

# THE METABOLIC RESET

*The natural alternative with essential*  
NUTRIENTS

HEALTH & CELLULAR REJUVENATION  
DETOX & WEIGHT BALANCE  
LOSE ADIPOSE FAT

*GAIN ENERGY, VITALITY & RADIANT SKIN*

Design: @vanesamederos

**LOOK**  
**& FEEL GREAT**

ACCOMPANYING GUIDEBOOK

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# CONGRATULATIONS ON THE DECISION!

The metabolic reset program that you are about to start is a true detoxification process that will provide your body with the energy and vitality it needs to feel much healthier.

In addition to cleansing your cells and organs by naturally eliminating toxins, you will provide your body the necessary nutrients for a visible and long lasting result.

Weight loss is just one of the many effects of this metabolic reset. The benefits that this integrative program brings, translates into a significant improvement from the inside out. In short, what happens inside of us is then reflected in a general state of wellbeing that will make us forget how we were before taking this great decision.

With this simple guidebook we want to accompany you throughout this process. On subsequent pages you will find useful advice for the days prior to the start of the reset, instructions on how to take the supplements, allowed foods and those that should be avoided in each phase, as well as a recipe book with delicious and easy-to-prepare dishes.

## Important notice:

This program is not suitable if you are pregnant or breast-feeding. If you are currently ill or undergoing medical treatment, speak to your doctor first.



## A simple process without going hungry.

With this program you will reset your body through the combination of high quality natural micronutrients, a healthy eating plan, moderate exercise and an activator that will enhance metabolic activity. With these four pillars, your body will be well-nourished at all times and with a correct metabolic rate, that will allow you to obtain the desired effects feeling highly energised and with no hunger.

It is important to track the evolution of your weight and body composition, which is why we recommend that you weigh yourself first thing every morning.

## What micronutrients do we provide?

The micronutrients that you will provide your body are 100% natural origin and have been formulated by a team of experts in integrative medicine led by Dr. Dwight Mckee, with more than forty years of experience in this field. These are vitamins and minerals, antioxidants, omega 3 fatty acids, high quality protein and a component called *MSM* that increases the permeability of cells to facilitate the elimination of toxins.

# THE METABOLIC PROGRAM

THE CONCEPT USED FOR REACHING YOUR DESIRED FIGURE IS BUILT ON FOUR PILLARS:

**1** ADEQUATE  
SUPPLY  
OF HIGH-QUALITY  
MICRONUTRIENTS



SPECIALISED  
NUTRITION

**2**

**3** METABOLIC  
ACTIVATOR



PHYSICAL ACTIVITY

**4**



# THE METABOLIC PROGRAM

Your metabolism is controlled by the hypothalamus. This small area in your brain determines how much fat is stored in your body. Being overweight and having excess fat deposits are most likely due to a disturbance in the hypothalamus. It is possible to lose weight through dieting alone, but when your hypothalamus is pre-programmed to return to your original weight, you will quickly replace the fat when eating normally again. With most diets, you lose muscle mass, which is replaced with a higher level of body fat after the diet. This is the so-called yo-yo effect. By following this Metabolic Program you reset your metabolism to function healthily and normally again. The combination of natural and high-quality essential nutrients, together with a special nutrition plan, a metabolic activator, and moderate exercise, result in a reduction in the fat deposits throughout your body. This simultaneously detoxifies your body. Through the loss of fat on the stomach, bottom, thighs and hips,



you will see a new figure emerge and feel in harmony with your body again. Further positive effects are visible in an improvement in skin condition, cellulite reduction, capillary veins etc. To metabolize the fat storages in your body, you will follow a special nutritional plan: no fat, no carbohydrates, and no sugar. Instead, you will eat vegetables, fruits and protein. Many common illnesses these days are a result of underconsumption of vital nutrients. To avoid any nutritional deficiencies during the program, you need to take additional nutritional supplements. These specialized multi-vitamins and minerals support your metabolism. The essential nutrients supply everything your body needs, your metabolism is activated and they minimize hunger attacks. Unlike other weight-loss plans, this program ensures that you do not feel hungry and maintain your energy levels throughout the day.



