



Jezelf Helpen

- voor een betere levensstijl -



HEALTH- RESET 2.0

FOR A HEALTHY AND VIBRANT LIFESTYLE

Your friends,
family and
colleagues
are also
welcome!

The reset in a nutshell:

Phase 1 Loading days (2 days)

Phase 2 Fat-burning (21-40 days)

Phase 3 Stabilization (21 days)

Phase 4 Logical Living test phase (21 days)



Welcome!



Welcome to our team! This is the manual for the upcoming time. During this time you will be supported. You have decided to follow the Health Reset and this is the reason that you have received this manual.

Thoroughly read through this before you begin and ask as many questions as needed.

We wish you good luck and succes with the Health Reset!



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What is obesity?

Obesity, overweight, corpulence and adiposity are all related and more or less synonymous terms for the same disorder, whereby so much body fat has been accumulated so that it negatively affects health. This can lead to a shorter lifespan and/or a number of health issues.

Obesity increases the risk for numerous diseases, including heart diseases, diabetes type 2, obstructive sleep apnea, certain forms of cancer, arthritis, and asthma. Obesity is primarily caused by a combination of an excessive intake of food energy (eating too much), lack of exercise and/or genetic makeup.

What is the yo-yo effect?

In the yo-yo effect, people lose a lot of weight and then gain it all, or even more, back. Most people who experience this think that, if they eat less, they'll lose more weight. What really happens in doing this is that the metabolic rate drops and the body then requires increasingly less energy. This is because when the body is placed in extreme circumstances, it is frugal with energy.

Causes of the yo-yo-effect

Apart from the fact that the body is more frugal with energy, or rather, that it is more efficient with it, there are additional causes of the yo-yo effect.

Many people who diet often lose weight, but they don't know what they were previously doing wrong. By doing so, they wind up returning to their old ways after the diet is over and therefore also return quickly to their old weight. An example of this is a diet with meal replacements. Meal replacements contain fewer calories, whereby people who follow the diet lose weight. Meal replacements do not teach them much about what healthy eating is and which foods contain tons of fat and carbohydrates and which are to be avoided.

Another cause of the yo-yo effect is that people who diet intensively have a protein deficit. Proteins are the most important building blocks of muscles. Without proteins these muscles slowly break down. Muscles are the most active tissues in the body.

What is obesity?

It is therefore not good when your muscles slowly break down, whereby you no longer require much daily energy and therefore don't need as much to eat on a daily basis. Whoever returns to normal eating patterns after a protein-deficient diet will quickly gain back weight due to reduced muscles.

The yo-yo effect: a vicious circle



Health Reset



The reset has been around for more than 60 years and was formerly only available to the “rich & famous” due to its high costs. The reset has been developed over the last couple of years and is now available in the most balanced combination for you.



Purpose of the reset

You will be following a program that provides your body with all the important nutrients to support your health, energy and to reset your metabolism. At the same time you are eliminating and greatly reducing the foods that are responsible for the over-weight and obesity epidemic. Exercise is encouraged but not necessary to begin re-shaping your body.

This is accomplished through following the LOGI® food pyramid in conjunction with the Lifeplus nutritional supplements.

LOGI® was developed at the Harvard University, the world's most influential research institution in the field of health, by metabolic experts and based on the latest scientific evidence.

LOGI® stands for "Low Glycemic and Insulinemic." This method of eating focuses on a low glycemic load (not index) and minimizes blood sugar fluctuations, keeps insulin levels low, leads to less stored calories, increases fat burning, and leads to a more consistent level of energy.



Reset phases



Essentials for the reset:

- Supplements according to consultation, including the metabolic activator named: Enerxan
- Digital personal scale (weigh daily)
- Digital kitchen scale
- Tape measure (measure at the start and after that once a week)
- Camera (take good before and after pictures of yourself)
- Make sure you get enough sleep
- Alkaline baths (Celtic sea salt or alkaline salt)
- Drink two liters of water per day (2 pts)

