

DIMAGRA[®] DIET

Frequently Asked Questions



What will you experience on Dimagra?

Dimagra targets the fat around your organs (visceral fat) as well as fat from waist, hips, and thighs whilst eliminating accumulated toxins. Benefits include:

- Increased energy levels
- Absence of hunger,
- Better quality of sleep & clearer skin,
- Rapid weight loss of approximately 8-10% of total body weight in 21days, whilst maintaining muscle mass.

What are the supplements?

- In adhering to the diet programme, you are consuming around 700-800 calories per day.
- Dimagra is a low calorie, low carb, (approx. 21g of carbs/day) low fat regime.
- Weight loss is achieved without hunger, due to the use of the high-quality nutritional whey protein, enriched with amino acids, along with additional daily vitamins and minerals contained in the **Xalifom** and **Dren**.

Xalifom

Contains - Calcium, potassium, magnesium, selenium, vitamin C, D3, A, E

- Incorrect food choices induce chronic metabolic acidosis and it is estimated that 4 out of 5 suffer from this. Xalifom acts as a buffer system to neutralise these acids.
- Xalifom gives you the daily vitamins and minerals your body needs, while you are on the 21day program.
- Xalifom contains fibre to help you feel full.

Dren

Contains - Milk thistle, Hawthorn, Hawkweed, Birch, Copper, Green coffee, Pineapple. This:

- Aids digestion.
- Provides an antioxidant action, metabolic support for the breakdown of fat.
- Has a remineralising, purifying action to promote fluid drainage.
- Rebalances fluids to help cells work more effectively.



What foods are allowed? (please refer to your booklet in your Dimagra box)

Do not deviate from foods listed in the plan! This will take you out of 'fat-burning mode' (ketosis) and slow down your weight loss.

- You can use small amounts of any dried herbs or dried spice such as chilli flakes, cumin, turmeric, curry powder, black pepper etc, as long as they do not contain salt or glutamate.
- If you feel the need to snack, raw vegetables are allowed from the listed items only.
- You may have 2 cups of black coffee or herbal tea daily.

Take all the supplements and shakes provided every day, even if you do not feel hungry!

The protein drink (pure protein) reduces hunger and suppresses Ghrelin (the hunger hormone) kick starting a process of weight loss through the night. **Make sure you always take the two protein sachets provided alongside your evening meal.**

Reason for lunch being larger than dinner.

- Studies show that calorie burning after a midday meal is higher.
- Blood sugar levels and insulin responses are higher after an evening meal than breakfast.
- Meal timing is thought to affect the body's circadian rhythm, the 24hour cycle that regulates biological processes including calorie-burning, hormone release and the balance of blood sugar, blood cholesterol and blood pressure.
- Eating a higher proportion of calories earlier in the day has been tied to a lower level of ghrelin, the hunger hormone that stimulates appetite and promotes fat storage.

When starting Dimagra, it is normal to experience none, some or all of these symptoms, however they do not last.

Headache, muscle fatigue, tiredness, initial hunger, constipation, lack of energy, feeling hot.

- Finding your routine can take a few days. Take one day at a time. Follow the plan that is provided in the box, do not deviate as you will reduce the results.
- It is important to follow the recommended timing of when you take each supplement.
- Do expect initially to feel hungry in the first day or two, this does not last.
- In choosing when to start, pick a time when you are you able to take it easy and do not have too much on for the first two to three days. A weekend is ideal.
- Your body is converting from using glucose and glycogen for its energy source, to using fat for fuel. For this reason, initially you may feel less energetic and experience some muscle fatigue as your body switches to this new way of using fat for energy.
- During the Dimagra 21day program it is advisable to avoid high intensity exercise. Walking, jogging and other low intensity exercise will aid your weight loss. Listen to your body!

What is next?

Once you have completed the 21 day plan, you may well have achieved your weight loss goal. However, you are likely to regain weight if you return to your former eating habits. To consolidate your weight-loss, we recommend the Dimagra Maintenance Diet which is a further 42-day programme. This diet re-introduces between 80 – 110g of carbs and approx 1200 to 1300 calories daily.

Dimagra 21day plan can be repeated, but we strongly advise at least 6 weeks between each program.

Once you have completed the 21-day plan, have an exit strategy in place. Beyond Dimagra weight regain is likely if you return to your previous eating habits.

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Precautions for Use

See user guide inside your Dimagra Kit or speak to your health care practitioner.

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