*planning and progress*

# REPORT

**MY TIMING (FORESEEABLE DATES):**

**LOADING PHASE**

**STRICT PHASE**

**STABILISATION  
PHASE**

**BODY MEASUREMENTS (CM/INCHES)**

	DATE	WEIGHT	HIPS	CHEST	THIGHS	UPPER	ARM
<b>START LOADING PHASE</b>							
<b>START STRICT PHASE</b>							
<b>END STRICT PHASE</b>							
<b>END STABILISATION PHASE</b>							

*planning and progress*

# REPORT

## WEIGHT LOSS CHART: (KGS/LBS)

	DATE	WEIGHT
INITIAL WEIGHT		
DAY 1 LOADING PHASE		
DAY 2 LOADING PHASE		
DAY 1 STRICT PHASE		
DAY 2		
DAY 3		
DAY 4		
DAY 5		
DAY 6		
DAY 7		
DAY 8		
DAY 9		
DAY 10		
DAY 11		
DAY 12		
DAY 13		
DAY 14		
DAY 15		
DAY 16		
DAY 17		
DAY 18		
DAY 19		
DAY 20		
DAY 21		
TOTAL WEIGHT LOSS		

# THE LOADING PHASE

You are going to train your body to switch into a high fatburning mode. Don't worry! Any weight you gain during this phase will disappear again in a very short time!

Take this stage seriously! Our experience tells us, the more you overeat during these 2 days, the greater the weight loss will result, once you begin the Strict Phase of the Program. Choose foods that are high in healthy fats, such as olive oil, nuts, avocado or salmon. But also feel free to load up on carbohydrates and desserts.

We recommend you do a body composition analysis on day one of the loading stage. It is important to obtain your body-fat percentage. Record all your measurements and use them to chart your progress. Also, take your "before" photographs, as a visual record of your progress.

On day one of the loading stage, start taking the metabolic activator. From this day on, continue taking the activator until at least day 21 of the Strict Phase, or to the end of an extended Strict Phase.

## Important facts on the activator:

Your coach will give you advice on the different types of activator available in the market.

If you are in Europe you will probably receive homeopathic-style globules. Do not chew or swallow the globuli immediately. Instead allow them to dissolve under your tongue. Put 3 globuli under your tongue, 5 times a day, 20 minutes before each meal.

If you are in the United States you will probably receive the activator in salt form. It has proven useful to take it 5 times a day, 5-15 minutes before each meal. It can be taken pure or dissolved in water. Daily dose: approx. 0.3g or 1 spatula tip or a moistened fingertip.

If you are using LIFEPLUS ENERXAN as activator take 1 capsule before breakfast and 1 capsule before lunch.



## Important to remember:

Only do the Body Composition Analysis after waking up in the morning. Before the Analysis, avoid exercise, and avoid drinking anything up to 90 minutes before taking the test.





# THE STRICT PHASE



This Stage allows you to eat a balanced, healthy, delicious diet.

Unhealthy fats, sugars, dairy and alcohol will be replaced by salads, vegetables, fruit, lean meat and fish, and vegan alternatives. You need to keep well-hydrated by drinking at least 2½ - 3 liters of water per day.

You will need to provide specific micronutrients:

DAILY BIOBASICS (or Daily Light) Vitamins & minerals, fibre and probiotics.

PROANTHENOLS. OPC antioxidants.

MSM tablets. Organic sulphur to aid detoxification.

High quality OMEGA-3 capsules.

An aspartame-free PROTEIN SHAKE with high quality amino acids.

X-CELL. An l-arginine drink with beetroot extract.



## When to take

## The products

You can spread the intake of the basic range of supplements and mineral tablets over the course of the day. However, it is best to take the Daily BioBasics+Protein shake first thing in the morning. If you start to feel hungry any time of day, make yourself a protein shake. The Omega-3 capsules should be taken with your meals.

It is important to only eat the groceries on the planned shopping-list. If you can stick to the approved foods, you will soon see the rewards!

Do not worry about feeling hungry. The energy released from the activated fat deposits will provide you with all the vitality you need.