Phase 1

Duration: 2 days

Loading days

- **Enerxan:** 2 tablets a day (1 tablet 30 minutes before breakfast and 1 before lunch)
- **Daily Biobasics:** mix 2 scoops in the shaker cup with water or/and with a little bit of fresh orange juice at breakfast or TVM Plus: 6 tablets a day (NOTE: to know how many tablets you need to take daily, you divide the total amount of tablets by 30 (days) and then you have the right daily intake (all of the products are monthly products))
- **Proanthenols:** 2 tablets at breakfast.
- **MSM-plus** 3 tablets at breakfast, 2 tablets at lunch, 3 tablets at dinner.
- **Omegold (or Vegan Omegold)** 1 capsule at breakfast and 1 before going to sleep.
- Additional supplements according to consultation.
- Eat at least 3500 calories up to 5000 to give your body the norm of fat burning during the upcoming phases. Try to eat as many healthy fats as you can like avocado's, salmon, cheese, nuts and other foods with the right fats in it.
This is how you can avoid a sugar dip.

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Phase 2

Duration: 21 days

Fat-burning

- **Enerxan:** 2 tablets a day (1 tablet 30 minutes before breakfast and 1 before lunch)
- Take all the same supplements as in phase 1 and optionally the Triple Protein shake.
- Only eat the allowed foods (see page 12 and 13).
- Do not eat any carbohydrates, such as bread, rice, pasta, and potatoes.
Also do not eat any sugars.
- Eat an average of 700 calories a day and not less than 500!
- 2 times per day 100 gram / 3.5 oz fish, chicken or meat
- 2 times per day 200-400 gram / 7oz-14oz vegetables.
- 2 times per day 1 piece of fruit (strawberries 100 gram-3.5 oz.)
- 2 times per day 1 grissini breadstick or 1 piece of plain knäckebröd
- At least 4pts of liquids: water, coffee, organic tea (without sugar). No sodas, carbonic drinks, light drinks, fruit juices, dairy, or any that contains sugar.
- Exceptionally you can use sweeteners: stevia from the natural foods store, erythritol and saccharine (no aspartame!)
- Take an alkaline (foot)bath with Celtic sea salt for detoxing your body **at least** twice a week for 20 minutes
- Do not use any oils/fat, not even on the skin! The only product that is allowed is MSM Plus Lotion from Lifepus and vaseline. No creams or cosmetics; a mineral foundation powder is acceptable. Exclusively use oil-free shower gels.
- No alcohol.
- No cardio during this phase, only strength training
- Phase 2 can be extended up to a maximum of 40 days.



Phase 3

Duration: 21 days

Stabilization phase

- Alle supplementen en Enerxan blijven gebruiken zoals in fase 2.
- Keep using all supplements, including Enerxan, as in phase 2.
- Grissini Bread sticks and knäckebröd are no longer allowed in phase 3!
- Increase calorie intake slowly from 700 to 1800. (5 days 1000, 5 days 1200, 5 days 1500, 6 days 1800 calories).
- Slowly and gently increase the intake of oils: healthy oils (olive oil on salads), fats (coconut oil and real butter) for baking and cheese. All kinds of vegetables, fruit, fish and meat, unroasted nuts, light yogurt/quark, cottage cheese and optionally a glass of red wine when eating.
- In this phase your weight may vary from 2-3 pound.
- Are you gaining too much weight? Reduce your calorie intake the next day.
- You can use oils on your skin again.
- Keep taking the (foot)bath at least once a week for 20 minutes with Celtic sea salt.
- Do you want to lose more weight after this phase? Return to phase 2, otherwise move to phase 4.

Phase 4

Duration: 21 days

Logical living test phase

- The most important phase for the anti-yo-yo effect!
- Use at least 2 or 3 of the basic supplements. (like Daily Biobasis or TVM PLUS, Proanthensols, Omegold or MSM). Of course you can use more if you like.
- In this phase you start implementing the "Logical Living" lifestyle. Occasionally you are going to try carbs again and see how your body reacts to that.
- Did you gain more than 1 kilo / 2,2lb-35oz after 1 day?
Avoid this food for now and test again later by eating it again.
- You can eat such as the LOGI® pyramid shows.
- No carbohydrates after dinner (7 PM).

During this phase you test which food you well digest and which ones do harm you. You continue to avoid processed nutrition. Experience shows that detoxification takes longer than the previous phases of the reset and you need to provide your body with the optimal amounts of nutrients, so it is highly recommended to take the supplements for **at least 6 months**.



