Metabollic Reset

- A way to DETOX & DEACIDIFY your body and change your eating habits w/o the side effects of weigh loss (yo-yo).
- During the Metab Reset Men are losing +/-14, women +/-7kg of ADIPOSE fat (bodyfat);
- Recovery in a healthy life style

TESTIMONIALS

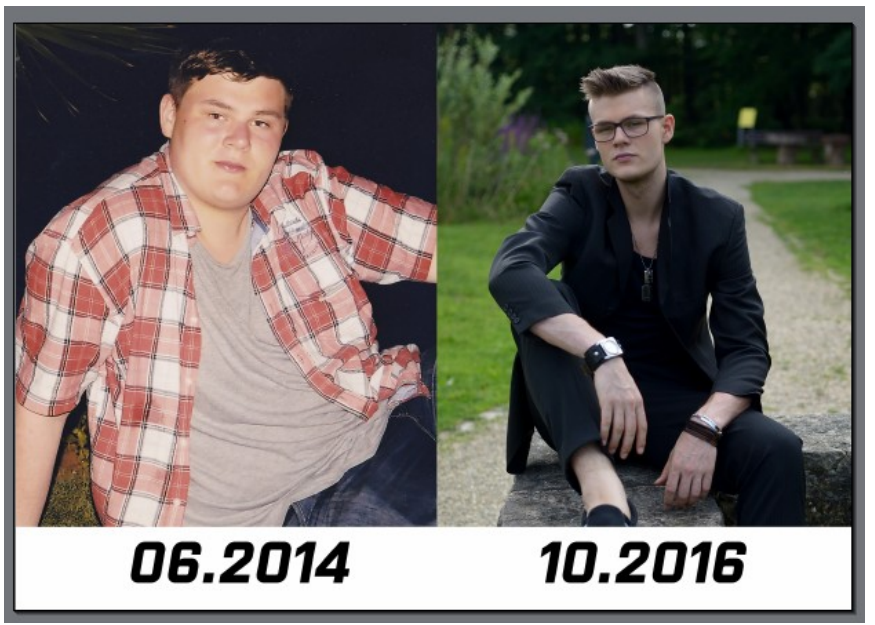
Pictures Before - After





Pictures Before - After





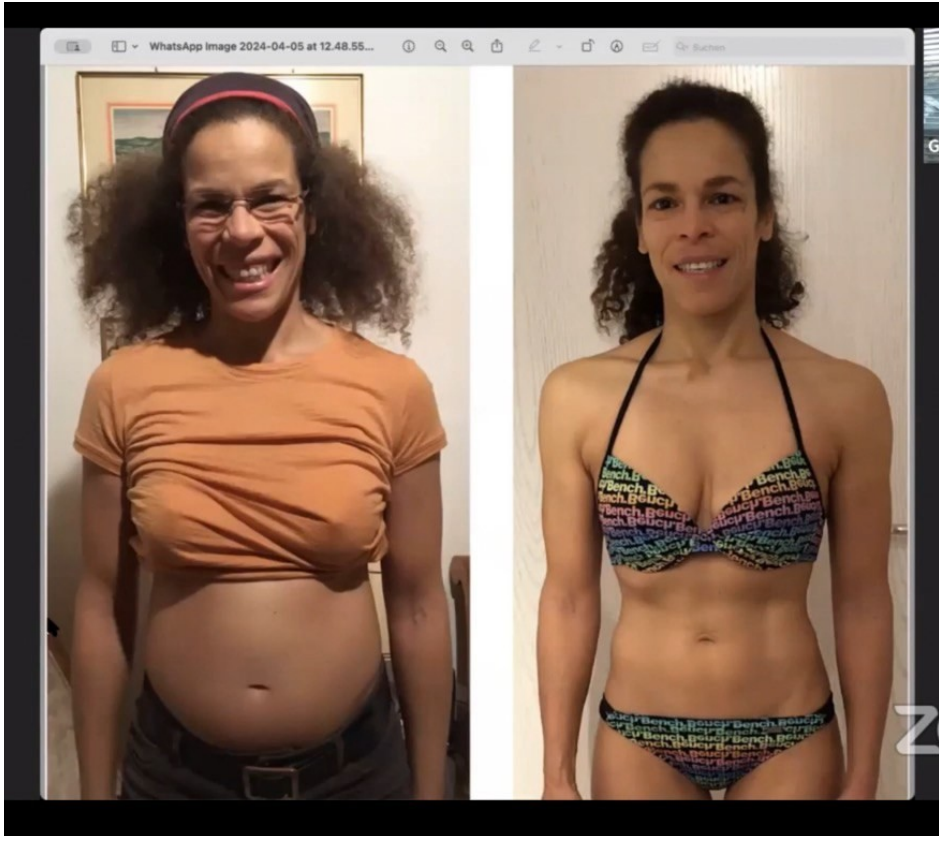
Pictures Before - After







Pictures Before - After





TESTIMONIALS

My name is Cathrin Pöhlmann, and I've been with Lifeplus since May 2017. I've been taking the Golden Basic Supplement since then, and in January I completed the treatment for the second time.

I lost 3 kg (11 lbs), and my hair regained its color 🤩.

The first picture was taken at the end of October. After two years of taking the Basic Supplement (Daily BioBasic, Proanthenol, and Ome Gold), it was already noticeable that my hair was getting a bit darker, but the 21-day treatment was amazing. 💃🙋♀ It's incredible what a good supply of nutrients can do for all your cells. Hair follicles are the first to be affected when there's a nutrient deficiency. The result: hair loss, gray hair. Anyone who knows me knows that I've always eaten healthily, but it seems I still had a deficiency. 🤞 For me, it was a great experience and proof that vital nutrients are essential with our modern lifestyle. How lucky we are to know about them and to be able to use these products. 🙋

February 16, 2019



TESTIMONIALS

My name is Anna Wall, I was born in Siberia in 1957, am married, have three children and four grandchildren.

We came to Germany in 1990, and since 1991 I have worked as a machine operator in a bottle cap factory. In 2011, I became ill. Due to my weight and the strenuous work involving constant ladder climbing, I put so much strain on my knees that I had to have both knees replaced in 2012. Since I had been using Life Plus products since 2004, my wounds healed well. However, I had to use a walker to get around.

