

A N A T S T E R N

Dr. Simeons Diet

INFORMATIVE BROCHURE



~15 KG IN 40 DAYS!~

All you would want to know in order to get rid of 8 to 15 kg of excess fat in 40 days of scientific research based, accurate, simple and healthy Dr. Simeons' diet and be able to keep the achieved result for years...

Doctor Simeons' Diet – HCG Diet

Informative Brochure

Everything you would like to know
to rid yourself of 8–15 kilos of excessive fat
with the help of the 40-day Dr Simeons' diet,
which is scientifically proven, precise, simple
and healthy, enabling you to maintain
the results for many years to come...

Anat Stern
consultant and diet coach
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All questions are welcome on our webpage at:

www.simeonsdiet.co.uk

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Introduction

Hello! I am very pleased that you have decided to familiarize yourself with the highly efficient weight loss and metabolism normalization process called Doctor Simeons' Diet, or the HCG Diet. I hope you also that in the future you will wish to undergo this highly effective fat loss process.

This informative brochure is based on the original studies of Dr Simeons, an English endocrinologist – specialist of the human hormonal system – who worked at a private clinic in Rome, Italy, for decades before publishing his book.

His study was first published in 1971 and it was titled „**POUNDS AND INCHES A New Approach to Obesity**” by **A.T.W. SIMEONS M.D.**

This manual is also based on my wide experience in supporting thousands of people in the recent years. These people decided to undergo the Dr Simeons' weight loss and metabolism healing process with me to achieve actual results, losing 8–15 kg of weight quickly and healthily in only 40 days.

The purpose of this brochure is to give you good understanding about the main principles of this amazing weight loss process and to introduce the results you can expect, if you do everything 'by the book'.

For additional answers and more detailed explanations, please contact me on the webpage <http://www.simeonsdiet.co.uk/contact>.

Anat Stern - my story

Hello! My name is Anat Stern and this is my story. Over the last years, I have battled my 15–25 kg of excess weight. For some people this may be a small number, but for me it caused me to feel bad both physically and mentally, my health to deteriorate and I was constantly feeling low.



I always used to be thin, men found me attractive and everyone said I was beautiful. I lived with the feeling that the world is my oyster and I could be very successful in everything I do. I got married at 26 and my dress size was 36!

Then the first baby came – at first I did not feel anything wrong, I took care of my daughter, breastfed her, bathed her. But at some point I had completely forgotten about myself...

I could not understand why all my beautiful clothes no longer fit me, although I was still the same Anat. It took me 3 years to understand and accept that I needed help in finding myself again. I began trying out different slimming methods and diets.

I tried many things. My mother, who is a diet specialist and knows a lot, taught me methods like food combination, blood-type diet, grain diet, protein diet and many others. The results followed the same pattern – self-sacrifice resulted in 3–5 kg of weight loss, then, if I was lucky, the weight-loss stopped or, in worse cases, rose back to the level it was before. Depressing, is it not?

I also tried many supplements to lose weight and even pills to reduce my appetite. Obviously I chose supplements offered by reputable companies, whose produce had the highest quality. But the same pattern repeated itself – I was able to lose 5–7 kg at most, but no more.

Oh well! Then I decided to change my fitness regime – I signed up with a personal trainer at the gym. I went there 5 times a week and really gave it my all! At the same time, I was on a special diet designed for athletes who wish to speed up their metabolism to lose weight.



Guess what happened? I lost... 5 kilograms. My muscle mass increased and naturally my physical state improved. I was no longer breathless when going up the stairs, but my beautiful things I wanted to wear to feel slim and attractive still did not fit.

I continued my search for an effective weight loss system. I was looking for a method that could finally change the number on the scale which I had been battling with the past 3 years. I tried to find a method which would be fast and effective, but also healthy and natural.

I searched, read, compared, tested, tried to find quick solutions and when I did, I was astounded at the simplicity of it all! It made so much sense that I did not have to think twice: I knew this was

the solution I had been looking for – exactly what I needed to be myself again!

At the moment, I am 34 years old and have had two children. I began the diet process in November 2011, weighing 73.4 kilograms, and had been stuck on this number for three years already, regardless of intensive training at the gym and a healthy lifestyle.

For me, it was important that the food was natural and chemical-free. It was particularly important that the method would give quick results! In the first week of the process, I lost 3.2 kilograms of weight. It was amazing; this was the breakthrough for me and it started the process I had wished for!

After the 40-day diet, I already weighed 61.6 kg – I had lost 11.8 kilograms! Can you imagine my happiness? Can you imagine yourselves having lost nearly 12 kilograms in 40 days? I was in 7th heaven! Oh, how I liked to look at myself in the mirror in the mornings! How I loved the way clothes fit my body! I liked the way my trousers were too big and I could take them off without opening the zipper!