Tips & tricks

- **What to do when you're not losing weight anymore for a few days?** Plateau days in phase 2: days that you don't lose weight. The body retains water in order to absorb the empty fat cells. The fat-burning process is still going on, but your weight remains virtually the same. After 3 to 4 days suddenly 0.5 to 1.3 kilos can be gone! Is this taking longer than 4 days? Do one day with only eating apples (apple day).
- **Apple day:** An apple day begins at lunch and ends at lunch the following day. During this time you can eat 6 large apples and no other food apart from the daily supplements. During this period you only drink water. At lunch the following day you start the program again.
- **Foot bath:** take an alkaline (foot)bath 2-3 times a week for 20 minutes each time with Celtic sea salt to detox your body. Dosage: 4 to 5 full tablespoons per bath.
- **Sinning:** What to do when you have a party? Is it ok to sin? Better not. If, however, this occurs in the 21 days of phase 2, this phase must then be extended with 3 days. Sinning multiple times will cause the health reset to fail.
- **Supplements:** the reset can be much more effective, when you start the supplements before you begin the reset.
- **Eating out:** call in advance to the restaurant to see whether the chef can meet your requirements. Tip: bring your own dressing.
- **Maintain your results:** you can use the supplements as from phase 4.

Experience shows that detoxification takes longer than the 4 phases of the reset and you need to provide your body with the optimal amounts of nutrients, so it is highly recommended to take the supplements for **at least 6 months**.



What are you allowed to eat in phase 2?



Calorie table

Only the following products are allowed, all others NOT!
So it is easy and clear. Weigh everything and count calories to 700 kcal. (Never go less than 500 kcal)

The following table shows the calories of the allowed vegetables, fruits, fish and meat by 100 grams: Per 100 grams/3,5 oz clean and raw. With meat, take off the fat.

BEEF

• breast	262
• filet	121
• steak (lean)	130
• tartar	113
• extra lean cut	150

VEAL

• breast	131
• filet	111
• schnitzel	112

POULTRY

• chicken	164
• turkey breast (schnitzel)	107

FISH

Various kinds of white fish

• pike	93
• halibut	112
• cod	90
• dorade	173

SEAFOOD

• shrimp	102
• lobster	88
• crab	91
• squid rings/calamari	95
• mussels	74

EGG

1x per week

• cooked or fried	68
• omelet 1 yolk with 3 whites	149

* On workout days it's allowed and recommended (in consultation with your coach) to take extra protein.

SNACKS

- 1 piece (normal) crisp bread 38
- 1 grissino (breadstick) 20

Be sure to read the product ingredients closely here!

SPICES AND HERBS

- japanese soy sauce (1 tablespoon) 11
- vinegars (all kinds, sugar-free) 20
- spices, dried (1 tablespoon) 03
- green herbs, diverse (5 gram portion) 03
- tabasco (100 ml) 70
- sambal oelek without sugar (1 tsp.) 7
- ginger 60
- garlic 100
- vegetable bouillon (fat-free, 100 ml) 19
- mustard (all kinds without sugar) 80
- horseradish sauce/wasabi (jar/can) 53
- tomato puree 80

SWEETENERS

- erythritol
- saccharine
- stevia (only) from the natural foods store

SALAD

- iceberg 14
- endive 12
- lettuce 12
- radicchio 14
- rocket 27
- other flat leaf lettuces 13

CABBAGES

- cauliflower 23
- broccoli 26
- chinese cabbage 14
- red cabbage 23
- white cabbage 25
- savoy cabbage 26