SWK was introduced to me in August 2013, but I was very skeptical because I had already tried so many things. I observed my sponsors and saw that they were always very satisfied and that the kilos were melting away. So, in October 2013, I decided to start and lost 50 kg in eight months. I felt very well the whole time, I no longer need my walker, nor my sleep apnea machine, which I had been using. My high blood pressure is back to normal, as is my overactive thyroid. My liver values, which were always very high, are also back to normal, and I no longer need compression stockings.

Because of my knee surgeries, the business has now become interesting for me, since I'm no longer allowed to climb ladders and there's no other job for me at the company. With the Life Plus concept, I can build up financial security, because my sick pay won't last much longer, and I don't want to be financially dependent on my husband.





My name is Pierre Steinfurth, I'm 39 years old and a truck driver working daily shifts.



In October 2013, while sitting with my dog Elli at the dog grooming salon run by my current sponsor, Susanne Hilbert, we got to talking about health. Susanne told me she'd learned about something great and asked if I'd be interested in attending an information evening. Being an open-minded person who likes to gather information, I naturally agreed.

As I mentioned, I went to the information evening, and the topic was "Metabolic Cleanse." That's where I met Petra Scherer and Petra and Matthias Behm. We all hit it off right away. The evening was very informative, and it immediately became clear to me that I was doing a terrible job with my body!

Since I'd had a heart attack in 2010, I obviously didn't want to continue jeopardizing my health, so I tried the products from Lifeplus. To this day, I haven't regretted it.