## The length of the strict phase

Depending on your target weight, the strict phase will last 21 days or longer. Listen to your body! It will signal when it is time to transition to the stabilization phase. Speak to your coach for advice. After an appropriate stabilization phase, you are ready to repeat the program upto twice a year.

## End of the strict phase

Stop taking the activator at the end of your strict phase! Carry on with the eating plan and continue taking the essential nutrients as before for another 2 days. After this, you will transition to the stabilization phase. To avoid any mistakes that could undo your successful weight loss, take advice from your coach at this point. Your body weight at the end of the strict phase is now your new “set point”.

# THE STRICT PHASE



## MORNING:

» Take the metabolic activator and record your weight.

» Prepare your morning shake:

ADD 2 SCOOPS (20cc x 2) OF DAILY BIOBASICS\* + 2 SCOOPS (20cc x 2) OF TRIPLE PROTEIN SHAKE INTO YOUR SHAKER. Then add 400ml of liquid and drink up! It can be just cool mineral water OR you can also mix 200ml of VEGETABLE MILK (NO ADDED SUGAR) with 200ml of WATER. Then add if you wish a handful of berries or mango or fresh orange/lemon juice, cinammon, vanilla, fat-free cocoa powder, or a mint leaf. If the fruit is frozen you may blend first and mix into a delicious smoothie.

REMEMBER TO DRINK IMMEDIATELY OR IT WILL THICKEN!

AS YOU DRINK IT UP, TAKE 4 MSM PLUS TABLETS, 2 PROANTHENOLS, 1 OMEGOLD CAPSULE.

YOU CAN HAVE A COFFEE / TEA AFTERWARDS IF YOU WISH.

\*If you are in California and/or have the Daily Light version (not the Daily Biobasics), then you should prepare the shake with 1 SCOOP of Daily Light (20cc x 1) + 2 SCOOPS (20cc x 2) OF TRIPLE PROTEIN SHAKE INTO YOUR SHAKER CUP.

## MID-MORNING:

» 1 apple or alternative low glycemic fruit

» X cell plus (L-Arginin drink) mixed in a glass of water.



## LUNCH:

» Take the Activator

» Cook a normal-sized portion of lean meat or white fish, vegan or vegetarian alternative. Vegetables and/or salad. AVOID COOKING WITH OILS. AVOID CARBOHYDRATES AND DAIRY. YOU CAN USE PLENTY OF HERBS AND SPICES, HIMALAYAN SALT ETC. EAT PLENTY OF THE ALLOWED FOODS. YOU SHOULD NOT BE HUNGRY!!!

## AFTERNOON:

» Take the Activator

» 1 apple or alternative low glycemic fruit

» X cell plus (L-Arginin drink) mixed in a glass of water

## DINNER:

» Take the Activator

» Cook a normal-sized portion of lean meat or white fish, vegan or vegetarian alternative, eggs, low fat cottage cheese (optional). Plenty of vegetables and/or salad.

» 4 MSM Tablets

» 1 Omega-3 capsule

## BEDTIME SNACK:

» Take the Activator

» IMMEDIATELY AFTER IT DISSOLVES, DRINK A GLASS (300ML) OF ONE SCOOP OF TRIPLE PROTEIN SHAKE MIXED 50/50 WITH WATER and vegetable milk. GO TO BED.

# TIPS AND *tricks!*



If you are having difficulty taking the shake because of the taste or consistency, we recommend trying the following suggestions:

Mix or shake the Daily Biobasics and Protein shake together with 400ml of cold water in a shaker, then drink immediately. Or mix 50/50 water and low sugar vegetable milk.

Prepare the shake with frozen fruit and water. You can add cinammon, vanilla, cocoa or a mint leaf for a change of taste.

Add freshly squeezed orange juice to the Daily Biobasics shake, or substitute the fluid with unsweetened fruit juice and fill up the rest of the shaker with water. In this case, you can leave out one fruit the rest of the day.

It takes approximately 1-2 weeks until you get used to the taste. Play around with the mix until you find how you love it best!

The Daily Biobasics shake is necessary for your success. It ensures you will not suffer from a lack of nutrients and your intestines are properly cleansed.

Speak to your coach if you continue having problems with the shake to look for alternatives.