SPROUTS

- bamboo sprouts 18
- soy sprouts/bean sprouts 52

MUSHROOMS

- mushrooms / cockscomb 15
- cep 20

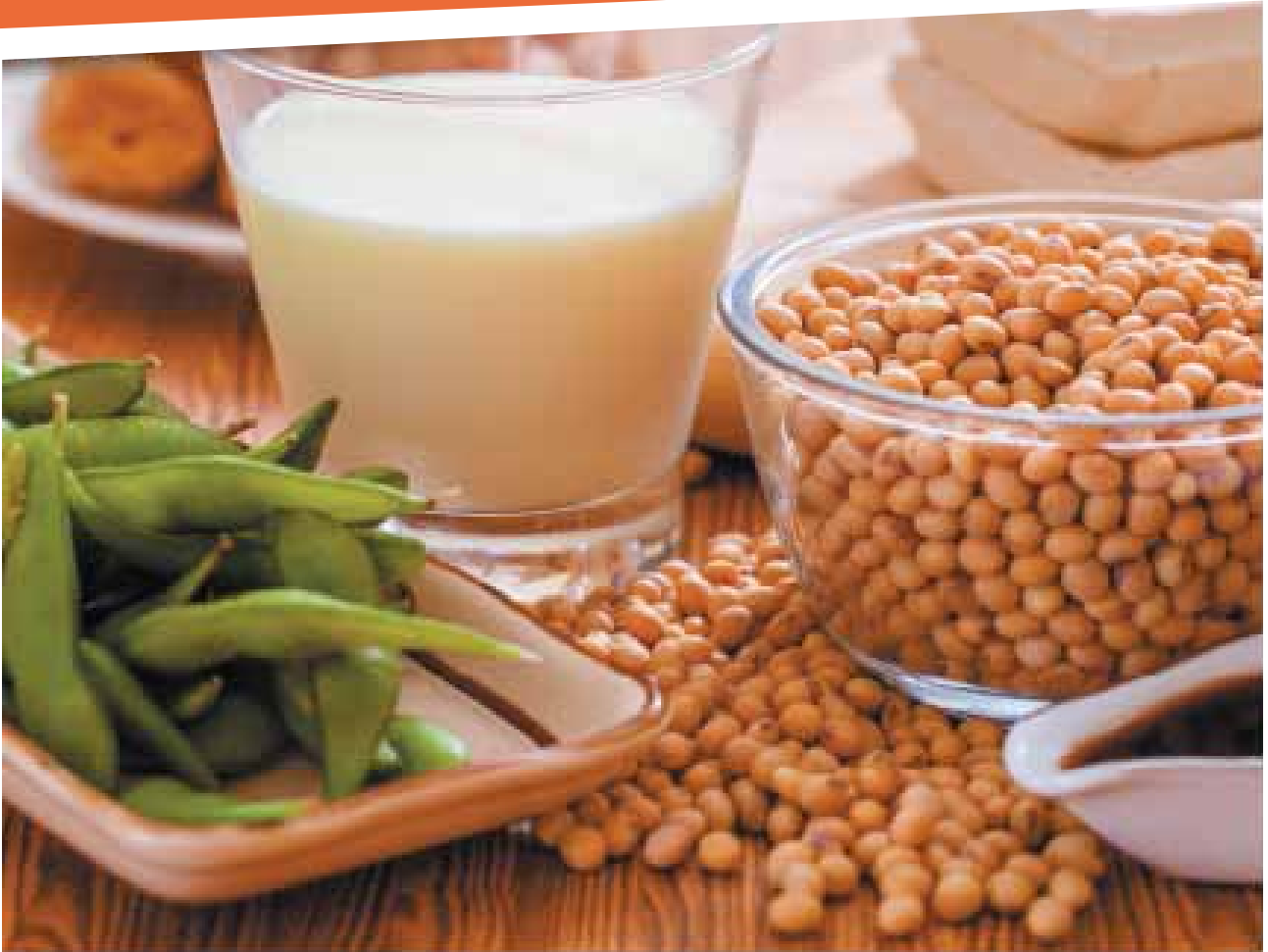
OTHER VEGETABLES

- asparagus 17
- bell pepper 26
- artichoke 22
- chicory 18
- fennel 25
- spring onion 30
- cucumbers (all varieties) 14
- chard 25
- celery (stalk) 17
- spinach 17
- tomatoes (all varieties) 17
- radish 15
- zucchini 19
- onions / leek (all varieties) 27

FRUIT

- apple (sour) 52
- strawberries 32
- grapefruit 50
- oranges 47
- orange juice (freshly squeezed) 2 4
- lemon juice (100 ml) 22

Vegetarians and vegans



Vegetarian and vegan and the health reset

According to Dr. Simeons (the inventor of the reset) it is required to take 1.75 oz of protein a day without carbohydrates or fat to succeed the reset. Vegans can't find this combination in plantbased foods. Luckily, there are a number of products that readily accommodate the necessary amounts. Vegans who do not eat any soy can find this in hemp protein powder. The best available alternative is the Vegan Protein Shake from Lifeplus. It contains all of the essential amino acids and has similar nutritional values as advised by Dr. Simeons.



