



The Bodymed-Nutrition Concept Counseling and Education

Welcome to our Bodymed-Nutrition Concept

With our nutrition program we would like to help you attain – and maintain - your “comfortable weight” in a most easy, simple and medically reasonable way possible.

Not only your outer appearance, but also your metabolic situation, consequently your complete health condition will change in a positive manner.

The concept has been developed by medical doctors and is based on knowledge on modern medical nutrition with special regard to the metabolism.

Individual Counseling

In weekly offered **individual counseling** you will be briefed on your personal **ideal nutrition plan**. We help you improve your eating behavior sensibly and permanently.

If you wish, we may put together - free of charge - your **personal vitamin recommendation** with respect to your previous eating habits and additional strains, such as smoking, special personal circumstances (stress, lack of sleep) or diseases.

Group Counseling

We support our nutrition program by weekly group counseling where you will be given thorough information on health-preserving nutrition, reasonable physical activities and on topics such as vitamins, trace elements and minerals as well.

Training in a group enriches the program by an interpersonal exchange of experience and mutual motivation.

The Bodymed – Weight Reduction Phases

Initial Phase



SANA-FIT START
(e.g. 7.00 h/a.m.)



SANA-FIT START
(e.g. 10.00 h/a.m.)



SANA-FIT START
(e.g. 13.00 h/a.m.)



SANA-FIT START
(e.g. 16.00 h/a.m.)



SANA-FIT START
(e.g. 19.00 h/a.m.)

Phase 2

Reduction Phase

protein: 20 – 30 %
carbohydrates: 30 – 40 %
fat: 30 – 40 %



SANA-FIT PREMIUM
(e.g. 8.00 h/a.m.)



LUNCH
(e.g. 13.00 h/p.m.)



SANA-FIT PREMIUM
(e.g. 18.00 h/a.m.)

Phase 3

Stabilizing Phase

protein: 20 – 30 %
carbohydrates: 30 – 40 %
fat: 30 – 40 %

protein: 20 – 30 %
carbohydrates: 30 – 40 %
fat: 30 – 40 %



SANA-FIT PREMIUM
(e.g. 8.00 h/a.m.)



LUNCH
(e.g. 13.00 h/p.m.)



DINNER
(e.g. 18.00 h/p.m.)

Phase 4

Maintenance Phase

protein: 20 – 30 %
carbohydrates: 30 – 40 %
fat: 30 – 40 %

protein: 20 – 30 %
carbohydrates: 30 – 40 %
fat: 30 – 40 %

protein: 20 – 30 %
carbohydrates: 30 – 40 %
fat: 30 – 40 %



BREAKFAST
(e.g. 8.00 h/a.m.)



LUNCH
(e.g. 13.00 h/p.m.)



DINNER
(e.g. 18.00 h/p.m.)

The Bodymed – Weight Reduction Phases

PHASE 1 INITIAL PHASE

The initial phase is a two-day protein-substituted fasting phase wherein nutrition exclusively consists of the food substitution SANA-FIT START.

How to accomplish the initial phase:



SANA-FIT START
(e.g. 7.00 h/a.m.)



SANA-FIT START
(e.g. 10.00 h/a.m.)



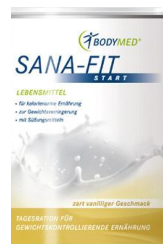
SANA-FIT START
(e.g. 13.00 h/a.m.)



SANA-FIT START
(e.g. 16.00 h/a.m.)



SANA-FIT START
(e.g. 19.00 h/a.m.)



Five times daily, i.e. approximately every 3 hours, 4 tablespoons **SANA-FIT START** (35 g) are mixed with 200 ml skim milk (fat: 0,3 %).

Make sure you drink **five drinks of SANA-FIT START** during the day, even if after three or four drinks, you may not feel hungry anymore! If the amount is not consumed a possible decrease of the basal metabolic rate can occur.

Ideally, your body should not be aware of this diet phase so as to prevent the so-called yo-yo dieting.

In addition to SANA-FIT START it is essential to drink at least two liters of calorie-free fluids (alkaline mineral water or unsweetened teas, preferably herbal teas, no fruit teas, or a hot drink/broth: “SANA-PRO ALKALINE BROTH”).

Do not drink fluids enriched with sweeteners or sugar-substitutes since they stimulate the insulin production. Insulin promotes the fat build-up.





The Bodymed – Weight Reduction Phases

Goals of the initial phase

The **initial phase** induces fat burning without reducing the important metabolic active body cell mass, especially the muscles.

During this two-day fasting period the body's sugar storage is emptied and the insulin production of the pancreas decreases. The reduced blood insulin level induces an increased discharge of urine.

After the two-day **healing fast** the feeling of hunger is considerably reduced. Besides reducing weight, this so-called modified fasting induces the **detoxifying** of the body and allows it to eliminate your body waste products mostly stored in fatty tissue.

During the detoxifying phase certain body symptoms can appear, such as a coated tongue, intensive body odor, headache, aching legs, arms, and joints.

These symptoms may currently be bothersome; however, they are of great benefit to you. In this phase, your body frees itself of toxins that were stored in the fat and connective tissue. To support the detoxifying of your body, it is important to drink an extra two to three liters of water.

After the detoxifying and “body waste-emptying” phase you feel twice as good and vibrant.

The Bodymed – Weight Reduction Phases

PHASE 2 REDUCTION PHASE

The **reduction phase** comes right after the initial phase and is carried out when your individual “comfort weight” has been achieved.

Accomplishing the reduction Phase

Reduction Phase



protein: 20 – 30 %
carbohydrates: 30 – 40 %
fat: 30 – 40 %



SANA-FIT PREMIUM

(e.g. 8.00 h/a.m.)