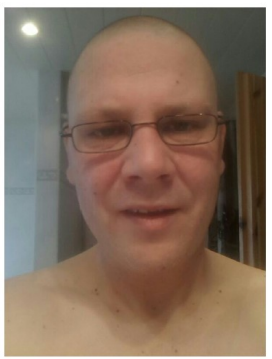
So, on November 27, 2013, I started the program with a starting weight of 124 kg.

I quickly noticed that something was changing in my body.

In the first 14 days, I lost 14 kg completely without any discomfort, no dizziness, no nausea, no hunger pangs, and no pain. In the next four weeks, I lost another 12 kg.

My skin improved, I didn't need nearly as much toilet paper anymore and my varicose veins have practically disappeared!!!!!!!
The challenge was, and still is, my work schedule—as I mentioned, night shifts and constantly changing hours. Sleep has become a secondary concern. Sticking to my daily routine wasn't always easy.

Sundays at home are my cooking day. I go shopping and prepare all my food for the next week. Into Tupperware and into the truck's refrigerator. Only through the constant support of my LP team was I able to establish a structured daily routine.

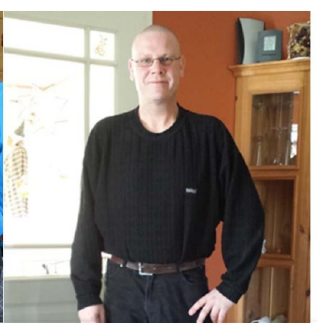


März 2014



Februar 2014





After the first eight weeks, I had to undergo my medical check-up, due to my heart attack in 2010. The doctor was quite surprised when he saw my lab results. The values were even higher than those of a healthy person.

Great. Goodbye cholesterol... :)

Today, March 4th, 2014, I've lost 32 kg (70 lbs). I want to lose another 6 kg (13 lbs) by the end of March. Then I'll be completely happy.

My special thanks go to the three women and LifePlus.

I'd also like to sincerely thank the wonderful team, who have become more like family to me, including Petra Scherer, Petra Behm, and of course, my dear sponsor, Susanne Hilbert.

They actively support me and are always there for me.

Best regards,
Your truck driver, Pierre

TESTIMONIALS

My name is Sabine Ott, I am 53 years old, married, and have two daughters.

In the fall of 1998, two people close to me died within two weeks: my father and my mother-in-law. Then, in January 2001, I lost my grandmother, who had played a very important role in my life up to that point.

These events threw me off balance emotionally and mentally. Above all, our daily life was completely restructured. We are a third-generation family business and relied on family members to help out. Today, I know that the seeds of my later illness were sown during this time.

Over many years, I developed a set of symptoms that no doctor could or wanted to diagnose. Pain throughout my body, tremors in my hands, inner restlessness, insomnia, total exhaustion, difficulty concentrating, digestive problems, balance disorders…
... Only many years later, after no specialist had been able to make any kind of diagnosis, and I was once again sitting with my family doctor without a diagnosis from a specialist visit, and I uttered the sentence: "I'm only 48 years old and I don't know how I'm going to manage my everyday life anymore!", he seemed to have an epiphany and replied to me: "Then you have fibromyalgia!"

Among other things, I unsuccessfully underwent radiation therapy on the soles of my feet because I couldn't walk anymore due to the pain. Not to mention the cocktails of medications whose composition was constantly changed due to lack of effect or because of severe side effects.

The worst were the comatose headaches that occurred every year at the end of April/beginning of May.

I kept insisting: It has something to do with rapeseed. None of the countless allergy tests yielded a result.

In the winter of 2014, I felt so awful that I decided to stop taking all medications on my own and look for alternatives. In this situation, I was at the point where I already had a plan in mind in case things didn't work out.

It was in this situation that Life Plus found me – through a simple, friendly conversation with a regular customer in our store.

On March 12, 2014, my husband's birthday, I started using Life Plus products in preparation for the OPC, TVM, and MSM metabolic program.

After a relatively short time, even though I hadn't been on the diet for very long and had only lost a few pounds, I noticed significant changes.

