Metabolic Cure Essentials





There are many ways to lose weight and
with it comes a period to regain weight thereafter.

The metabolic cure is no classical diet.
We rather optimally nourish our body and cells
with essential nutrients to avoid any deficiency.
The fat cells will open and literally melt away and
this will give a boost of energy.
The toxins stored in the fat cells will be released.

This way our body is being constantly re-built
without the well-known Yoyo-effect.

This brochure contains in simple words information
about the metabolic cure and a short introduction
to the world of natural essential nutrients.

We wish you lots of success
on your path towards a perfect body
and splendid health.

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The metabolic cure exists for more than 50 years - but for most of the time its secret was well kept!

During the 50's scientists and endocrinologists researched the field of metabolic diseases. They discovered that in the hypothalamus, the brain's hidden command center, some processes can go wrong. In normal circumstances the hypothalamus creates a current account for fat cells. What we eat will get crushed, fragmented and finally transformed into energy. In case we do not need that much energy we just sit at our office desks and thus don't move; excess energy gets stored in the current account (ie in the body's fat cells).

This is a healthy mechanism as it guarantees our survival (eg when we sleep).

In case the balance is negative - we consume more energy, we eat little or move a lot - then energy reservoirs in the muscles and in the liver provide this additional energy. Once used up then the body gets back to the reserves. Now the energy stored in the fat cells will be used and we can continue to run, think... (just like a current account).

Unfortunately this does not always function flawlessly. Many factors exist that can disturb the metabolism controlled by the hypothalamus, such as rapid change between fasting and excessive eating, stress, traumas, artificial food additives (e.g. yeast extract and sodium glutamate), poisonous metals such as mercury, artificial sweeteners such as aspartame or bisphenol A and phthalate.

This list and many other events can lead to a malfunctioning of the hypothalamus – it creates for our fat cells no longer a current account but a savings account on which you only make deposits.

Luckily scientists also found a way to reverse this activity. Scientifically speaking human chorionic gonadotropin is a glycoprotein, which activates an opening of fat cells. In doing so, the stored fat can leave the cell and be used as energy again.

Several glycoproteins can act here as activator. You can take in the activator in direct, homeopathic or radionic form. Many personal experiences confirm these facts. Go and have a look at sample pictures.

Nutrition and essential nutrients - this is the clue about the cure. When the fat cells are opened stored fat is used for energy creation. This however causes a release of toxins. Toxins and acids that the body could not immediately eliminate were wrapped in water and fat and stored in the fat cells. Now these toxins are also released. This means a lot of work for our organs in charge of detoxification.

If detoxification organs lack essential nutrients (vitamins, minerals, trace elements) to transform toxins and acids into salts, then the very same toxins are just stored elsewhere in the body (e.g. in joints)

Ulrich Strunz gives an example in his book (Frohmedizin 'medicine of happiness'). Researchers gave two groups of chickens different kinds of food. One group got fed with high class organic food, the other group got fed with fast food. At the end of their life the researchers added nickel to their food to see where and how much of this lethal metal gets stored in the body.

The organically fed chickens showed few traces of this poisonous metal in the detoxification organs liver and kidney. The bodies of the fast food chickens were completely poisoned - the heavy metal was present in the entire body. And this test dear reader you are doing each day yourself. What kind of chicken do you want to be? The cycle is described by many scientists and authors.

This is why it is so important to be nourished with enough essential nutrients! This story shows that our elimination organs can eliminate toxins - that we inevitably consume in our day to day life, too little sleep, too much stress, wrong food - if we are well fed with essential nutrients. Today we can no longer take in the required levels of essential nutrients via our food. For an optimal provision of our body with essential nutrients we require the intake of high quality food supplements: a high quality base of vitamins and minerals, a protection for the collagen, omega 3 fatty acids, organic sulfur, high quality proteins and arginine (a special amino acid that I do not want to miss any more).

How can a high quality base of vitamins and minerals be described?

First of all it should arrive where it is targeted for - in the cell. Unfortunately this is not the case for many food supplements that we can buy today.

Many food supplements get blocked in the membrane of the cell - this membrane acts as a guard and it lets pass only ‚nature'. Only if the guard recognizes ‚nature' - such as broccoli, parsley the guard opens the door(i.e. membrane) to the cell. Come in! Plant-based components are the door opener to the cell. Plant-based components made from herbs, fruit and vegetables form the taxi for vitamins and minerals that they can reach the inner of the cell, once it needs it. And in our typical daily life we need loads of them.

