Metabolism Cure

## General Information

The basic principle of the metabolism cure is a dietary change aimed at activating fat metabolism to lose weight in areas where the body normally doesn't reach.  
The duration of the metabolism cure is at least 44 days. If the goal of the cure is weight loss, it can be extended until the optimal weight is reached. The metabolism cure is a combination of a specific diet and the integration of high-quality dietary supplements and an activator salt to stimulate fat metabolism.

The cure is divided into 4 phases:

1. Loading Days\* (Duration: 2 days) -> Stimulate metabolism (high-calorie phase)
2. Diet Phase\* (Duration: 21 days) -> No carbohydrates, no fat
3. Stabilization Phase (Duration: 21 days) -> No carbohydrates, integration of fat
4. Test Phase (Duration: free) -> Free. Monitor body weight

\* Phase with the activator salt

The goal is to achieve a new body feeling and promote body intelligence, i.e., learning to understand what is good for me and what I should avoid.  
The origins of metabolic treatment date back to the 1960s and are based on the research of Dr. Simeon, a British endocrinologist who hypothesized that obesity is a disorder of metabolism and the regulation of certain hormones. Therefore, the activator salt is the crucial core element (You can obtain this through us after ordering the supplements (online shop)).  
The metabolism cure is the most effective method to lose weight quickly without gaining it back. Men can lose 8 to 10% of their body weight, and women 6 to 8% in one month, without becoming flabby and without risking malnutrition. Many diets fail because they represent a psychological burden on the body; as mentioned, under stress, the body engages in energy cannibalism (i.e., the body breaks itself down, e.g., muscle mass); therefore, protein intake is significantly increased during the cure. This compensates for the negative effects and prevents muscle mass from being broken down. The administration of antioxidants ensures that the skin remains elastic and does not sag. Finally, supplementation with omega-3 and protein shakes helps to go through this metabolism cure with ease and satisfaction. Protein shakes contain tryptophan, the precursor of serotonin, the happiness and satisfaction hormone, which promotes good mood during the diet phase.

## The 4 Phases of the Metabolism Cure

#### Loading Days

The cure begins with two days of "feasting," i.e., eating as much as possible, not until full, but until nothing more can be eaten. The goal is to reach double the calorie intake (4000 to 6000 Kcal) with fat- and carbohydrate-rich meals, which in combination with the activator salt stimulate the fat cells and thus activate fat metabolism.

#### Diet Phase

On the third day, the second phase of the cure begins. Calories are reduced to 500 kcal per day. No carbohydrates, no sugar, sweets, bread, rice, potatoes, etc., are eaten. In this phase, there is no oil and no fat, and no alcohol or sugary drinks are consumed. The diet consists only of vegetables and protein, which are listed on a shopping list you will receive at the beginning of the treatment. Protein in combination with the activator satisfies the hunger center in our brain and thus takes away hunger and the craving for sugar. This activator unlocks the metabolism.  
This second phase lasts at least 21 days or until the desired weight is reached; it can be extended for several weeks or months without any problem as long as one feels well.

#### Stabilization Phase

Then the third phase begins, where you gradually start to introduce fat in various forms (oil, nuts, salmon, fatty meat), without the activator. At this point, the body should have relearned how to metabolize fat and still be in ketogenic "mode." Since no carbohydrates are introduced, the body is forced to derive energy from fat.  
With a low-calorie diet, for example, with a difference of 300-600 kcal from energy requirements, a few more kilos are lost in this phase, which usually lasts 21 days or possibly longer.

#### Test Phase

Then begins the fourth phase, where you start adding some meals with carbohydrates moderately and in the right proportions. It is important to monitor your weight weekly. A fluctuation of one kilo more or less over 2-3 weeks is normal. However, the goal is to maintain the achieved weight.  
The test phase extends over several months. It is recommended to adhere to a Mediterranean diet according to the LOGI® method. - Art zu halten.