

VitaCare metabolism cure

Metabolic cure guide



Dear participants,

We are pleased to provide you with information on the VitaCare 21-Day Metabolic Cure. This program offers a structured way to optimize your metabolism and make targeted changes in your diet. Below is a comprehensive guide to completing the 21 Day Metabolic Cycle.

Phase 1: Loading days (day 1 and 2)

Your metabolic regimen begins with the first two days of eating and drinking as much as you can as you like. We understand that this step may be unfamiliar, but it is vital to provide your body with the optimal foundation for the dieting phase ahead. Please put aside any thoughts of temporary weight gain - this is the start of a positive change.

In phase 1, the body is signaled that it needs to ramp up its metabolism in order to adjust to an excess of food. After the first two days, the food supply is reduced to 500-700 kcal.

Enjoy these days!

Don't forget!

You start with the VitaCare globules on these two days (4 x 5 globules).

Phase 2: diet phase (from the 3rd day, at least 21 days)

The real challenge begins when you embark on a calorie restricted diet. Your daily calorie intake should be between 500 and 700 kcal. However, don't be discouraged - we have a clear strategy for you!

Breakfast:

Taking the globules!

For breakfast, start with a high-protein breakfast or the high-quality protein shake

With your breakfast protein shake, take the VitaCare Complex, Omega 3 (see Intake List), OPC and MSM on

You can drink coffee, tea or still water as much as you like.

Drink at least 1.5 - 2L of water per day. Better 35ml per kg body weight.

Lunch and dinner:

Taking the globules!

Prepare a dish with 100g of meat for lunch **and** dinner (beef or poultry) or fish and vegetables or salad (see food list).

We recommend the following

books: "The hcg diet" or "The hcg cookbook" by Anne Hild.

These books contain delicious dishes (hot and cold) that can be prepared quickly and can also be pre-cooked in large quantities.

These meals are important and should not be replaced with only raw foods.

Only in extreme emergencies should you replace these meals with a protein shake!

Remember to take Omega 3 and MSM in the evening according to the intake list!

Snacks in the morning and afternoon:

You are welcome to eat an apple, an orange, half a grapefruit or max. one crispbread in between.

ABSOLUTELY AVOID!

- fat, oil, butter •
- carbohydrates such as pasta, bread, rice •
- no artificial sweeteners or honey! • Alcohol

- Milk

Document your weight every morning.

Discontinue the globules two days before the stabilization phase.

Phase 3: stabilization phase (at the earliest from the 24th day, duration 21 days)

You managed to get through the diet phase!

Now the stabilization phase begins!

The stabilization phase is absolutely necessary to prevent the yo-yo effect!

But you can now integrate high-quality oils, dairy products and other types of fruit and vegetables into your diet again and increase the number of calories every day. The number of calories should be between 1200 Kcal and 1500 Kcal.

You can now have a glass of wine again.

Keep checking your weight every day and if you gain more than 1kg, add an apple day.

Experience shows that most people permanently avoid too many carbohydrates, sugar and fatty foods after the diet.

We wish you much success!!!

Why VitaCare Globes?

VitaCare globules are bioenergetically informed with the hormone HCG.

The hormone HCG - human chorionic gonadotropin is formed in small amounts in the pituitary gland (pituitary gland) and in men in the testicles, in the case of pregnancy in the placenta (placenta).

In the beginning, the HCG blood value doubles every two days.

From the 12th week of pregnancy it falls again, but is significantly higher than the normal value. The body does not store the hormone. It is eliminated after only a few days.

- HCG stimulates the thyroid gland to produce more hormones=>

Stimulating the entire metabolism =>

Body consumes more energy=>

Fat deposits are dissolved.

- HCG has a positive influence on the formation of androgens, which promote the mobilization of stored fat deposits and at the same time support the development of muscle tissue=>

Firming of forms, reduction of cellulite

Androgens have a positive effect on willingness to perform and motivation.

- HCG specifically mobilizes the fat deposits on the abdomen, legs, hips and thighs.
- HCG stimulates the hormone leptin in the hypothalamus and thereby inhibits it feeling hungry.
- HCG helps to keep blood sugar levels at normal levels during a diet.

The low-calorie diet in the HCG weight loss program signals to the body that it is in a phase of acute food shortages. The hormones simulate a kind of "pregnancy". This leads to the hypothalamus mobilizing stored fat reserves and making them available for the daily energy supply =>

Rapid weight loss of up to half a kilo per day.

- You feel full of energy
- should play sports
- Metabolism is stimulated
- positive influence on mood
- as well as feelings of satiety and hunger
- Hypothalamus is reprogrammed

Eating habits change

- Detoxification and purification of the body

Appropriate food list for the metabolism cure

Salad and Vegetables:

Iceberg lettuce, lettuce, chard, rocket, chicory, Chinese cabbage, fennel, spring onion, Peppers, radishes, red cabbage, cucumber, asparagus (white or green), spinach, Celery, tomatoes (no cocktail tomatoes), white cabbage, onions, aubergines, cauliflower, green beans, kale, leeks, celeriac, kohlrabi, pak choi, parsley root, Mushrooms (mushrooms, shiitake, oyster mushrooms), Brussels sprouts, savoy cabbage, zucchini

Fruit:

Apple (tart), orange, grapefruit, strawberry, blueberry, red currant, papaya, Rhabarber

Spices:

Apple cider vinegar, balsamic vinegar (without sugar), cayenne pepper, curry, Dijon mustard, garam masala, Turmeric, Vegetable Stock(fat free), Green Herbs(fresh or dried), Ginger, Cumin, Horseradish, paprika powder, pepper, saffron, salt (sea salt or Himalayan salt), sambal oelek (without sugar), soy sauce, stevia, saccharine, Tabasco, tomato paste (without sugar), wasabi, cinnamon, Lemon Pepper, Lemon Juice

Meat:

Veal, Lean Beef, Lean Ground Beef, Chicken Breast, Turkey Breast, Tartare, Roast beef (no more than 120 grams)

Fish:

Goldfish, sea bass, seals, pangasius, tuna also as a dose but not in oil. All seafood such as mussels, scampi, squid, pulpo (no more than 120 grams)

Protein products:

Eggs (with 2 eggs only 1 egg yolk), low-fat quark, cottage cheese, low-fat yoghurt (1 egg approx. 80 kcal, 1 low-fat yoghurt approx. 60 kcal)

Snacks

Crispbread preferably rye (max. 1-2 slices)
Grissini (max. 1-2 per Tag)

Taking the globules:

The HCG globules support you on this journey. Take 5 globules in the morning, at noon and in the evening, before meals and before going to bed. Dissolve slowly under the tongue, leaving 15-30 minutes between ingestion and meals.

We hope that this guide to the VitaCare 21-Day Metabolic Program has given you a clear overview. If you have any further questions or concerns, we are at your disposal. Your health is our main concern. We wish you every success in implementing this diet and hope that you will experience positive changes in your well-being.

Good luck!

Your VitaCare team

VitaCare 21-day metabolism cure

income rules

In the morning, at noon and in the evening before eating and before going to bed 5 globules each (4 X 5 globules per day). Allow the globules to melt under the tongue or on the palate. Maintain a distance of about 15 - 30 minutes between brushing your teeth, drinking coffee and eating.

| | Vitamins | protein | MSM | OPC | Omega 3 | blood cells |
|----------------|-------------|--------------------------|---------------|-------------|-------------|-------------|
| In the morning | 3 Hairstyle | 1 measuring spoon gr. | 2 capsules 30 | 2 Hairstyle | 1 Hairstyle | 5 pieces |
| noon | -- | -- | -- | -- | -- | 5 pieces |
| At evening | -- | -- | 2 capsules | -- | 1 Hairstyle | 5 pieces |
| At night | -- | -- | -- | -- | -- | 5 pieces |

HCG diet success control weight

| day | date | kg change | % fat | |
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Any questions? Here you will find frequently asked questions (FAQ)

What is a metabolic cure and how does it work?

The Metabolic Cleanse is a program aimed at rapid weight loss by boosting metabolism and cleansing the body of toxins & pollutants. This includes a combination of meal plan & supplements.

How long does a metabolic cure last?

The VitaCare metabolism cure lasts 21 days. Our products are precisely tailored to this period, so that you are supplied with the necessary nutritional supplements throughout the entire cure.

Can I eat normal foods while on a metabolic diet?

In order to achieve optimal results, it is necessary to follow a special diet during a metabolic cure. During the diet phase, only a total of 500-700 calories and, if possible, no carbohydrates should be consumed.

Are there any side effects from taking dietary supplements?

As a rule, the dietary supplements are well tolerated and have little or no side effects. In rare cases, however, there are also customers who have problems with the intake. In these cases, we are happy to help with tips!

I always feel nauseous in the morning after taking the products??

A few users experience nausea in the morning after taking the products. This is usually due to the MSM capsules on an empty stomach. Then take the MSM capsules at noon after lunch. The nausea should be over by then.

I cannot swallow the large capsules, can I open the capsules?

Yes, you can open the capsules and stir into a liquid or shake. Only the Omega 3 capsules cannot be opened,

My urine is all yellow, why is that?

Taking vitamin B2 (riboflavin) can cause urine to turn a striking yellow color. Vitamin B2 is a water-soluble vitamin that helps the body make energy from nutrients. However, some of this vitamin is not used by the body and is instead excreted in the urine.

When the body excretes excess vitamin B2, it can turn urine a bright yellow color.

This is harmless and nothing to worry about. The change in urine color caused by vitamin B2 can be observed more frequently, especially when taking dietary supplements

Can I exercise while on a metabolic diet?

Yes, it is possible to exercise while on a metabolic diet. However, you should make sure that you don't overexert yourself and take enough rest breaks. In the diet phase, we recommend strength training over cardio training.

Product Recommendations

In our online shop we offer other high-quality dietary supplements. Our products can help them improve their health and well-being over the long term.



Vitamins

Vitamin supplements are a useful supplement to ensure that the body receives all the necessary vitamins and minerals.

vital substances

Vital substances are important nutrients that optimize metabolism and improve general well-being.

Superfood

Superfood describes foods that are particularly rich in nutrients. The special mixture with, for example, chia seeds, goji berries and spirulina provides the body with extra energy for everyday life.

gut health

Gut health plays an important role in overall well-being. The contained probiotic bacteria and dietary fiber support you in building up a healthy intestinal flora.

Would you like to reorder the metabolic cure or individual products from the cure?

The QR code will take you directly to the product in our shop and you can conveniently order the treatment at home. If you have any questions or concerns, please feel free to contact us. The VitaCare team is always at your disposal.



Share your successes!

We love hearing feedback from our customers and celebrating your achievements with you. So please let us know about your successes and experiences and leave a review on Trusted-shop or on Google. This will help other customers and at the same time give us feedback on what we can improve. We look forward to your review and the exchange!