Choose the food that you prefer to use from the table below. Make sure that you get the 50 gram / 1.75oz of protein a day, but be equally certain to pay attention to calories! (for example: 3.5oz of seitan gives you half of the necessary protein, but is high in calories/energy.)

FOOD PRODUCT	Protein oz / g	Fat oz / g	Carbo hydrates	Energy (calories)
<i>In comparison:</i>				
4¼oz / 120g Freshly cooked beef	1.27 / 36.0	0.15 / 4.3	0.0 / 0.0	182
4½tbsp / 45g Triple protein shake	1.34 / 38.0	0.0 / 0.0	0.06 / 1.7	132
3½oz / 100g Harzer (low fat) cheese	1.05 / 30.0	0.02 / 0.5	0.003 / 0.1	125
3½oz / 100g Seitan (wheat protein)	1.34 / 38.0	0.11 / 3.0	0.13 / 3.8	222
2¾pts / 1.5l Soy milk light	1.11 / 31.5	0.63 / 18.0	1.06 / 30.0	390
1lb 10½oz / 750g Soy yogurt	1.22 / 34.5	0.70 / 20.0	0.53 / 15.0	383
8¾oz / 250g Tofu	1.19 / 33.8	0.66 / 18.7	0.16 / 4.5	322
7oz / 200g Lopino from lupin protein	1.26 / 36.0	0.23 / 6.6	0.22 / 6.4	230
8¾oz / 250g Cottage cheese low fat	1.17 / 33.3	0.12 / 3.5	0.30 / 8.3	203
10½oz / 300g Low fat Quark cheese	1.30 / 36.9	0.04 / 1.2	0.41 / 11.7	195
1¾pt / 1l Skim milk	1.20 / 34.0	0.11 / 3.0	1.70 / 48.0	360
7½tbsp / 75g Hemp protein powder	1.29 / 36.7	0.35 / 9.8	0.20 / 5.6	268
10 Egg whites	1.26 / 36.0	0.04 / 1.0	0.02 / 0.7	160



Sports and the Reset



During the fat-burning phase (phase 2) you can continue to exercise, just ONLY do muscle training and NO cardio. Exclusively do muscle training at 60% intensity. Here's how to accommodate your diet to your exercise routine. After exercising you can take a half portion from the Triple Protein Shake.

You can start training more heavy/intense again during the stabilization phase (phase 3), start carefully and listen to your body.

During phase 4, the "Logical Living" phase, you can exercise as you used to do.

Ask your training instructor for advice about an alternative exercise program during the total reset.



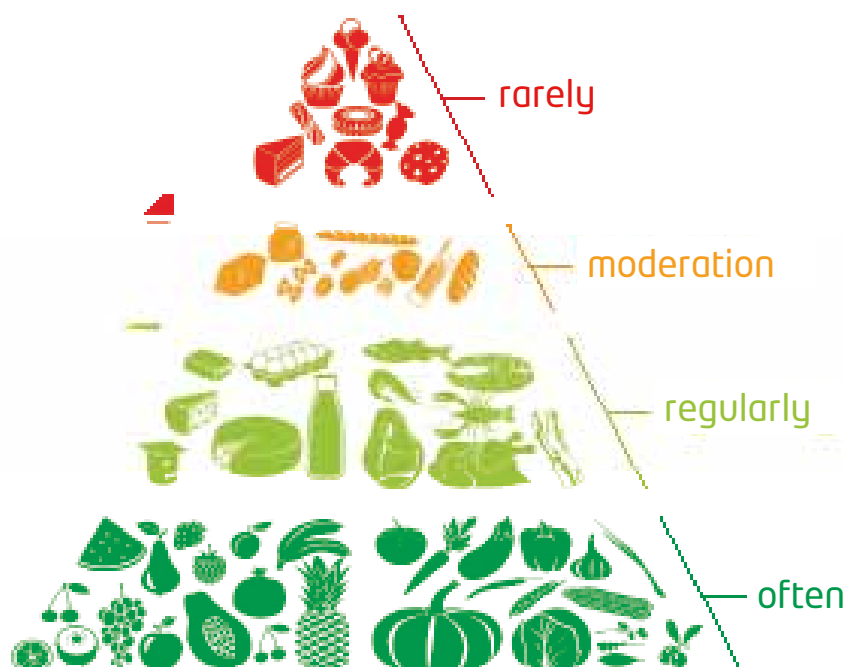
Some more information about eating LOGI®

Seen from a perspective of prevention and wellness, eating LOGI® leads to better vitality and energy, with a significant reduction of possible health problems.