Only an adequate level of essential nutrients in our cells and body can produce enzymes and hormones. Enzymes are specialized protein molecules that are key to our metabolism.

Most of our enzymes get destroyed at temperatures exceeding 40 °C. Pasteurized or heated food contain few or no enzymes. Without this spark of life there is no proper metabolism. Thus we need fresh products and cold pressing - even more importantly for the essential nutrients we consume day by day.

Also trace elements (we need them in tiny quantities, but without them metabolism and detoxification will not work correctly and little by little we accumulate slag) such as iron, zinc, selenium, iodine, chrome and some others are very important and are the sign of a high quality nutritional base.

Today our life style is primarily acidic which puts an imbalance to our body's acid-base balance. All acids require minerals to be neutralized into salts. Only salts can be eliminated via our elimination organs. If we eat too few minerals (i.e. minerals lack), our body uses minerals stored in the body, teeth, hair, bones and then there is only one solution left – wrap toxins and acids in fat and water and store them in the fat cells. We thus need essential nutrients in sufficient quantities.

To ensure that essential nutrients can be well absorbed by the body we need the right flora in our intestines. The flora should primarily be alkaline and contain the right bacteria (probiotics). Also prebiotics (the food for the bacteria), algas and fibers are needed. A good base supplementation contains what the body needs to maintain a solid acid-base balance and everything to detox.

OPC to protect our collagen

Each cell is attacked 10000 times a day. Free radicals try to steal an electron from the cell membrane. The success of the defense depends on whether and how well we are protected, vitamin C and vitamin E protect our cell membranes. OPC increases the effectiveness of vitamin E and vitamin C up to 40 times.



Omega 3 fatty acids

Omega 3 fatty acids are essential, this means our body cannot produce them and we need to take them in via our food. They stimulate enzymes which impact our metabolism. They guide fat to those areas where they can easier be transformed into energy.

Furthermore they show an anti-inflammatory effect, increase brain and mental capabilities, improve development and maintenance of sight as well as a reduced risk for stroke and Alzheimer's disease.

MSM



MSM (Methylsulfonylmethan) is an organic sulfur that increases the permeability of the cell membrane, this increases as well the intake of nutrients as the discharging of waste products by the cell.

The creation of sulfur based amino acids such as methionine, cysteine and taurine supports the detoxification and stabilization of collagen.

MSM supports the creation of antioxidants and enzymes such as glutathione, strengthens nerves and our immune system. As sulfur is part of the bile acid, it also increases better fat burning and absorption.

Protein without fat, hard to find

Proteins consist of chains of amino acids. They connect to structure giving proteins such as collagen and elastin, transport proteins, enzymes, immune globulins, hormones and neuro transmitters. Of course proteins exist in our food in the form of meat, fish, cheese, beans, soy, seeds and nuts - yet often in connection with fat, which we try to reduce to the max at least during the cure. The consumption of amino acids during the metabolic cure hence is the recommended alternative. High quality proteins contain a mix of different protein sources such as milk, soy & whey. The amino acids should be listed and neither sugar nor aspartame should be added. Sweetening can come from sucralose or stevia. Proteins are acid by nature thus we need minerals for neutralization. Ideally those are directly contained in the protein mix.

Argenin a very special amino acid

Arginin is essential for detoxification of our body. It supports the creation of proteins, stimulates the immune system and speeds up regeneration functions of our body. The improved blood circulation protects heart and our blood vessels, increases the removal of fat cells, provides more energy to those that exercise and supports our inner and outer beauty.

What is needed for the metabolic cure

Activator: (globuli, drops or similar)
High quality nutrients and food according to list

How the cure functions

In phase 1: feasting days

(day 1 and 2) we take the activator 3-5 times/day (globuli, drops or similar), the natural nutrients and eat a lot – preferably fatty.

In phase 2: diet phase

21 days (or longer depending own decision) we take an activator 3-5 times/day, take the essential nutrients and stick to the list of permitted food; we refrain from fat, oil, butter, pasta, bread, rice, sugar, flour, artificial sweeteners, milk and alcohol.