I knew I would not stop, but would continue until I got my body back – until I could be proud of myself again and wear the dress I wore on my wedding day.

Until March 2012, I maintained my weight on 62 kilograms and it was pure joy! For that I used the standard methods and guidelines for a healthy lifestyle. During these months I enjoyed life, running after my children in the rain.

I liked to attract glances, loved to see amazement on people's faces and enjoyed buying new clothes at stores for young people, not adult women. I bought fitted clothes with belts to show off my new waistline.

I completed the second round of the diet weighing 55 kilograms. I know that this may seem unbelievable, but Dr Simeons' wonderful diet makes it all possible.



After the second round that I underwent with my husband Alexander, we decided to 'accept the challenge' and begin spreading the good news among Israeli people, but later also all over the world with other people who would like to achieve the amazing results of this diet.

And so we created our company and developed our package, which is one of the most progressive ones in the world – I can say this without any doubt, after having tested it in different countries and languages.

We offer our package to people who wish to achieve a weight loss of 8–15 kilograms in 40 days with full confidence and without any health damages, and who also wish to know how exactly to maintain this achievement after the end of the diet.



For additional information and for the most recent news, also visit our home page at SimeonsDiet.co.uk.

Basics of Doctor Simeons' weight loss process

It was the end of the seventies of last century when Dr Simeons' manuscript was published and in it he shared his research about the nature of obesity, as well as his revolutionary discovery about the substance called HCG (human chorionic gonadotropin), – produced in a pregnant woman's placenta and extracted from her urine – and its effects.

Dr Simeons discovered that when this substance is in the body of a woman or a man, it does everything to optimise metabolism and make sure that all of the body's resources would be available to it.

Primarily, we are talking about the fat reserves which are normally inaccessible for the body. Dr Simeons discovered the nature of body's fat reserves and also why ordinary diets and exercising does not solve the problem of obesity permanently and quickly.

With this knowledge, the fight against excess weight becomes exclusively the matter of your personal decision to choose to follow the simple, but most importantly short-lasting process, which was developed by Dr Simeons for every person wanting to have their weight and metabolism under their own control.

Bad fat – why it is not possible to lose weight

For many years, Dr Simeons studied the actual causes of obesity. He discovered and developed a working and clinically proven theory, according to which obesity is a disorder of the system that controls the body's metabolism.

According to this theory, obesity is historically caused by wrong eating habits. In the old days, people ate often, but in smaller amounts. Nowadays people tend to eat larger amounts of food, most of which is not necessary for the body, and at some point it is not able to process all of this food and immediately starts storing it as fat reserves.

Dr Simeons discovered that there are actually three types of fat in the body:

- First type is structural fat, which is located between the organs of the body and protects them from damage. For example, this fat makes the skin smoother and firmer.

- The next type of fat is the normal energy reserve of the body, which it can use at any time, for example to pre-feed the muscles while they are working.
- But the third type of fat is the fat that the body puts aside and closes from daily use. These reserves are located in women's abdomen, chest, breasts, neck, upper part of the arms, hips, etc. and in men's abdomen and chest. We call this fat bad fat, or fat not available for burning.

The most important discovery, which is related to these three types of fat, is that the body burns the normal energy reserves of the body (second type of fat) first, and then it starts to burn the structural fat and even the muscles, before it ever agrees to burn a little bit of the bad fat.

That's why regular diets do not work so well, even when they are combined with intense exercise. As soon as the good fat is burned, the body starts to give away bad fat very reluctantly and people cannot understand why they go to the gym 3–5 times a week, burn a whole bunch of calories, yet do not lose almost any weight and also the body does not begin to look really slim.

Yes, of course, if the person eats right for a long time, they may stop the accumulation of excessive fat and the body will slowly start to burn the bad fat, but this requires an enormous amount of self-discipline and understanding the rules of proper nutrition, as well as knowing the effects food supplements have, all the while exercising smartly to accelerate metabolism.

If the person wants to solve the problem of excess weight quickly and effectively, significantly improve their figure, and most importantly – to balance their metabolism – it requires a different approach and a different solution. Dr Simeons discovered the perfect solution exactly for that.

HCG – the magic key to fat reserves

Doctor Simeons' most shocking discovery lies in his observation that when HCG – a substance produced in a pregnant woman's placenta – is in the human body, it makes the bad fat available for burning, because the body opens the access to it completely.

I strongly recommend reading his original study, where he describes how he came to this conclusion and proves its effectiveness.

For us, however, it is important to understand the main idea of Dr Simeons' Diet

The presence of HCG or a suitable replacement in the body gives the brain the signal to open up access to fat deposits and to use it as food, when necessary.

However, here it is extremely important to understand one thing: HCG by itself does not burn fat! It will not reduce your appetite! It does nothing, except for one and only thing – it signals the brain to release the bad fat and use this fat for food, if needed.