On top of that, your condition will increase strongly by eating LOGI®. In a LOGI® daily diet, you will find a various of vegetables and fruits, even like protein foods such as meat, chicken, dairy and fish, nuts and legumes. You can also enjoy the taste of healthy fats and oils. You will not find any grains, potatoes, and sugar.

A daily diet with these foods have shown a significant improvement in prevention of the regular health issues over the last 30 years. It is not forbidden to eat high carbohydrate food, just remember to choose wisely how often.

Most people are feeling so vital and energetic after correctly implementing the LOGI® lifestyle; they do not crave any other foods and notice immediate unpleasant changes after using those anyway.



Suggested daily routine

BREAKFAST

Daily Biobasics or TVM PLUS with lots of water.
Optionally half or a small apple and a piece of cucumber.

SNACKS

Fruit or piece of vegetables and later a breadstick

LUNCH

100 gram / 3.5oz raw weighed meat, fish or chicken with
vegetables
(see complete food list).

2 PM.

grissini breadstick / knäckebröd.

4 PM.

Green apple or orange, grapefruit, or a handful of strawberries.

DINNER

100 gram / 3.5oz raw weighed meat, fish or chicken with warm
vegetables. (wok, grill, steam, tagine, bake, without oil or fat)

Reset tips

- No vegetables from a can; fresh and frozen are fine.
- Cucumber or (little) tomatoes can be eaten as extra snacks.
- Make generous use of (fresh) herbs, to enhance foods. Do not use any pre-packaged fruits and vegetables, they often contain sugars and E-numbers.
- A little low-fat milk, max. 1 teaspoon a day in your coffee. No coffee creamer!
- A good night sleep is necessary; the fat-burning process primarily happens at night.
- Move as much as possible: take the stairs, doing grocery shopping, walk back and forth in your office, dance, play with the kids, etc.



