphur

Dinner:
Salad or one type of vegetable with 120 g (4oz) meat / fish / tofu / protein shake (different type than at lunch)

Before bedtime: Omega-3 fatty acids (astragalus if desired). The protein shake encourages fat burn-off and can act as a substitute for meat or fish. You can also drink a protein shake in between meals and/or in the evening. Remember to mix it with water.

## Phase 3: 21 days Stabilization Phase

Stop taking the activator but continue eating the same low calorie foods for 2 days. Now you can slowly increase your caloric intake. Take the nutritional supplements as before.

If your weight increases more than 1kg (2.2lbs) regulate it with a protein day.
No breakfast, no lunch, large steak/fish/tofu for dinner, take a double protein shake and eat one tomato.

During these 3 weeks you can eat oils, fats, whipping cream, meat, fish, cheese until you feel full. Once in a while you can enjoy a glass of wine. Carbohydrates and sugar are still a “no no”.

## Phase 4: Test Phase

Continue taking your nutritional supplements: take at least the required minimum of the basic nutritional supplements

Slowly add in other foods one at a time. If you gain more than 1kg (2.2 lbs) from one day to the next by eating a certain food, do not eat it again and test once more at a later date.

Carbohydrates should be avoided in the evening on a long-term basis.

Any weight gain of less than 1 kg (2.2 lbs) is not a problem and will regulate itself in due course.

## Recommended nutritional supplements

Required minimum of nutritional supplements during the actual diet phase:
The vitamin/mineral/fibre complex, antioxidants, organic sulphur, protein shake, Omega-3 fatty acids, skin care with organic sulphur

**For even better results:** astragalus, arginin, high quality products for the skin containing hyaluronic acid that can be taken orally, micro minerals, vitamin D&K

**Nutritional supplements from the stabilisation phase onwards:**
Required minimum of basic nutritional supplements. On a long-term basis you can carry on according to personal needs and budget.

## INTERESTING FACTS

**Plateaux days:**
During phase 2 there will be days when you either lose no weight or very little. When this happens, the body is storing water to reabsorb empty fat cells.
However the body keeps on burning fat while the weight remains almost the same. After 3-4 days, a sudden weight loss of 0.5 – 1.3kg (1-3 lbs) may take place.

**However, if your body stubbornly stays the same weight for more than 4 days, you can do an "apple day".**

**Apple day:**
The apple day starts at lunchtime and continues until a little before lunch on the following day. During this time you are allowed to eat 6 large apples but nothing else except water. Of course, you continue with the nutritional supplements and the activator. At lunch time on the next day, go back to your normal plan.

## TIPS

It is essential that you make a personal commitment.
Choose a period of 3 weeks where no major distractions are anticipated e.g. birthdays, parties or other situations that could present a dietary challenge.

Your results may also be better if you supply your body with nutritional supplements several weeks even before starting the metabolic diet.

Dry fry meat, fish, tofu, vegetables without oil in a good non-stick Teflon or ceramic pan or grill.
Use vegetable stock without sugar and fat for sautéing. Steam cooking is also ideal and gentle on nutrients.
In a restaurant, ask for fat free food and salad without dressing. Ask for lemon juice instead to drizzle on the salad.

**It is important to take "before and after" photos and to measure your chest, hips, waist/tummy, thighs and arms.**

**It´s more fun to do the diet together in a small group!**

**Discuss with your sponsor how you prefer to be monitored / encouraged while on the diet: by whatsapp, meetings, phone calls…**

**There is plenty of literature about rebalancing your metabolism and nutritional supplements in general. Just ask your sponsor or visit a product workshop!**

Best of luck!