And specifically the second part of Dr Simeons' study was to find a way to create this need and as a result he developed his 500-Calories Diet.

500-Calories Diet – tell your body to burn fat

Dr Simeons quickly realized that if HCG is in the body, then, in theory, all you need to do in order to make your body feed on its fat reserves is to eat nothing. Unfortunately, in reality, this does not quite work like that.

If the body does not get even a small intake of energy in the form of actual food, it takes a defensive position and stops burning any fat. On the other hand, if you eat too much food, you do not lose any weight at all or you do not lose fat fast enough.

Doctor Simeons set a goal for himself to create a diet that ensures daily weight loss. That way, if you do not lose any weight even on one day, you can suspect that the diet is not correctly followed and you can take necessary action to correct the process in order to achieve weight loss on the next day.

This resulted in the 500-Calories Diet. It took Dr Simeons another 16 years and an enormous amount of trials and errors before he obtained an accurate list of the foods and their amounts that constitute the original Dr Simeons' 500-Calories Diet.

If you stick to this diet, you will burn (thanks to the HCG in your body) the bad fat day after day with average weight loss of 500 g per day.

Make your new weight your “normal” weight

How long should you and can you be on Dr Simeons' Diet? He discovered that it is necessary to be on the HCG diet for at least 23 days, so that the achieved result becomes permanent. But, on the average, after 40 days the body becomes used to the HCG and it loses its effectiveness, which is immediately accompanied with the feeling of hunger and weakness.

When a person stops taking the HCG, there is only one more thing left to do –stabilizing the new weight.

Have you noticed that during every period in your life your body seems to be at a certain weight, while fluctuating only a couple of kilograms up or down? And, at the same time, it does not matter whether you try to lose this weight with a light diet, or, vice versa, expect the weight to increase abruptly after a few days of overeating, the weight as if goes back to “normal” anyway and stays that way.

Dr Simeons took this peculiarity of the body into account when he developed his weight loss process and that's why the last phase of the diet is stabilization of weight.

At this time, it is very important to maintain approximately the weight you reached by the end of the 500-Calories Diet and not to gain weight abruptly, but also not to try to lose even more weight. After 3 weeks, the body will take this new weight as its new “norm” and will no longer try to go back to the old “norm”.

At this point you have reached a new level and now you can maintain your new weight quite easily by sticking to the rules of proper nutrition and light exercise. With that you will be amazed at how normalized your metabolism is and how easily you can fix minor transgressions by returning to the right track of proper nutrition on the next day.

In the following chapters, I will give you precise instructions on how to carry out Doctor Simeons' weight loss process. If you follow these instructions step-by-step, you will easily get to the other side and enjoy the results of the modern miracle which this process is.

The most important rule is: "Everything that is written, should be strictly followed".

This Process Works! Period!
**But only if you follow it word-for-word, without trying to
change or "adjust" it.**

Remember – Its development took 40 years of intensive research and clinical trials, until this fully verified and strictly functioning process was developed. So let's benefit from it and fast, ok?

HCG – everything you would like to know

Human Chorionic Gonadotropin, or HCG, is a hormone produced in the body of pregnant women. Dr Simeons discovered that the presence of HCG in the body releases hidden and locked fat deposits. It enables the body to use these fats as food. As a result, you will not feel hungry and the 500-Calories Diet does not endanger your health.

HCG-injections

Dr Simeons used small-dose injections of HCG itself. The patient visited him once a day in the morning, got the injection and continued their day with the only requirement of following the strict 500-Calories Diet.

Today there are also doctors in the world who carry out the Dr Simeons' diet process using HCG injections. The cost of this treatment may reach several thousands of dollars for one round of treatment with 43 doses. For those who wish to have medical supervision while undergoing the 100% original Dr Simeons' diet process, this may be the preferred method.

There are also people who purchase HCG from a doctor or buy the hormone online, find the guidelines for preparations and giving the injections, and give themselves the HCG shots. This is certainly not something I would recommend.

For decades there have been other effective alternatives!

HCG-based homeopathic drops

After the Dr Simeons' diet became popular, a homeopathic alternative to the hormone in the form of drops was developed in the 1970s in the USA, so that everyone could undergo the process without a need for medical treatment.

Pursuant to the laws of classical homeopathy, dissolving the original substance a hundred times using alcohol or distilled water does not leave any traces of the original substance in the solution. In the course of the dissolving process, the alcohol or water 'remembers' the substance contained in it in the beginning.

The closest explanation to this phenomenon is that changes take place in the structure of these 'intelligent' liquids caused by transmitting the unique electromagnetic signal of the dissolved substance. This phenomenon involves high-level and sophisticated energies.

The true miracle is that the human body will respond to the signal when you take the homeopathic drops and the liquid will have the effects of the original substance itself!

Since then, such drops have been produced in the USA and other countries and they can be found with online searches using keywords such as 'HGC drops'.