I woke up one morning, and it was as if no tank had run me over during the night. I had been sleeping better at night for some time now, and that morning I had a feeling of weightlessness that I hadn't experienced in years. My husband also immediately noticed the changes when I came into the store that morning.

Of course, this wasn't a permanent situation at first, but from that point on, things steadily improved.

The next significant experience happened on May 1st – I was out in nature, enjoying glorious sunshine and fields of rapeseed in full bloom, but without a headache!

Since one of our dogs had almost died during this walk after straying into one of these rapeseed fields, I gained some valuable insights while discussing the incident with a local farmer. When the rapeseed is in full bloom, it's sprayed with byproducts from tobacco production, which are extremely contaminated with heavy metals. These metals had accumulated in my brain and caused the severe headaches.

Incidentally, after about three months, our dog developed symptoms of a severe infection that several veterinarians couldn't explain. After consulting five veterinarians and two animal hospitals, the third animal hospital told us that the symptoms were likely due to past poisoning, were already chronic, and that nothing more could be done. Emma is now also being treated with our products.

I've been symptom-free for over a year, so after almost a year of using the products! The weight loss quickly became secondary, and yet I still managed to lose around 20 kilos.

We've now got a wide range of "lifestyle symptoms" under control in our family: My youngest daughter suffered from APD (the same issue as ADHD), my older daughter had irritable bowel syndrome, and my husband had sweaty feet and snored. They all did the SWK program and optimized their weight. Meanwhile, vital nutrients have become even more important in our lives, since my husband was diagnosed with CLL last August. As if by magic, and without even knowing the slightest thing about it, I was very quickly on board with the concept, because it was obvious after only a short time that I was pain-free. A state that my friends and family hadn't experienced for many years.

The recommendations came about naturally. Today, we, and especially I, enjoy the opportunities offered by Life Puls Vision:

For our health, the products; the unique way of collaborating within the community; and last but not least, the professional opportunity—the chance to pursue a path beyond our original career, the fruits of which we can confidently rely on in retirement (my husband is 10 years older than me).

I am incredibly happy and grateful that WE have these opportunities!!!

Testimonial

I would like to share with you the experience report of my partner and friend Heike Hauser.
Exactly one year ago, Lifeplus and I found each other. I would like to take this opportunity to share my experiences with you. For years, I suffered from lipedema in my legs. Anyone familiar with this condition knows that it not only causes unpleasant pain, but also causes my legs to swell more and more. Buying pants became a real challenge because everything was too tight on my calves. I was embarrassed to wear skirts and dresses. Eventually, compression stockings and lymphatic drainage became part of my daily routine. According to doctors, the problem can only be treated surgically. However, there is no guarantee, and you have to cover the costs of approximately €11,000 for the surgery yourself.

In 2016, I also developed high blood pressure of 160/120. This was accompanied by a lack of motivation and constant fatigue. It was so bad that I occasionally fell asleep in front of the screen during work. The needle on my scale was now close to 80 kg. I was definitely too small for my weight at the time. My only physical activity was limited, partly because of my sore legs, to opening and closing the refrigerator door and chewing my jaw.
The diagnosis of colon cancer in January 2018 was the tip of the iceberg.

Today, I am infinitely grateful that Lifeplus came into my life at that very moment.
After four weeks of GGV, my blood pressure had normalized and has been at 120/80 ever since.
Five weeks after my colon surgery in February 2018, the doctors were amazed at my exceptionally good general health. They found the healing of my scar phenomenal.
Despite the hot summer last year, I had no discomfort in my legs. Goodbye to edema and compression stockings!!!
I feel fitter than I have in years and have discovered a new passion... SPORTS!!!
I jog regularly and go to the gym 2-3 times a week. The Be products here push me to achieve ever greater results. AWESOME!!!

At this point, a huge thank you for the newfound quality of life, thank you to all the lovely people I have met and am able to meet on my journey through and with Lifeplus. Thank you for the opportunity to create a better life for myself in all areas. My goal is to leave the "system" and work whenever, wherever, and with whomever I want.