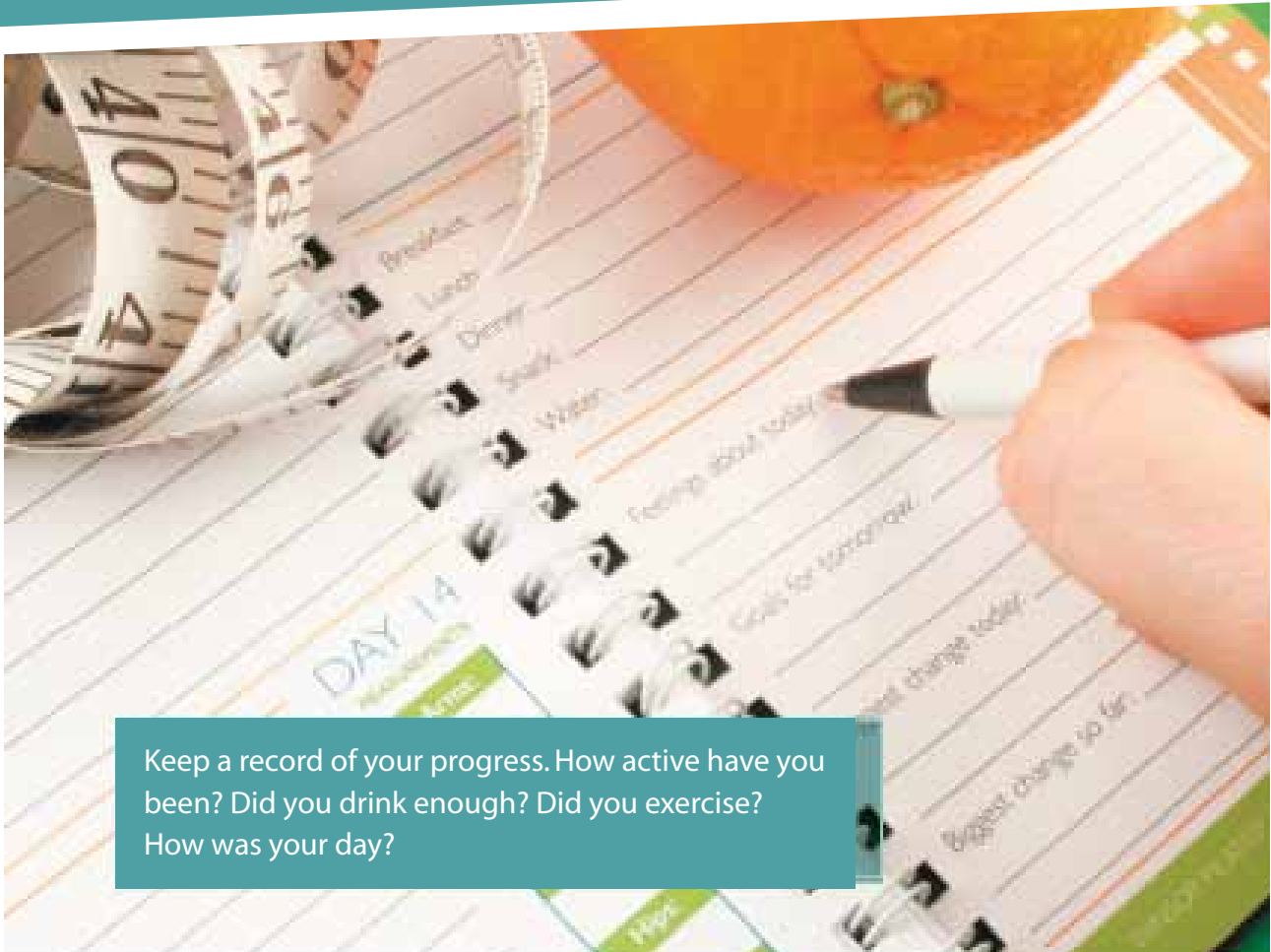
Our golden tips for succes

Handy tips to ensure your treatment is a success!

- It's ideal to start the loading days when you have a weekend full of parties or dinner at a restaurant
- Measure yourself weekly and weigh yourself daily, if possible, so that you can discuss your progress with your coach. Stagnation or weight gain is normal in phase 2! For women, this is mostly during your period. Don't panic: those who don't give up lose weight
- Cardio or high intensity sports are not recommended in phase 2. Engage in muscle training at a lower intensity (60%).
- Do not skip any meals or snacks, otherwise your body will switch into power-saving mode and you will burn less fat. Eat at least 6 times a day to stimulate your metabolism.
- Eat every 2 hours (a small amount) in order to optimize fat-burning and blood sugar levels.
- The sequence of your meals can be switched, as long as you respect the amounts.
- Make certain that you have contact with your coach in order to achieve the best results.
- Always make certain that you carry a bottle of water, so that you reach 2 liters a day. Water also helps reduce appetite.
- Make certain not to eat anything after 7 PM.



Diary



Keep a record of your progress. How active have you been? Did you drink enough? Did you exercise? How was your day?

Measurement schedule, blog

Weigh yourself before you start phase 1. Do it in the morning, directly after getting out of bed and before eating your breakfast.

Measure yourself at the start of phase 1

Measure in cm/ inches without pulling the tape tightly around your body.

Weigh yourself at the start of phase 2 and daily thereafter

Do it in the morning, directly after getting out of bed and always before your breakfast.



Note the values in the overview

The circumference around your hips is always measured at the widest point. Measurement of your waist is always at navel height. Your knee is measured at the uppermost edge of your kneecap.

Start phase 1 (note your measurements here)

upper chest	lower chest	stomach or belly-button	hips	but-tocks	left thigh	right thigh	left calf	right calf	left arm	right arm
.....

Weekly measurement

Measure yourself weekly as described above and note these in your table:

	upper chest	lower chest	stomach or belly-button	hips	but-tocks	left thigh	right thigh	left calf	right calf	left arm	right arm
week 1											
week 2											
week 3											
week 4											
week 5											
week 6											
week 7											
week 8											
week 9											
week 10											
week 11											
week 12											



Daily weighing

Weigh yourself daily and write this in your chart:

PHASE 1

day 01	day 02
.....