HCG-replacements without the hormone

There are also many other HGC replacements. Many of them are based on different amino acid complexes such as L-carnitine (burns fat), L-ornithine (builds muscle), L-arginine (heart health), L-glutamine (brain fuel) together with vitamins and additional herbal additives. Sometimes other producers find herbal replacements for the human hormone, such as the algae-based bio supplement produced in Israel.

The latest trend in medicine and technology – a bioenergetic copy of HCG – has been transferred into a homeopathic granule. This preparation is safe, since other than a natural sweetener, the granules do not contain any chemical or organic components. The HCG effects have been 'recorded' by electronic analysis and the main energetic spectrum of HCG has been transferred into a homeopathic granule.

The results I have seen do prove that these preparations have the effects of HCG if taken in accordance with the original Dr Simeons' low calorie diet.

How to know if the preparation is working?

It is very simple: you cannot feel hungry! Everyone who has been on a 500-calories diet can say that already in two days it is impossible not to lose your mind from hunger. Even if you ignore the hunger, in a week it shows that the person is weak, tired, their complexion is bad and they look very sickly.

But if you take a substance with the effects of actual HCG, you will feel nourished, you will have strength and you will look more and more healthy and beautiful when the process continues.

Legislation and warnings

As I wrote above, in the beginning of the 2000s, the homeopathic formulas for HCG were developed to dissolve the original substance to maintain its effects without its chemical presence. This is done pursuant to the laws of classical homeopathy.

The US FDA issued a public warning in 2013 stating that the effects of HCG as the cause of weight loss has not been proven.

Along with the warning, the FDA issued an order which prohibits advertising or selling any preparations online, which contain HCG or mention it in relation to weight loss.

Unfortunately, after the FDA issued the warning in the USA, other countries, such as the UK and Israel, also issued similar warnings.

Please note! They do not state that there are any damaging effects, they do not state that it is harmful to health, they only state that it has not been clinically certified that the effects of HCG do actually help to lose weight. On the basis of this statement, they conclude that being on a 500-Calories Diet creates a risk on the person's health.

The studies I referred to and my experiences with thousands of people having undergone the Dr Simeons' diet process, clearly show:

The effects of HCG along with following the 500-calorie Dr Simeons' diet on a daily basis enables you to lose excessive fat with a speed of 500 grams per day on the average and to feel good throughout the process and to be able to maintain the results afterwards.

I know of success stories from people who had their blood tested before and after the process. They include people with type-2 diabetes, high arterial blood pressure, people suffering from hormonal issues – all these people had additional blood tests after the diet and clearly expressed their respect towards the brilliant doctor, and they also spoke of the amazement of their doctors in relation to the results they witnessed!

Studies supporting this process

Today, there are independent clinical studies which confirm the effectiveness of HCG along with a low-calorie diet to lose weight quickly and healthily and to maintain the results afterwards.

Starting with the original study by Dr Simeons, which can be found at webpage Amazon.com by using the title Pounds & Inches: A New Approach to Obesity to the independent study carried out by a medical research centre titled Oral hCG Research Centre, which can be found at <http://oralhcg.com/english/index.htm>.

Additional studies supporting the amazing results of a low-calorie diet can be found from the websites of different universities.

<http://www.ncl.ac.uk/magres/research/diabetes> - a study which concludes that the cause of type-2 diabetes lies in fat deposits and that a low-calorie diet can solve this problem.

There is also an additional study which concludes that in comparison to ordinary diets, the results of a low-calorie diet are maintained for a significantly longer period of time:

<http://chp.phhp.ufl.edu/2012/04/20/lisa-nackers-ms-2012-dissertation-of-the-year-award-society-of-behavioral-medicine/>

Another study I found which confirms the effects of HCG on weight loss, feelings of hunger and a sense of comfort during a diet:

<http://www.ajcn.org/content/26/2/211.long>.

Short overview of the phases of the process

Now that you are familiar with the basic principles of this weight loss process called Doctor Simeons' Diet, let's take another look at the table of its precise phases. In this table you can find information about when a phase starts, how long it lasts, what its purpose is, and a short description of the phase.

Phase	Days	Purpose	Description
Phase 1 Fattening	1 and 2	To create a layer of fat to make starting with the diet more comfortable.	It takes up to 3 days until the HCG is accumulated in the body in sufficient quantity to release the locked fats and start to burn them.
Phase 2 500-Calories Diet	3–23 or 3–40	To burn as many bad fats as possible.	Your body will burn the bad fats thanks to the HCG in your body and you not consuming more than 500 calories from the Doctor Simeons' list. You can follow this phase for a minimum of 23 days and a maximum of 40 days.
Phase 3 Unloading	24, 25, 26 or 41, 42, 43	To free the body from HCG.	You continue to be on 500 calories until the body is completely free from the HCG.
Phase 4 Stabilization	3 weeks	To accustom the body to the new "normal" weight.	You can eat anything you like except for sugar and starch – the goal is to make this new weight last forever. You should not gain weight more than 1 kilogram and it is not allowed to continue to lose weight.