LUNCH

(e.g. 13.00 h/p.m.)



SANA-FIT PREMIUM

(e.g. 18.00 h/a.m.)

After the first two-day fast you move on to the reduction phase.

During this time, **two** main meals per day are replaced by the high-protein concentrate **SANA-FIT PREMIUM** which is mixed with a skim milk product. **One wholesome varied** meal per day is self-prepared according to our instructions.

Two times daily: 2 to 3 measuring spoons of **SANA-FIT PREMIUM** are mixed with 250 to 350 ml skim milk or in 250 – 350 g curd (non-curd fat-free cottage cheese), yoghurt (low fat), kefir (low fat), buttermilk (low fat), or sour milk (low fat).

Depending on your metabolic situation and physical activity (hard labor, excessive sports) your nutrient demand is increased and likewise the amount of **SANA-FIT PREMIUM** meals. The amount is individually determined by yourself and your **Bodymed-health counselor**.

The Bodymed – Weight Reduction Phases

Once daily a protein optimized, carbohydrate reduced and fat modified varied meal is consumed.

You individually decide which meals are to be replaced with **SANA-FIT PREMIUM**

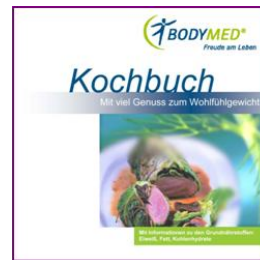
Ideally, prepare your lunch as a regular meal and replace breakfast and dinner with **SANA-FIT PREMIUM**.

Hence, you yourself can determine which meals you want to prepare as your regular meal: breakfast, lunch or dinner.

You may change this cycle by changing your daily routine and eat dinner as a normal meal on special occasions.

We offer you support in preparing a wholesome varied meal with our cookbooks:

- “Healthy weight reduction! The Cookbook”, and
- “The BODYMED-COOKBOOK”



Besides these three meals there should be **no snacks** and also no drinks that contain sweeteners or sugar-substitutes.

Ideal beverage: water and unsweetened herbal teas.

The Bodymed – Weight Reduction Phases

PHASE 3 STABILIZING PHASE

In order to keep or maintain your success a **stabilizing phase** follows the reduction phase.

During this time, only **one meal** is replaced by **SANA-FIT PREMIUM**. Two meals are taken as **wholesome varied food meals**.

Accomplishing the stabilizing phase

Stabilizing Phase



SANA-FIT PREMIUM

(e.g. 8.00 h/a.m.)

protein: 20 – 30 %
carbohydrates: 30 – 40 %
fat: 30 – 40 %



LUNCH

(e.g. 13.00 h/p.m)

protein: 20 – 30 %
carbohydrates: 30 – 40 %
fat: 30 – 40 %



DINNER

(e.g. 18.00 h/p.m)

- **Once daily** (in the morning, at noon or in the evening) a meal is replaced by **SANA-FIT PREMIUM**. **Two times daily**, a **healthy wholesome varied food meal** is self-prepared **according to the Bodymed-nutritional instructions**. For the **stabilizing phase**, you will also find relevant recipe suggestions in the BODYMED-cookbooks (“Healthy Weight Loss! The Cookbook.” and “The BODYMED-COOKBOOK”! Water or unsweetened herbal teas should be your main beverages!

Avoid snacking
in the future, too!

The **stabilizing phase** is maintained for three to four weeks.

The Bodymed – Weight Reduction Phases

PHASE 4 MAINTENANCE PHASE

This phase is the most difficult and “dangerous” one.

Basically, the maintenance phase endures a lifetime!

Many people who have gone through a diet confirm that it is not losing weight itself that is hard to overcome and often fails, but it is rather keeping the weight which you have reached.

Accomplishing the Maintenance Phase

Maintenance Phase

protein: 20 – 30 %
carbohydrates: 30 – 40 %
fat: 30 – 40 %



BREAKFAST
(e.g. 8.00 h/a.m)

protein: 20 – 30 %
carbohydrates: 30 – 40 %
fat: 30 – 40 %



LUNCH
(e.g. 13.00 h/p.m)

protein: 20 – 30 %
carbohydrates: 30 – 40 %
fat: 30 – 40 %



DINNER
(e.g. 18.00 h/p.m)

As a rule, one should take three wholesome varied meals **without** snacks.

In Bodymed’s group counseling you are thoroughly informed about the composition of a savory, nourishing and wholesome permanent nutrition. It is important to find a practical permanent diet for each individual, which takes his or her own preferences and personal taste into account.

It is recommended to continually drink 2 to 3 liters of water or unsweetened herbal tea throughout the day or a hot drink/broth: “**SANA PRO ALKALINE BROTH**”.

Experience has shown that no person is without any bad eating habits and that people nearly at any time resume “in-between-snacking” again. If you belong to the people (the majority!) who would like to give in to their cravings once in a great while it is best to remain in the **stabilizing phase** (e.g. **SANA-FIT PREMIUM** in the morning) and thus even out your little “sins”!

The Bodymed – Weight Reduction Phases

Trust your Consultant!

In the **stabilizing phase** as well as in the **maintenance phase** your consultant will be once again challenged to pass on to you a healthy permanent diet to prevent recurrent weight problems.

BODYMED-Classes Once
Begun Will Not Come to
An End!

So, you are always invited to the individual or group counseling:

- as long as you are interested
- until you have reached your “comfortable weight”
- as much as you want to keep up better counseling with the help of the group and your consultant.

We offer you a long-term care once a month:
“BODYMED-exclusive-The Club”.

Have any interest? Contact us!

BODYMED[®]
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