In phase 3: stabilisation phase

21 days (or longer if diet phase was longer) we continue to take the essential nutrients. As we have stopped taking the activator, we listen to our body and the feeling of hunger. In the first 2 days after stopping the activator we recommend continuing with the food intake from the diet phase. Thereafter we should eat more as our body will not be able to take its energy from the opened fat cells. The best is to increase the intake of proteins and high quality oils (with high proportion of omega 3 fatty acids).

During the stabilization phase our body finds its new set point. We should keep the body weight in a range of +/- 1kg of the weight established by start of phase 3.

In phase 4: test phase

During this phase we test which food we well digest and which ones do harm us. We continue to refrain from processed nutrition and start to integrate more and more vegetables, fruit and more and more carbs into our daily food intake. Experience shows that detoxification takes longer than the previous phases of the cure and therefore it is important to continue taking the essential nutrients.

We and thousands of others have completed the cure with lots of success. Yet our experience shows that waste products get discharged rather slowly. Hence it is recommended to take in the nutrients for at least another 6 months. One feels the plus of energy and do not want to miss this plus of energy in our future.



Shopping list for the metabolic cure
Diet phase

Vegetables:

Leek, onions, broccoli, cauliflower, red beet, celery, all salads, spinach, green beans, tomatoes, cucumber, capers, artichokes, bell pepper, kale, mushrooms. Bigger quantities can be eaten.

Fruit:

Melons, apples, pears, cherries, apricots, plums, kiwi, grapes - not too many 1-2 kiwis, or -2 small apples, some cherries or grapes.

Meat:

Meat (veal or beef), minced meat, breast of chicken or turkey, all lean meat (not more than 120 g)

Fish:

Seabreams, perches, coalfish, pangasius, tuna (also canned without oil). All sea fruit such as mussels, prawns, squid (not more than 120 g).

Protein products:

Eggs, low fat curd, cottage cheese, low fat yoghurt (1 egg approx. 80 kcal, 1 low fat yoghurt approx. 60 kcal) not more than 120 g.

To avoid by all means!

Alcohol, sugar, pies, cakes, carbohydrates such as pasta, rice, potatoes, sweets – take stevia for sweetening.

Oil, fat, butter (some drops are allowed to keep the fried food to stick to the pan).

After the cure:

The metabolic cure supported by nutrients is just the start of a trajectory towards well being. Now you've realized the good starting point for an intestinal cleansing, regeneration, skin tightening – there are plenty of ways to discover and benefit from health and well-being.



THE METABOLIC RESET

TIP - Start taking nutritional supplements beforehand

During the „loading days“
+ Nutritial Supplements
+ Activator
+ Eat a lot

Take at least 44 days to complete the metabolic reset

3.500
2.500
1.500
500
Caloric intake (cal.)

2 Loading Days

During the 21 diet days
+ Nutritial Supplements
+ Activator
+ Suitable food

– Carbohydrates
– Sugar
– Fats
– Alcohol

+ Fat- and pollutant free care products
+ Supporting alkaline baths

If you feel well the diet days they may be extended until you have reached your desired weight

500 cal.

21 Diet Days (Diet phase)

500 cal. – Activator

During the 21 stabilization days
+ Nutritional Supplements
– Activator
+ Extend the list of suitable food
+ Fat intake hast o be increasesd

– Carbohydrates
– Sugar

Protein Day immediately
± 2 lbs
Eat more

1.200 bis 1.800 kcal.

21 Days FOR STABILIZATION

Finally you have reached your desired weight

You can now slowly include carbonhydrates in your diet again

continue to take good vital substances



Timeline (Days)
10
20
30
40

Make a note of your weight

Day 44

Drink enough
At least 2-3 liters of still water.
Tea and Coffee if desired

The Metabolic Reset

HIGH QUALITY NUTRITIONAL SUPPLEMENTS

Vitamins, minerals, trace elements, antioxidants, essential fatty acids, enzymes, organic sulfur and amino acids ensure the functioning of the metabolism. They are the basis for high physical and mental performance, detoxification and purification.

CRITERIA FOR HIGH QUALITY NUTRITIONAL SUPPLEMENTS:

They should come from natural sources, can be taken with other natural products, are cold-processed, and should contain secondary phytonutrients, enzymes, fibers, pro- and prebiotics. They should not contain chemical additives and come from a responsible manufacturer with no purchase obligation and a money-back guarantee.