Protein forms the building blocks for skin, hair and fingernails.

Protein builds muscle and strengthens the immune system.

Protein promotes better sleep.

Protein reduces hunger pangs, and gives you a good start in the morning.

Make the protein shake creamier by adding ice-cubes and blending.

OUR TIP: Do not miss out on the protein shake before going to bed! This will help preserve your muscle mass and speed up the fat burning process. You will reach your goal even faster.

# TIPS AND *tricks!*

## REMEMBER:

Twice a day you should eat the following: a normal sized portion of meat, poultry or fish, or a vegetarian/vegan alternative or eggs. You could also drink a protein shake instead.

The body quickly gets used to living on fewer calories. If you spend a lot of time out and about, it is easier to miss a meal. Try to avoid this! Instead of speeding-up weight loss, it causes you to store water, thereby increasing your weight.

Drink at least 2 ½ liters of water a day. When possible, 3 liters are recommended. Without sufficient water, your body will not be cleansed internally and you will not lose weight. A hot drink (e.g. herbal tea or ginger and lemon infusion) will keep hunger pangs at bay.

Get enough exercise and sleep.

If your weight-loss plateaus, do not worry, this is normal. Your body is not a machine. If it plateaus for more than 4 days, it is probably due to a combination of fat loss and its replacement with muscle mass. You can treat yourself to an "Apple Day"; eat 5-6 apples throughout the day, as well as taking the recommended essential nutrients and minerals. Ask your coach for advice.

During the strict phase try to avoid using moisturising creams with a high fat or oil content, as these prevent the body from excreting by-products through the skin. We can recommend an appropriate lotion to help support you.

Once or twice a week you may take an alkaline bath if you wish, as it helps to remove impurities through your skin.

## THE HEALING CRISIS

It is possible that you will have headaches and feel generally unwell in the first couple of days. This is due to the so-called healing crisis. It is a natural reaction of the body that may occur during a process of cleansing or detoxication and it is a signal that the process is working correctly. It is usually initiated when there is a change in diet or when fasting, as these processes tend to produce a high mortality rate of bacteria and the liberation of toxins. The detox symptoms can be intense but will be temporary, and will lead us towards a better health condition.

To help combat the temporary discomfort, increase your fluid intake and the amount of organic sulphur (MSM tablets). These help the body excrete toxins and should improve any symptoms.

Don't be afraid to ask your coach for advice!

# THE STRICT PHASE



## MEAT

Choose lean meats, low fat and high quality. Beef: filet, steak, tartare, roast. Poultry: chicken breast, turkey breast. Veal: filet. AVOID: Duck, lamb.



## FISH & SEAFOOD

Sea bream, pike, halibut, flounder (flatfish), sole, cod, perch, canned tuna (in own juices), prawns, shrimps, mussels, squid, lobster, crab and other seafood. AVOID: Salmon, tuna canned in oil



## VEGETABLES

Cauliflower, broccoli, mushrooms, chicory, Chinese cabbage, kale, white cabbage, red cabbage, savoy cabbage, fennel, spring onions, all varieties of lettuce, chard, bell peppers, leeks, radishes, Brussel sprouts, cucumber, artichoke, asparagus, tomatoes, spinach celery, onion, zucchini (courgette). AVOID: Legumes / Pulses (beans, peas, lentils etc.), carrots, beetroot, potatoes, avocados.



## FRUIT

1 or 2 small apples a day (preferably green variety) or fruit with low glycemic index (all kinds of berries, kiwi, mandarine, peach, apricot...) AVOID: Bananas, grapes, melon, watermelon



## HERBS, SPICES AND FLAVOURINGS

Dried herbs and spices: basil, cinnamon, curry powder, cumin, ginger, rock salt, marjoram, mustard powder, parsley, pepper, saffron, thyme. All fresh green herbs. Apple vinegar, balsamic vinegar, Dijon mustard, garlic, ginger, horseradish, lemon juice, soy sauce, tabasco, tomato puree, vegetable stock (fat-free), wasabi.

Recommended natural sweeteners: Erythritol, Stevia, Xylitol.

Most wholefood shops stock herbal flavorings/mixtures without artificial flavour enhancers.