Testimonial

Ewald Hangartner

After countless diets and intermittent fasting, I, 57, had consulted my doctor for gastric surgery. But after talking to people affected, that was no longer an option for me. I had therefore almost given up on the "Slimmer and Healthier Future" project.

When I was diagnosed with sleep apnea in September 2021, with an arterial oxygen saturation of almost 70%, I felt the ground beneath my feet as a truck driver!

Luckily, I met a member of the LifePlus family.

A new chapter in my life began!!!

After my coach gave me a thorough introduction to the topic of metabolic therapy, and he was able to competently answer and refute my numerous, very critical questions and objections, I decided to become a member of the LifePlus family.

At the end of October 2022, I started basic care and on January 29, 2023, I started the SWK program. After losing an incredible 35.8 kg, I decided to start the stabilization phase on June 16, 2023.



I would like to give you a brief summary of my health progress and successes: -35.8 kg

No more blood pressure, cholesterol, or sugar-lowering medication

Very good oxygen supply in the arteries, at the last check-up → 98% (normal value 95-99%)

No more sleep apnea since the end of September 2023!

The products I took and still take:

Daily; OPC; OmeGold; TripleProtein Shake; X-Cell; MSM 2 x 6 per day!

Testimonial

I'm Meike, 41 years old, a single mother of two sons, ages 17 and 15. I work full-time as a project manager in business development at a bank. In December 2012, I was diagnosed with the autoimmune disease "Ankylosing Spondylitis/Axial Spondylarthritis (Pain Syndrome)" with inflammatory changes in the facet joints. This disease predicted significant health consequences for the rest of my life, such as stiffening and deformation of the spine and pelvis, with persistent pain. According to the doctor's assessment, there is no chance of a cure; only, in the best case scenario, maintaining the current condition could be achieved. Due to the severe inflammatory activity, I quickly reached the final stage of treatment... that is, I injected biologics (immunosuppressants) Humira 40 mg (adalimumab) every two weeks to systemically suppress my immune system... thus, I was an absolute high-risk patient for all conceivable external health influences. At the time, I was only 36 years old... a shock for me. My illness had already taken a firm hold on me, and my quality of life was significantly limited... the social security office subsequently determined my degree of disability. Autoimmune means that the body works against its own body structures and the associated microorganisms.

I also suffered from the following diseases:

- Hypothyroidism
- Chronic Gastritis
- Hiatal Hernia
- Myofascial Shoulder-Arm Syndrome
- Irritable Bowel Syndrome
- Mixed Stress/Urge Incontinence
- Iritis
- Hypothyroidis
- Rosacea
- Reflux Disease
- Chronic Tension Headache
- Urticaria



März 2018





In May 2016, I had my pivotal encounter... at lunch with a colleague, I noticed that she was more radiant than usual, had lost weight, and her skin looked clear and rejuvenated. Driven by this sight, I curiously asked what had happened to her. After just a few sentences, I decided that I wanted to lose weight this way too... while not feeling hungry, having more energy, not exercising, and looking like that... that seemed sexy to me and the way to go. No sooner said than done... I immediately started using the products and the metabolic cleanse. During my first course of treatment, I increasingly understood that it's not about losing weight, but about getting healthy and helping the body to heal itself with all these balanced nutrients. Today, I'm on my fourth metabolic treatment, have lost over 30 kg, and what can I say... In 2016, I would never have imagined that I would not only lose weight healthily, but that my illnesses, complaints, and limitations would also significantly improve or even cease to be active. On May 18, 2017, even I, an analytical and skeptical person, was completely convinced... my blood results showed neither elevated rheumatic values nor elevated liver, kidney, or other inflammatory parameters. Now I had it in black and white... my body had managed to heal itself with the vital nutrients it needed. Since learning about these blood results, I stopped taking a total of 13 pharmaceutical tablets and haven't missed them since. Currently, I'm injecting the immunosuppressant at increasingly longer intervals. My goal is to completely banish this "poison" from my life, share my discovery with others, and encourage them. I'm proud that I was open and willing to make a change, and that I was able to give myself and the products a chance. I'm infinitely grateful for my new—and increasingly vital—life!