I want to undergo this process – what are my options?

Excellent! Good job understanding the principles of the process and its uniqueness among other weight loss methods. The process provides direct access to deposited fats and a daily weight loss of 500 grams on the average without feeling hungry, faint or a need to do heavy exercise. Then you need to undergo the weight stabilisation stage, which helps you acquire the right eating habits after the process has ended.

Here is a list of options you have to undergo the Dr Simeons' diet process.

Hormone injections at a clinic under medical supervision

As Dr Simeons did in his day, many doctors across the world provide the quick weight loss process by injecting a small dose of the hormone, as it was prescribed by Dr Simeons in his study.

You will get an injection at the clinic and will continue your day while keeping precisely to the diet menu.

The cost of this service may be thousands of dollars, but it will ensure that you adhere to Dr Simeons' original protocol 100%. It also provides you with medical supervision throughout the process.

Diet package with hormone-based homeopathic drops

Already in the 1970s, the USA and other countries saw the rise of Dr Simeons' diet packages – HCG diet on the free market with the active substance being homeopathic drops. In essence, it means diluting the hormone pursuant to the laws of classical homeopathy. The drops are made on the basis of alcohol or distilled water.

Often these packages include, in addition to the active substance, the original study by Dr Simeons as an e-book or additional booklets such as quick start guides, recipes for the diet and weight stabilisation stages, a journal and other materials.

Depending on the price of the package and the quality provided by the store or importer, you may receive professional support throughout the process. You will have a phone number you can call, a support forum or a personal trainer.

This is the key to the popularity of this diet in the USA. The drops made by high-quality manufacturers are effective and a short manual along with the original study by Dr Simeons do create a sensible basis for understanding and undergoing the process.

Herbal substitutes and supplements based on amino acids

Already a decade ago, many producers used the studies and discoveries on the effects and structure of HCG to develop unique formulas, for example those based on amino acids such as L-arginine, L-carnitine and L-ornithine, along with additional components. There are also herbal HCG substitutes, such as an algae-based spray popular in Israel.

There is a lot of evidence on success achieved with these substitutes. I personally underwent this process using an algae-based spray.

To help you achieve the best results during this weight loss process, importers may also provide you with various helpful tools – Dr Simeons' original study in English or a translation into the local language, quick start booklets, recipes and also various support services.

Sweet granules with bioinformative transfusion of the effects of HCG

I got introduced to a field of alternative medicine, which is called bioresonance diagnostics therapy. Its principles are very similar to homeopathy, which is about 200 years old, but this stems from discoveries in the field of medicine based on energy and vibrations.

The main idea suggested and proven is that every chemical material and even different organs in the body have different and unique energetic frequencies. Just like radio stations – every station has its own frequency. Organs in the body and even all chemical compounds also have their own special frequency.

In the 1950s – 1960s, Doctor Reinhold Voll discovered the frequencies of different organs in the body by measuring electrical resistance in active points, which are familiar from acupuncture – a field in Chinese medicine that identifies specific points on the human body which reflect the activities of different organs in the body. Doctor Voll discovered that a small electrical charge at such a point improves the functioning of the specific organ.

After these discoveries, devices were developed to enable and rewrite any frequencies on a homeopathic carrier, such as alcohol or sweet granules. Today, the equipment in this field is so sophisticated that it enables to write the frequency of any chemical compound on a carrier.

The last stage was taking a dose of HCG prescribed by Dr Simeons and granules based on natural sweetener xylitol, which is allowed even for diabetics, and copying the HCG frequencies directly into the granules!

The result is sweet granules, the calorie content of which is allowed during the diet and which transmit the precise effects of HCG, which in turn is necessary to provide access to the fat deposits, so that these fats could be burned.

I have already undergone two diet rounds with these granules and so has my husband. By now, more than a thousand of my customers have undergone the Dr Simeons weight loss process using these granules. They have successfully lost 12–15 kilograms in 40 days and felt amazing during the process and after it!

I have also noticed that using granules means that there are fewer side effects (e.g. headaches, faintness or hunger) than in the case of using herbal substitutes and alternative supplements.

You can find additional information on the sweet granules with the effects of HCG from my website SimeonsDiet.co.uk.

Success stories

Here I would like to share with you stories of our clients, which they send to me after completing the dieting process. Read and get the positive energy! I also hope that you will also decide to achieve similar success for yourself.

Weight minus 11 kg!

Hi!

Now I will also report back: I lost 11 kilos! (I started the diet with 81 kg). New weight behaved perfectly during the last 6 weeks. My husband is very happy, and so am I! So, today I am starting the second round of the diet and hope to lose 10 kg more.