PHASE 2

day 01	day 02	day 03	day 04	day 05	day 06	day 07	day 08	day 09	day 10
.....
day 11	day 12	day 13	day 14	day 15	day 16	day 17	day 18	day 19	day 20
.....
day 21	day 22	day 23	day 24	day 25	day 26	day 27	day 28	day 29	day 30
.....
day 31	day 32	day 33	day 34	day 35	day 36	day 37	day 38	day 39	day 40
.....

PHASE 3

day 01	day 02	day 03	day 04	day 05	day 06	day 07	day 08	day 09	day 10
.....
day 11	day 12	day 13	day 14	day 15	day 16	day 17	day 18	day 19	day 20
.....
day 21									
.....									



PHASE 4

day 01	day 02	day 03	day 04	day 05	day 06	day 07	day 08	day 09	day 10
.....
day 11	day 12	day 13	day 14	day 15	day 16	day 17	day 18	day 19	day 20
.....
day 21									
.....									

Notes

Lined area for taking notes, featuring a vertical red margin line on the left and horizontal blue lines.



Frequently asked questions

Doesn't eating only 700 kcal lead to deficiencies?

During the fat-burning phase, the body gets its energy from the body's fat reserves. Together with the fat deposits and supplements, the 700 kcals provide sufficient energy. We strongly advise you to take the daily recommended supplements (vitamins, minerals, trace elements) in order to prevent deficiencies. The supplements support your body much better than anything else.

Why no carrots or other healthy vegetables?

Carrots, for example, contain a relatively high amount of sugar, so it's better to avoid them. Each vegetable or fruit that is not on the list, is not on there for a good reason. There has been a great deal of research conducted concerning the influence that various vegetables and fruits have upon the reset.

How is the yo-yo effect avoided?

For this purpose phase 4 (Logical Living test phase) is the most important. Slowly increase the daily number of calories and add step by step new foods to your eating plan. During the 21 days of phase 4 your body has had the time to switch and a behavioral change has occurred and therefore old patterns are broken. Make sure you take the supplements daily for at least 6 months to get enough essential nutrients so that no more deficits may arise.

Will I be hungry during the Health Reset?

The body takes enough energy from your fat reserves, so that - after a short adaption phase - you are almost never hungry. Above all, Enerxan helps against the feeling of hunger. Mostly at the beginning some people on the reset have a hungry feeling, but this occurs primarily in the brain and does not come from the body itself.

May I stop the reset once I have reached my weight goal?

Absolutely not! Doing so jeopardizes the entire reset. If you have reached your weight goal, continue to follow the program and gradually increase the number of calories per day to the point of no longer losing weight. Caution: stick to the list of "allowed" foods, just increase the amounts.

Why shouldn't normal (day)creams be used?

Normal day creams often contain oils that the skin will absorb. This can obstruct the breakdown of stored fats and may cause the reset to fail. Highly recommended is the MSM plus lotion. You may also for example use Vaseline, since this is not absorbed by the skin.

Doesn't quick weight loss lead to slack, wrinkled skin?

The opposite is true: the supplements, the protein-rich food and the regular exercise make the skin more solid and smooth. And since the reset detoxifies connective tissue, as well as improving and providing of alkaline minerals, it can even have positive effects on cellulite.

Is the Health Reset appropriate for vegetarians?

Of course. Instead of meat and fish, you can eat cottage cheese, yoghurt, low-fat quark, tofu, and the Lifeplus Vegan protein shake or Triple Protein shake.

Why is fat forbidden?

If your body gets its fat through what you eat, then it will use this for energy supply and will not make use of stored fat deposits. That's why small amounts of olive oil, butter or fat jeopardize the success of the reset.

Why is alcohol not allowed?

Alcohol is strictly forbidden. Even in small quantities, alcohol contains a relatively large amount of calories and also blocks permanent fat-burning.

May I use soy products during the reset?

Preferably not. Soy has a lot of carbohydrates. Vegetarians can use soy, as well as meat substitutes (without added sugars and chemical additives).

Should I stop the reset, if I eat something that is not allowed?

No, you certainly shouldn't stop then. Sinning does, however, jeopardize the reset's results. When you make mistakes you have less results and it can even lead to cravings and a return to previous bad habits. You should prolong phase 2 by 3 days.