Testimonial



Nickie

My story is this:
Having had an MS attack, in January 2017, and been very low energy with a lot of inflammation in my body for a couple of months, Simon Hinton mentioned he was going to do a colon cleanse and did anyone want to join him?

Now at this point I was having to sleep a couple of hours every afternoon, and with the inflammation in my spine and brainstem, the risk of another MS attack was not far away.
With nothing to lose, I thought I'd join him.
Within a couple of days of taking the colon cleanse powder, and related products (MSM, Ph Plus, Para cleanse), my energy had picked up and I no longer needed to sleep in the day. The inflammation also subsided, which was a great relief.

Another bonus was having the support of a small but very active closed Facebook group of twelve others who were also doing the cleanse.
It was great to be able to share symptoms and experiences as we all went through the detox process. Also ideas of what to eat on a restricted but v healthy diet (no meat, dairy, sugar, alcohol or wheat). Jan Jensen was a great source of information, inspiration and encouragement here.

By the end of the sixteen days I felt much lighter and with more energy.
Normal service had been resumed, in terms of my life and lifestyle! I was back in circulation again, having basically hibernated for the couple of months before this, as I was such low energy.

I was keen to keep this feeling and upward trend going. Jan suggested the Metabolic Reset. A programme good not just for weight loss but also for healthy maintenance and a way to embed good eating habits.
I did this for the next month, using the lovely Bio basics powder in a smoothie every day, and taking a variety of high grade supplements. These included MSM, pH Plus, Omegold fish oils, Proanthenols and Xcel powder. Coupled with a healthy diet, still eliminating wheat, sugar, alcohol and some dairy, but not meat.
This gave me the energy to pack and move house as well as do all the other day to day tasks. I generally felt much lighter and clearer, and more energised, and am so thankful for having found this system and this high grade supplements.

Having had an MS attack ten years ago, and death with the aftermath, I have taken many supplements over the years (esp. magnesium and fish oils) and these definitely make a difference. I declined to take any steroids that were offered to me and basically got myself back to good health in 3 - 4 years using diet, supplements and lifestyle habits.
However I would say that my experience of the Life plus products is that because the ingredients are very high quality, and they are produced using cold pressed means, they have maximum nutritional value, and are very powerful.

Now I start my day with a smoothie or juice with the Bio basics powder in it and instantly feel the boost. Packed with plant-based vitamins, psyllium husk type products, and probiotics this sets me up well for the day, so much more than a bowl of (gluten-free) cereal.
The sulphur in the MSM helps to draw toxins from my body and the Ph Plus helps to create an alkaline environment. This is also helped with a more plant rich diet.
Added boost comes from the antioxidants in the Proanthenols, and the oxygenating quality of the X-cell powder. I often take this in a juice in the afternoon when I need a little pick me up!
Anyway, all this to say that taking Lifeplus supplements and the attendant change in diet has revolutionised my life.
I am excited to see how much more my health and therefore life is going to improve with sustained use.

Many thanks Simon for suggesting it, Jan for the advice and support, and Lifeplus for providing such excellent products!

Part 1

My story with the metabolic diet
(Andrea Gärtner)





My name is Andrea Gärtner, I am happily married with Karin Gärtner and I have a 25-year-old daughter.

I have been severely overweight for all of my 49 years. I can no longer count the diets and dietary changes I have made accompanied by restrictions, abstinence and followed by more and more yoyo-ing.



Psychological issues in my everyday life was the result of a childhood nobody would want. I was always in a state of stress because everybody thought it was just the food…my health went downhill (even though since 2007 I had been providing my body with the best LP-nutrients). Then in 2010, in a specialist hospital, I was diagnosed with lipo- and lymphoedema in both legs up to the lower part of my breasts and my upper arms…

The clinic released me with the words: "Live healthily, be active, keep up the swimming. That´s the best thing for edema. Compression stockings and underwear will be a part of your life! There is no normal way of getting rid of these abnormal fat cells.