Thanks a lot, Anat!

Story about the diet



Nothing can be more useless than other person's experience, however, once upon a time, I found out that my weight in the age of 40 was 85 kg with the height of 158 cm. What could I do? Go on a diet.... During one year I hardly lost 2 kilos. It was like swinging -2+3-2+3

Anyways, by the start of Dr. Simeons diet my weight was 83 kilos and I started the first round with the aim to lose 13 kg (to achieve the result of 70kg in the end).

But somehow I thought that I had to take one granule a day instead of required 4.

It took a week for me to understand that I was doing something wrong, so the first week had gone L – I could not lose weight quickly. So I cleared everything up, read everything all over again and understood, but continued to do as my mind was saying in the search of new recipes and experiences. In the end, I managed to do all the possible mistakes and only went to 75 kg. So the only thing left was to feel sorry about the missed opportunity to do the process properly and with bigger success.

What I learned:

1! Do not make salads! (Only one type of allowed vegetable during one meal).

2! Eat only boiled chicken breast and tolerate the monotony, if it is effective.

3! Do not even look at chocolate, because even a tiny piece will make +200 the next morning instead of -500. Harmful almost as +1 kilo.

Anyways, in general it is easy to cope with the diet, I mean, there is no hunger, moreover, the problem was in how to make up 500 calories out of the allowed products.

As a result, it is evident that the organism became cleaner and younger.

I also got my cycle restored after the diet. Became more cheerful and calm, improved my sleeping. Nails became stronger, hair loss stopped compared to what was before. Skin is clean.

And they lived happily forever. And I wish you the same.

I have lost 12.5 kg

I have been trying to lose weight as long as I can remember.

I was going on various diets, doing sports, tried all affordable nutrition supplements and the ones that were not that affordable. Weight could go down slowly for a while, but then it always came back and really quickly with that.

When I first met Anat Shtern and saw her photo before and after, I understood that this is exactly what I needed, straightforward. Of course, I had certain doubts, because

it was hard to believe that the body could live on 500 calories. But I started the diet right away.

It is worth mentioning, that for me the diet was really easy and comfortable. I did not feel hunger, but I have isolated myself from gastronomical temptations almost completely.

So, after 40 days I was only 72.5 instead of 85 kg.

What made me happy the most is that I was losing weight from exactly those places that needed it the most, not from my face or breast.

Also, since I am cosmetologist, it is very important for me that my skin condition got improved, which means that the process does not hurt our organism, to the contrary – improves the functionality of our organs, because the skin is always the first to react to all positive and negative changes inside our bodies.

I would prefer not to show the photos after the first round. I will show them after the second round – in the end of September.

Lost 5 kilos and became smarter!

I started with 57 kilos, and now I am almost 52. I lost 5 kilos, but the best thing here is that I understood how to get a proper nutrition and eat healthy. And I really enjoy it!

I do not want to eat pork...as soon as I see how fat it is... Faugh!

I also feel that going to a gym 3 times a week is not enough for me anymore...I have been going to the trainings every day for the three weeks already and I do understand how important it is for my health!

40 days can change the whole life...of course if you'd really wanted to!

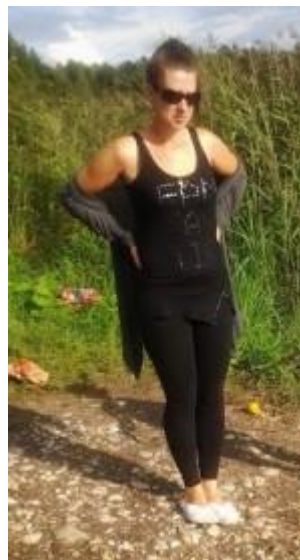
Diet...when you just say this word out loud, everyone may have different associations. However, when you say "I am going to eat healthy", it is a completely different thing! Nevertheless, many people who start Dr. Simeons diet understand it as a "diet", i.e. eating limitation. They say to themselves: "I am on a diet! I am on a diet!", but once the diet is over, they remove all the limits and eat a lot again!

While I had another task – I wanted to start eating healthy with the help of this diet, and I was constantly telling myself: “Health! Health!”. So here we are – I now eat less fat, know what I am allowed to eat and what not, and doing workouts every day!

Dr. Simeons diet = HEALTH!!!

A huge thanks to Anat for the opportunity to live HEALTHILY!

Huge heartfelt thanks!



Hello.

I wanted to thank you on behalf of myself and my daughter. My daughter's problem pushed us to do the diet. She started to gain weight quickly, and doctors just shrugged their shoulders and could do nothing. After the first week of a diet, that was created by the nutritionist for us, my daughter got a dropper. So, we decided to finish with the diets. Then, the endocrinologist advised us to consult a homeopath, and that is how I had accidentally found out about this wonder-diet.