# THE STRICT PHASE



As a vegetarian or vegan, you will have no problem following the Metabolic Reset Program.

Here are some alternative protein sources for non-vegans, vegans and vegetarians:

NUTRITIONAL VALUE OF THE PRODUCT	PROTEIN (g)	FAT (g)	CARBOHYDRATE (g)	ENERGY (kcal)
120g beef fillet, cooked	36	4,3	0	182
10 egg whites	36	1	0,7	160
75g hemp protein powder	36,7	9,8	5,6	268
300g fat-free curd	36,9	1,2	11,7	195
250g fat-free cottage cheese	33,3	3,5	8,3	203
200g lupine protein	36	6,6	6,4	230
250g tofu	33,8	18,7	4,5	322
750g soy yoghurt	34,5	20	15	383
100g seitan	38	3	3,8	222
41g vegan protein shake	20	3	12	155
54g triple protein shake	40	1,6	2	182

As you can see, some of these alternative protein sources have higher levels of fats and carbohydrates. This means a higher energy (calorie) content, and therefore it takes longer to lose weight.

In general, the Protein shake is an excellent source of protein. For vegans, there is the vegan Protein shake. If you are interested, your coach will be able to advise and supply you with vegan Omega-3-capsules. Don't hesitate to ask!

Please note, in general it is not advisable to consume too much soya protein, such as tofu.

# THE STRICT PHASE



## AVOID THE FOLLOWING:

Sugars, cookies and cake, sweets and candy, artificial sweeteners, alcohol, soft drinks, fruit juices, vegetable oil, fats, butter, artificial additives, dairy products.



## OUR TIP! "HAVE YOU SINNED?"

If you need to interrupt your meal plan due to a special celebration or event (birthday, business lunch etc) simply follow the plan as usual the following day. When taking a day off, extend your strict phase another 3 days.

## NO CARBOHYDRATES:

Pasta, rice, potatoes, bread, grains, flour etc.

Also no protein bread at this stage!





# PRACTICAL *cooking tips*

Stock up on all the seasonings and spices before you start.

Look for good quality ingredients (with no added sugar, artificial flavourings or yeast extract).

In case you are in a rush, always have some boiled eggs in the fridge in reserve. Also, freeze 120g portions of minced beef (formed into burgers), and individual servings of poultry. It is easy to warm up pre-cooked vegetables, and to prepare salads and dressings in advance.

When cooking without fats, use non-stick ceramic pans or the oven.

Cook permitted foods with a little water in a non-stick pan, until the water has almost evaporated and the contents are slightly sticking and turning brown. Then add a couple of drops of water or fat-free stock to the pan, giving you a delicious sauce.



## THE STABILISATION PHASE



After a minimum 21 days of the strict phase, or once you reach your target weight, carry on following the eating plan for another two days. Then stop taking the metabolic activator.

You stop taking the activator, but carry on taking all the products with essential micronutrients exactly the same way.



## IMPORTANT

Watch your weight during these two days, and record it in your measurement chart. You have now reached your new "set-point": this stage of the process is the most important for long-term success!

You have succeeded in reaching your fixed target weight (Set-Point), which will remain constant even when you begin to increase your calorie intake again.

In our experience, the ideal way to deprogram your Energy-Control system (collaboration between the hypothalamus and metabolism), is through this process.

After these two days, you slowly increase your calorie intake and widen your choice of foods. You should introduce slowly and sparingly healthy oils and fats, (and dairy optional). You are allowed protein bread and one glass of red wine per week.

In the stabilization phase you should be focusing on stabilizing your metabolism, and not reducing your weight any further.

# TIPS FOR THE *stabilisation phase*

Continue to avoid sugar and carbohydrates like bread, pasta, rice, potatoes, corn, maize and flours.

Pay attention to your exact weight. Weigh yourself every morning. As long as you do not put on more than 1 kg, everything is fine.

As soon as you realise you have put on more than 1 kg, react swiftly: cut down on calories and drink a lot (at least 1 litre more than on normal days). It is essential that you react immediately and not wait until the next day. Then it becomes more difficult to get back on track.

