

## **VitaCare metabolism cure**

**Metabolic cure guide**



### **Phase 1: Loading days (day 1 and 2)**

On these two days you can, no must, eat and drink as much as you can, the fatter the better. Don't be afraid of gaining weight! This is necessary so you don't run into problems once you're on a diet.

Then the body is signaled that it has to ramp up its metabolism because it is preparing for an excess of food.

Enjoy these days!

#### **Do not forget!**

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

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

During these 21 days, they consume no more than 500-700 kcal per day.

#### **Breakfast:**

taking the globules!

Start with the high-quality protein shake for breakfast. With the shake you take in the vital substances, omega 3, OPC and MSM (see intake list).

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!

For lunch and dinner, prepare a dish of 100g of meat (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.

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

Only in extreme emergencies should you replace these meals with a protein shake! You also 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 or breadsticks 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)**

The stabilization phase is absolutely necessary to prevent the yo-yo effect! But you can now integrate high-quality oils, milk products and other types of fruit and vegetables into your diet again and increase the number of calories every day.

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.

Calorie counting is no longer intended in the stabilization phase.

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

We wish you much success!!!

## Why HCG?

**Hormone HCG** - human chorionic gonadotropin

is formed in small amounts in the pituitary gland (pituitary gland) and in men in the testicles; in 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 drops again, but is much 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=> stimulation of the entire metabolism=> body uses more energy=> fat deposits are dissolved.
- HCG has a positive influence on the formation of androgens, which are the Promote the mobilization of the stored fat deposits and at the same time support the development of muscle tissue => tightening of the forms, reduction of cellulite androgens have a positive effect on the 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". As a result, the hypothalamus mobilizes stored fat reserves and makes them available for the daily energy supply => rapid weight loss of up to half a kilo per day.

- you feel full of energy – should exercise
- Metabolism is stimulated - positive influence on mood - as well as 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 onions, peppers, radishes, red cabbage, cucumber, asparagus (white or green), spinach, celery, tomatoes (no cocktail tomatoes), white cabbage, onions, Eggplant, 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, redcurrant, papaya, rhubarb

### Spices:

Apple cider vinegar, balsamic vinegar (without sugar), cayenne pepper, curry, Dijon mustard, garam Masala, turmeric, vegetable broth (fat free), green herbs (fresh or dried), Ginger, Cumin, Horseradish, Paprika Powder, Pepper, Saffron, Salt (Sea Salt or Himalayan salt), SambalOelek (without sugar), soy sauce, stevia, saccharin, Tabasco, Tomato paste (without sugar), wasabi, cinnamon, lemon pepper, lemon juice

### Meat:

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

### Fish:

Sea bream, lubinas, pollock, panga, tuna, also in cans but not in oil. All seafood such as mussels, scampis, 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 day)

## Product Recommendations

[www.vitacare-europe.com](http://www.vitacare-europe.com)



## 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	globules
In the morning	3 capsule	1 measuring spoon 2 capsules 30 gr.		2 capsule	1 capsule	5 pieces
noon	--	--	--	--	--	5 pieces
At evening	--	--	2 capsules	--	1 capsule	5 pieces
At night	--	--	--	--	--	5 pieces

**HCG diet success control weight**

<b>day</b>	<b>date</b>	<b>kg</b>	<b>Change %</b>	<b>Fat</b>
<b>diet phase</b>				
1				
2				
3				
4				
5				
6				
7				
8 <sup>th</sup>				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				
21				
<b>stabilization phase</b>				
1				
2				
3				
4				
5				
6				
7				
8 <sup>th</sup>				
9				
10				
11				
12				
13				
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21				