So, I rushed to save the kid. It was our last chance. However, my daughter asked me to go on a diet together with her. I had to agree. I lost 9,9 kilos and I am very happy

about this result. My weight before the diet was 77.9 and now it is only 68. My daughter weighted 84.5 and now she only weights 72.3 – she lost 12.2 kilos. She's got will and motivation to do another round.

All of our friends are asking a lot of questions how is this possible? And we are proud to tell them about the Dr. Simeons diet.

I am sending my photos before and after.

Huge heartfelt thanks!!!!!!!!!!!!

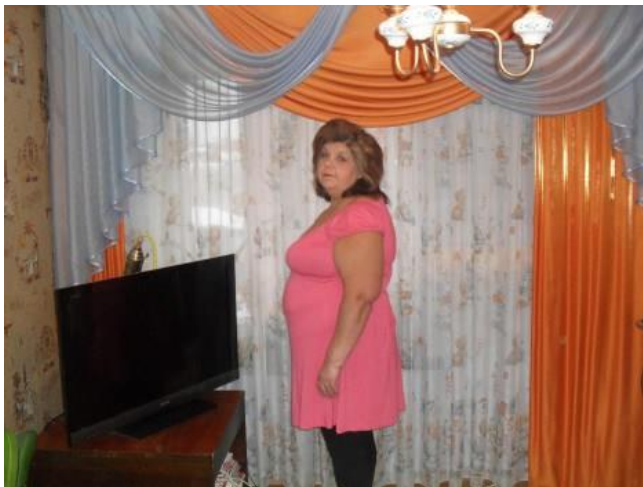
I lost 15.5 kg!

Hello!

I bought a dieting package from Anat, which included sweet granules and access to the support system as well.

I am 55 years old and had weight of 100 kg for a long time. I had some periods when my weight was even 147...

I had some doubts, but then I saw the results of Anat and her husband and I understood that I had no choice, because only with the help of Dr. Simeons diet I could manage to change my life.



I like to eat! I like cooking! It is visible also on my photos where I have weight of 107 kilos.

I had easily managed to complete the process, because I did not feel hunger at all!



Even when I was cooking delicious food for my husband I managed to keep up with the diet!

Now, I can proudly announce that I finished the diet and reached the highest result in it – I lost 15.5 kilos!

I finished my first round with weight of 91.5!!!!

I know that I have a long way ahead, because now I got my eyes opened and can understand how fat I was, if after losing 15.5 I still look fat....

I am looking forward to second round to lose 15 kilos more!

I measured my body, as Anat recommended, and here are the results:

Breast: 128 – 115.5

Waist: 119 -102

Belly: 126 – 109.5

Hips: 126 – 113.5

Thighs: 66 – 60.5

Hand: 40 – 38.5

I have lost 10kg and soon on to another round

I have large experience of losing weight. I was starving, doing Japanese diet, Atkins diet, worn needle in the ear, did weight watching and many other similar things.

When I have finished my first round with Anat's support, I did not have a question of HOW TO LOSE WEIGHT anymore. It is an absolute miracle that during such a short period of 40 days it is possible to become so much different and get younger without much difficulty.

But the biggest miracle in my case was, that while losing 2 sizes in the bottom, my bra size had stayed the same, although before – after all other diets, I always felt that fat comes off first on face and breast.

It is really awesome to wear now the clothes I wore 10 years ago and receive complements. Soon I am going to go for a second round and then I will finally become a real Thumbelina, as it is meant to be with my 163 centimeters.

I went from 70kg to 60 kg

I am in my 60s, I also had a breast amputation and had a whole lot of “age-related” problems. I stopped looking at myself in mirrors, although the majority of friends were surprised: “why am I so nervous?” ...

Me and my daughter had decided to start Simeons diet together. Luckily Anat had everything in my native language and with personal approach plus even I managed to get the on-line system working!

So, what can I say?

I didn't feel hunger or anything else not even once, only the pleasure from daily weight loss! Sometimes I could not even finish my 500 calories, simply did not want to.

I lost weight on the bottom, exactly where I needed and wanted to. It happened during 30 days of the diet.

I did not want to go further – simply did not want to be too thin.

Now I can easily preserve my 60.5!

Thanks to Anat for support, recommendations, your web-page, and for bringing doctor Simeons diet into our lives!

My daughter lost 6 kg, but she had to stop in the middle of the process. She is going to do another round in the future.

I've lost 13.5 kg!

I wanted to say, that Dr. Simeons diet became a huge discovery for me (although I thought that I knew a lot about diets). I've lost 13.5 kg and I will not say that it was easy, but it only refers to the beginning.

I have got a feeling of total control over the situation.

It is a really nice idea of providing support during the diet, you always know that you are not alone, and I have also enjoyed the online diary – everything is simple and easy.

I am really interested to go on this diet once again.

Also, I recommend it to everyone.