Increase your protein intake! This ensures you are not storing fluids and increasing your weight. Fruit should be avoided on these regulating days especially in the evening as they contain a lot of sugar.

You may begin to put milk/cream in your coffee/tea.

Only use high quality oils. Olive oil or linseed oil for salads (not for cooking). Use coconut oil or alba oil for cooking (neutral flavour and stable at higher temperatures).

Breakfast ideas: Yogurt with fruit and nuts; high-protein bread with cured meats or cheese; fruit salad with a little low fat cream and flaked almonds. Alkaline breakfast: 1 chopped apple, 3 Tbsp. Low fat cream topped with 3 Tbsp. toasted flaked almonds. This fills you up, is metabolised in an alkaline way, and tastes delicious!

## TIPS FROM THE EXPERT

Andreas Jopp, medical journalist and author, recommends swapping saturated fat foods like cheeses and cream, for protein-rich plant sources like lentils, beans, legumes. This is a great source of protein for vegetarians. In the stabilisation phase pay attention to a gradual increase in your calorie consumption, and continue to avoid saturated fats.

# THE STABILISATION PHASE



## MORNING:

» Record your weight

» PREPARE YOUR DAILY + PROTEIN SHAKE.

AS YOU DRINK IT UP, TAKE 4 MSM PLUS, 2 PROANTHENOLS, 1 OMEGOLD.

YOU CAN HAVE A COFFEE / TEA AFTERWARDS IF YOU WISH.

1 slice high-protein bread with low fat cheese / ham / salmon or 1 apple with 3 Tbsp. roasted sliced almonds or an avocado.

## MID-MORNING:

» 1 apple or alternative low glycemic fruit

» X cell plus (L-Arginin drink) mixed in a glass of water



## LUNCH:

» Cook a normal-sized portion of meat or fish (also oily fish) , vegan or vegetarian alternative. Plenty of vegetables and/or salad. You can use oily dressings, and add nuts and seeds.

## AFTERNOON:

» Small snack

» X cell plus (L-Arginin drink) mixed in a glass of water

## DINNER:

» Cook a normal-sized portion of meat or fish (also oily fish), eggs, vegan or vegetarian alternative. Plenty of vegetables and/or salad.

»»»AT DINNER TIME TAKE 4 MSM PLUS TABLETS AND 1 OMEGOLD CAPSULE.

## BEDTIME SNACK:

» DRINK A GLASS (300ML) OF TRIPLE PROTEIN SHAKE MIXED 50/50 WITH WATER AND VEGETABLE MILK. This may be taken as a dessert after dinner or before going to bed.

AS ALREADY STATED: YOU CAN EAT EVERY THING, EXCEPT CARBOHYDRATES AND SUGAR

Sugar substitute: Xylitol is highly recommended. This product from birch tree sugar is completely calorie-free. It tastes like sugar, but is metabolised in a different way. Compared with normal sugar, Xylitol has little effect on the blood sugar levels. It causes only a weak and quickly reduced spike in Insulin. Xylitol has no noticeable effect on the blood-sugar levels. However, in large amounts, it can have a laxative effect.

## EVERYTHING EXCEPT CARBOHYDRATE MEANS:

All varieties of cheese, ricotta, sheep and goat milk cheese; all types of meat, fish and poultry, fat-free and cured meats, vegan or vegetarian alternatives; healthy oils; all vegetables (including carrots) and fruits; olives; lentils; beans; all nuts and seeds; natural yogurt and curd.

## THE MAINTENANCE PHASE



During the stabilisation phase, you tested whether you can maintain your new weight or whether you have gained weight when eating certain foods. While paying careful attention to your weight and other measurements, you can now start eating high quality carbohydrates with your meals. In the beginning, only in the mornings and for lunch, and occasionally in the evening. An alkaline diet, rich in vegetables and low in sugar or carbohydrates (such as baked goods), is highly recommended. Make sure that vegetables form the biggest portion of your meals, that you continue to eat enough protein and drink water throughout the day. Continue to take the essential nutrients, as this will help and support your metabolism. Your metabolism will then be able to cope with the occasional days where you can indulge yourself with desserts, sweets, pasta or alcohol without any problems.