You might even want to think about a gastric band or liposuction!

You will have to make do with your weight. Eat healthily and try to discipline yourself as well as you can!"

For 3 long years I somehow managed and then along came the metabolic diet!
At first I vehemently rejected it because of the low calorie intake but then I decided THIS will be my final attempt!!!!

I did not want people to know (as usual) that I was on a diet – another one!…I was sick and tired of the whispering behind my back and the know-it-all attitude afterwards… I started SECRETLY and kept up to date by checking the news of my forerunners on Facebook. I was as excited as on my first day at school when I began my first loading day on August 17, 2013. Hallelujah!!! No feelings of guilt!! After the two loading days, my weight actually dropped immediately and on the 16th day I just could not keep my mouth shut anymore. I had to tell everybody. Believe it or not: I had lost 9.5kg of fat.

What really blew me away was that I was NOT HUNGRY, I did not feel tired and I did not lose water. I was a different person. So far this was unknown to me because with all my previous weight loss attempts, I was usually ready to give up after 3-4 days because I just had such a "hole in my stomach" which kept getting worse. During the metabolic diet this never happened and my body was able to feed off the two loading days very easily.

It was actually easy to prepare meals for work and this way I did not have to bother with the cafeteria. This was another plus because I really wanted to avoid any temptation especially at the beginning.

In the meantime, this works perfectly, no matter what party or get-together I am invited to, I always find something that fits in with my eating plan.

Part 2

My taste buds have changed tremendously. Everything has a much more intense taste now. I don´t have to spice things up as much as I used to, especially because I season only after cooking.

What I absolutely love are beef roulades with Dijon mustard, filled with pepper and onion strips served with green beans and parsley or Brussels sprouts – yummy)
Not before mid January did I have my first real plateau and that didn´t budge for 11 days.

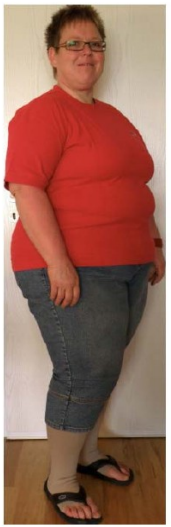
But I knew the theory about empty fat cells storing water in order to keep the weight the body once had for a long time. I just hung in there!!! Every day I felt a little bit lighter. I have gained a quality of life I never want to lose. My posture has improved a lot as well. I stand, walk and sit much more upright. Some joint problems just vanished. My back pain has gone and my skin looks younger and more radiant every day. I am so happy.

Starting with a weight of 144.5kg, I am on my 170th day and have lost 37.5kg – incredible!



My waist measures 24 cm less, my hips 30cm less, my chest 17.5cm less, my thighs (the most affected areas) are down 13cm, arms, down 6cm…while I am writing this I can hardly believe it. My lipoedema keeps on going down. I am so happy! And what surprises me is that my skin / connective tissue (e.g. the abdominal area) tightens MUCH better than during any other diet. I know I will never have the skin of a sexy 18-year-old but I am happy that I don´t need an operation to tighten my skin.

During the ACTIVE week (Sept/Oct, 2013) in Majorca, I took a 2 ½ week break and in December I stopped completely for a whole month; (NO stabilisation because I did not want a set-point at this weight. That is a decision, which I MADE. (This is not described in the books.)





New Year´s Eve and New Year's Day were my two loading days and then I just continued as usual. I lost another 0.4kg after the "Majorca break". In December it was similar. In the first two weeks the weight continued to go down (despite "normal" food), but the following 2 weeks I gained 2.4kg.

THIS shows me that the stabilisation phase is utterly important if I want to keep my weight without yoyo-ing. On the other hand, it also shows that something drastic must have happened with my metabolism. Never in my life have I experienced a continuous weight loss for 2 weeks despite a normal food intake.

I am so much looking forward to my future and I am excited about everything that´s going to happen!

These are just a few of the thousands of lives transformed…

Your story could be next :)