Lost 8 kilo

Dear Anat,

I will definitely use the opportunity to get the second round of a diet with 50% discount. I really need it, and maybe will even need the third round. On the first step Anna Lipskaya helped and supported me a lot, and I am very grateful to her. Thanks to Dr. Simeons diet (means thanks to you and Anna), I managed to finally realize my cherished desire: lose weight safely, without exhausting diets, and, hopefully, forever. Also, if my friends will get interested in my method of losing weight, I will be happy to recommend them the wonderful Dr. Simeons diet and connect them to Anna.

In case my success story may seem modest to someone, please note that I am in my 60s, and a sharper weight loss was undesirable for a single round.

I got my weight and youth back...

Dear Anat,

My story is similar to all other stories, but there is something personal in it as well.

I cannot remember how I found your story and a diet. However, I remember, I felt its genuineness, so when you called me concerning my letter to you – your voice and confidence gave me the strength and courage to finally do this diet.

I am a 55 years old woman, similar to many others – child birth, age, a few extra kilos every couple of years really overwhelmed and depressed me.

Being a slim girl and after that a woman during the biggest part of my life, I felt bad with the extra fat, which now appeared on my body...clothes, chains on my neck, rings and even shoes' sizes grew bigger.

What irritated me the most was when I felt hard to walk up the stairs, lift my little grandson and spin him around. I started to feel pain in my knees....I felt, that now I was 55 years old...so I decided that I had to do something!

After the conversation with you I received the push and ordered the dieting package and the diary.

I am a woman who has the syndrome of dyslexia/ lack of attention – and I feel hard to follow the rules, so I got scared that I will not be able to continue till the end. But you supported me and promised that you will accompany me all the way.

It took me 3 weeks to get ready to start the process...Some people tried to convince me that it is dangerous to lose so much weight in such a short time period, not to mention 500 calories. Also, they tried to push on the fact that I am a serious and smart woman, and the fact that I had to understand the diet could harm my organism.

However, I was full of energy and motivation, so I promised myself that by my 55th birthday in January I will be slim!

During the first days I was in euphoria, because first I lost 900 and then even 1 kg, so I was very motivated, cheerful and energetic.

My mood had also been very positive, that is why it was hard for me to fall asleep at night. I was indeed hyperactive, in positive sense.

Three weeks I was doing everything strictly according to the process, and got very nice results, but in the second half of a diet, sometimes I was breaking the rules in the weekends, but I always knew that I will be back on the diet on Sunday.

I started from 66, gained 1 kg on the first step and went to 59 kg in the end.

I lost 7 kilos, size became smaller and I had a wonderful overall feeling. I received compliments from family, husband and children, and even from some other people, such as from people I meet every day occasionally in supermarket or just randomly.

I went from 38/40 to S-36 or O.

Also, to my big surprise, my shoe size went from 38 to 37 ½... now I can also easily put on the jewelry, who could even imagine that?

There is a good choice of clothes in the shops for me now and shoes are comfortable to wear.

The most interesting:

My muscles did not suffer – they even improved – although I am not a gym fan, I usually try to keep my body in a good shape – I do not want any part of the body to be flabby.

I made fat measurements in general and fat in the abdomen, as well as water mass and everything else that could be measured.

So after 3 weeks my trainers were surprised to see, that my fat mass went down, according to the results – I had indicators that 46-year-old woman should have.

And now, by the end of the diet, the measurement shows that I have the indicators of 40 years old woman.

So, I did not just lose 7 extra kilos without much effort in a short period of time, but I have also lost 15 years in important indicators, that are measured in gym. Hhha, I gained my youth and weight back...

Anat, thank you for always being there for me – on the other side of the interactive diary, watching quietly and correcting mistakes when needed.

Thank you for giving us an opportunity to find out about the diet.

I hope to now stabilize and to keep my new weight.

I will relax for a while and, I think, I am going to do another short round soon to achieve best recommended medical indicators.

Also, I take my hat off to you – it is really important to meet people like you and to understand that they can keep their promises.

I wish you success in all your further deeds, which are done with devotion!!

Parting words

Dr Simeons' weight loss process is a true revolution in the field of diets and weight loss. The reason is simple – at last you have a functioning, verified and effective tool that actually helps you combat your weight issues and win. And as with any weapon, you need to know how to use it.

I hope that this informative brochure provided you with all the necessary information for understanding of principles and phases of the weight loss method by Dr. Simeons. And I really wish that you also decide to undergo this process and enjoy the benefits it brings: fast and healthy weight loss, better understanding of your body and the hope that this time you are able to control it all. The situation will never be as bad as it has been.

Feel free to turn to me! I invite you to visit by webpage SimeonsDiet.co.uk and if you wish, then also to undergo the wonderful Dr Simeons' weight loss process with me. I wish you all the best!

Wishing you beauty and health,
Anat Stern, Consultant and diet coach
Doktor Simeons' original diet