### Plan your meals

Eat three daily meals using high-quality ingredients.

When you feel peckish, add healthy snacks in between (fruit, natural yogurt). It is alright to eat carbohydrates at breakfast or lunch. However, in the evening, try to limit the amount of carbohydrates, unless you have done sufficient exercise during the day. This is because at night, the excess energy will be stored as fat.

Ensure you eat a portion of protein with every meal. If you eat late in the evening, protein should form the biggest portion of the meal.



### Use High-Quality ingredients

Cook using fresh ingredients, and incorporate the meals from the strict phase into your daily routine.

Try out new seasonings and flavours. Glance back regularly at your shopping list for the strict phase. Inspire yourself after this style of eating, if you find you are starting to put on weight again. It is vital to use high-quality oils and fats.

# THE MAINTENANCE PHASE



## Enjoy treat days

You can enjoy 2-3 "treat days" per week, when you can "sin". Your metabolism will compensate if you return to eating a balanced, healthy diet afterwards. You are also allowed to drink alcohol on these days.

## Drink enough fluids

Whether during the program or afterwards, your metabolism will only function properly if you drink sufficient amounts of liquids. We recommend drinking between 2 ½ and 3 liters of water or herbal tea per day. Be aware of fruit juices and juice-based drinks, as they contain large amounts of sugar.

## Recognise what foods are not good for you

If you eat bread or pasta in the evenings, and next morning you wake up feeling bloated, and have gained ½ kilo, then it means your body has problems digesting these foods. Try to avoid eating them in the evenings. The types of foods vary from person to person, so it is especially important to listen to your body!

## Repeat the program

We recommend that you repeat the Program once or twice a year. You will be doing your body and your metabolism a great service.

## Give your body all the nutrients it requires

Given the way our food is produced nowadays, it is often difficult to ensure that you are getting all your essential vitamins and minerals from food alone. That is why we recommend continuing to supplement with the essential nutrients and minerals. They support your metabolism, avoid the yo-yo effect, leave you feeling more "satisfied" and alert, and provide enormous benefits for overall health in the mid-long term.

# FREQUENTLY *asked questions*

Why do I lose weight in the right places with the metabolic reset program?

Using the metabolic activator as part of the program can result in the adipose fat deposits being used as a source of energy. Many “resetters” report a reduction in the size of their waists, bottom and thighs. Many traditional diets do not touch the adipose fat cells in these areas, whereas the metabolic reset specifically targets these.

Why do I burn more adipose fat when I use the activator?

Previous observations indicate that the activator releases the body-fat deposits and makes them available as a source of energy. From experience, the safest and best path to success is to take the metabolic activator and the essential nutrients correctly as instructed.

Would I not lose weight anyway if I am on a low calorie meal plan?

A typical reduced-calorie diet results in the loss of water and muscle mass. The metabolic reset targets the adipose fat deposits and burns them for energy. Thus, your metabolism is fired up, you do not feel starved, and you maintain your muscle tone.

Do you feel hungry on the metabolic reset?

By following the program correctly, people seldom report feeling hungry. This is partly due to the higher intake of fluids, which leaves you a "fuller" feeling.

How do I avoid the "yo-yo effect"?

After the 21 day strict phase, the metabolism is more active than at the start of the program. The combination of healthy eating and essential nutrients will prevent the yo-yo effect taking hold.

# FREQUENTLY *asked questions*

Am I able to take prescribed medicines during the metabolic reset?

The metabolic reset has been designed by experts to allow people to gain in overall health. Please discuss any questions you have about your medical treatment with your doctor, as only they are qualified to answer them.

Why am I not losing any more weight? Why has my weight plateaued?

It is not unusual to find your weight reaching a plateau. However, if this goes on for more than 4 days, contact your coach for advice.

I have "sinned"! Should I stop doing the program?

Definitely not! Continue and just add 3 more days to your strict phase.

How often can I do the metabolic reset program?

We recommend that you do the program 1 or 2 times a year to cleanse your body from the inside out.

How important is exercise for the success of the program?

Exercising or some degree of physical activity speeds up the rate of success. However, resetters can obtain good results with no exercise at all. It depends on your personal requirements.