



Diet Shake - instructions for use

EFFECT.

Insulin & Glucagon

Losing or gaining weight is related to hormones such as insulin and glucagon. By eating the wrong kind of carbohydrates (fast sugars) you get a very quick boost of energy. You get this energy because consuming these sugars raises the glucose levels in your blood. This is also referred to as your blood sugar level. As soon as your blood sugar levels rise, your pancreas is given a signal to start producing insulin. Insulin is a hormone that is produced by the pancreas. Insulin is needed to take glucose to your cells, where they are needed to give you energy. However, not all of this energy can be used at once, so it is stored as fatty tissue.

Glucagon is also produced by the pancreas, but has the opposite effect of insulin. It ensures that stored sugars are released from the liver and that energy in protein and fats is released. Consuming the Estetik Care Diet Shake increases the production of glucagon. In brief, consuming the Estetik Care Diet Shake means that energy can be released from fatty tissue; the fatty tissue is burned.

The objective is to reduce the intake of the 'wrong' type of carbohydrates and to consume the Estetik Care Diet Shake instead, combined with products that are rich in protein. As a result, you will feel full all day and consume less energy than the amount you burn. Consequently, your body is forced to use the fat reserves stored in your body as fuel.

Diet Shake contains a high percentage of qualitative protein that encourages your body to lose weight. That same protein ensures you feel full for longer, slowing down your appetite. After a couple of days you no longer have a sense of hunger, as your body is getting use to the lack of fast sugars. As a result, you no longer go on eating binges.

INSTRUCTIONS FOR USE

Consume once a day in the afternoon instead of an afternoon meal.
Remove the cap and the strainer from the shaker and add 250 - 300 ml of skimmed or low-fat milk.
Now add 2 level spoons of product to the milk.
Put back the strainer and the cap and shake for 15 seconds.
Your shake is ready!

Try to avoid the following:

- Bread
- Pasta
- Rice
- Potatoes
- Alcohol
- Fruit (as soon as you have reached your target weight, you can start eating one piece of fruit per day)
- Sugary products
- Deep-fried products
- Snacks and sweets (cake, biscuits, crisps, chocolate, ice-cream, etc.)
- All sugary drinks such as lemonade, cola, orange soda, energy drinks and fruit drinks. Water is the best thirst quencher and the only thing your body needs.

Instead, eat:

- Vegetables, all of them are suitable
- Salads, many of them are suitable (you can add meat, poultry, fish, quinoa or Bulgar if you want)
- Poultry, all of them are suitable, including chicken and turkey
- Fish, all types are suitable, including salmon, tuna, perch, small sole, dorado, mackerel, trout, shrimps, mussels, oysters, etc. We highly recommend eating fresh fish.
- Meat, all types are suitable such as beef, veal, lamb, mutton, pork and venison.
- Lentils, chickpeas, white beans and kidney beans
- Bulgar and quinoa
- Yoghurt and cottage cheese are an ideal breakfast. You can mix in oatmeal or linseed too.
- Eggs, all types of cheese, but white cheese in particular.

DIETING METHOD.

Two consecutive days of nothing but protein, followed by five days of a mix of protein and slow carbohydrates. Note: you still should not be eating bread, pasta, potatoes and rice.

By eating nothing but protein for two days in a row you speed up the fat-burning process. So eat some meat for two consecutive nights and two eggs or yoghurt in the morning.

Sources rich in protein include meat, fish, poultry such as chicken, dairy products, cheese and eggs.

An example of a weekly schedule.

	Morning	Afternoon	Evening
Monday	2 boiled eggs	Diet Shake	only chicken filet or a piece of chicken
Tuesday	2 boiled eggs	Diet Shake	only fish or beefsteak
Wednesday	a bowl of yoghurt	Diet Shake	main course salad with or without meat
Thursday	yoghurt with oatmeal	Diet Shake	green meal
Friday	one egg, a piece of cheese and tomato	Diet Shake	vegetables and meat
Saturday	omelette with white cheese and parsley	Diet Shake	fish dish with vegetables and salad
Sunday	omelette with various vegetables	Diet Shake	meat dish with vegetables

ADVICE.

- Snacks are not recommended as they encourage your body to eat more.
- We recommend having dinner no later than 19.00 hrs.
- Go to bed in time. We recommend going to bed no later than 22.00 hrs. This will promote your dieting process.
- A crucial aspect is to be disciplined and to stick to the plan every day. If you deviate from the plan it will negatively affect the process.
- If you stick to the plan for only 5 or 6 days, the results will be minimal. Stick to it every day of the week for the best results.
- If you inadvertently eat something 'wrong', don't be distracted from your goal, but continue the Estetik Care plan as normal.
- We recommend an hour of power walking every day. This will speed up the fat-burning process. You will lose more weight and lose it more effectively.

You can have one slice of wholegrain bread with a suitable topping such as chicken filet, cheese or egg in the morning. This only applies to those who weigh more than 75 kilos. If you weigh less, eating bread is not recommended.

EXERCISE ADVICE.

You will achieve a maximum result if you go power walking for at least one hour every day. Power walking is the ultimate solution for people who want to lose weight safely and improve their health. Power walking speeds up the degeneration of fat. If you are unable to walk at a high pace, you can also walk at a normal pace. In that case you should still walk for at least one hour. For more information, please visit www.powerwalkingclub.nl.

ESTETIK CARE DIET PROGRAMME IMPROVES BOWELS .

Here are a number of practical and healthy tips to improve your bowels. They tie in well with the Estetik Care Diet Shake, improving your bowels and losing weight effectively.

Mix one tablespoon of linseed and one tablespoon of oat bran/wheat bran with skimmed yoghurt or cottage cheese.

Drink herbal tea such as fennel tea or camomile tea.

Eat enough vegetables. Broccoli and green beans in particular contain a lot of fibre.

Use 1 tablespoon of olive oil in your salads or meals every day.

Drink at least 2 litres of water every day.