

## Introduction

Hello, dear diet enthusiast! Thank you for your interest in Dr Simeons diet. This diet programme helps you to lose 8–15 kg of excess weight in 40 days. It is fast, simple, and safe!

Weight loss is a very personal topic for many and there can be various reasons for starting the journey. At the same time, it is important not to damage your health when setting goals and choosing methods. While Dr Simeons diet is a choice that is effective and safe for your health, you should plan the journey wisely and not set unrealistic expectations.

The potential results of the weight loss programme depend primarily on the amount of fat reserves – the more fat you have, the more weight you will lose on Dr Simeons diet. If you don't have a lot of excess fat, there is also not much weight to lose with the diet programme.

A personal diet consultant will support you in achieving the best possible results for your weight loss. The consultation service is part of Dr Simeons diet package, so feel free to make use of it! We will answer all your questions and help to address your fears. Contact information is available on our website [www.simeonsdiet.ee](http://www.simeonsdiet.ee).

This guide provides a comprehensive overview of the effectiveness of Dr Simeons diet and the various stages of the programme. It also includes guidelines for maintaining your weight by following a healthy lifestyle.

Enjoy the book! Keep in mind that you are not alone on your weight loss journey.

**Best wishes,  
Dr Simeons diet team**

## Anat and Alexander Stern - How Dr Simeons diet reached Estonia

Anat Stern, who brought Dr Simeons diet to Estonians, discovered A. T. W. Simeons' research at a difficult time in her life. "I was battling 15–25 kg of excess weight and it made me feel both physically and mentally unwell."

For Anat, it was difficult to cope with the extra weight as she had been used to wearing size 36 clothes before the birth of her first child. "At one point while taking care of my daughter, I realised that I had completely lost myself. I was the same Anat, but I couldn't figure out why my clothes wouldn't fit anymore." It took her three years to understand that she needed help.

"I started trying different weight loss methods and diets, but it was always the same pattern – I lost 3–5 kg with much self-sacrifice, but then the weight loss slowed down, and in the worst-case scenario, I regained everything I had previously lost."

After failed experiments with various diets and supplements, Anat decided to try something completely different and hired a personal trainer. "I went to the gym 5 times a week and gave it my all! At the same time, I followed a diet plan meant for athletes to lose weight and speed up my metabolism." She lost 5 kilos, her muscle mass increased and her fitness improved, but the dresses in her closet remained unwearable.



“I continued to look for a method that could finally change the number on the scale with which I had been wrestling for the past 3 years. Something that would be sufficiently fast and effective, but also healthy and safe.”



After a long period of searching and comparing, Anat discovered the Dr Simeons method. “I knew that this was the solution I had been looking for.” During the first week of the diet, she lost 3.2 kg. After 40 days, she weighed 61.6 kg instead of 73.4 kg. “It was amazing and the breakthrough I had been longing for! My jeans were now so big that I could take them off without undoing the zipper.”

To successfully maintain her weight, Anat started following the tips for a healthy lifestyle. For her second round of dieting, Anat’s husband Aleksander joined her. “My weight dropped to 55 kg, and I realised that anything was possible with this diet.”

She and her husband decided to begin introducing the diet to others. “We set up our own company and developed a diet package that is currently one of the most innovative solutions in the world – I say this without the slightest doubt, because I have tried out the versions sold in different countries. We are active in Estonia since 2012.”

The Dr Simeons diet package of Shtern Consulting OÜ is intended for people who want to achieve fast weight loss of 8–15 kg in 40 days with full security and without taking any health risks. The programme includes a weight stabilisation phase and important tips for maintaining a healthy lifestyle and achieved weight when returning to normal life.

## Why consultant is important when dieting

An important part of successfully completing the Dr Simeons diet is working with a personal diet consultant, as this is a prerequisite for achieving the best possible results. Everyone who has purchased a diet package from our website [www.simeonsdiet.ee](http://www.simeonsdiet.ee) can benefit from our consulting service every day and free of charge.

### Reasons to work with a consultant

- **Reliable answers** – the many years' worth of experience of diet consultants in guiding people through the diet programme has provided them with the necessary knowledge to offer quick and accurate answers to the questions that arise.
- **Quick solutions** – people often fail to notice when they make mistakes on their diet. If that should happen and there is an event of a weight loss plateau, weight gain, or feeling unwell, it is a good idea to involve our experienced consultants who can quickly identify what is causing the situation and what needs to be done to remedy it.
- **Individual approach** – the rules of the programme may be the same, but each individual is different. To improve well-being and successful weight loss, these individual differences should be considered. When looking for solutions on your own, you may not always make the right choices, especially if you have been diagnosed with several conditions prior to the diet that can affect the process.
- **Emotional support** – sometimes people lose motivation and require emotional support. At such moments, feel free to contact our consultants for encouragement and reassurance.

The Dr Simeons diet support group on Facebook is also of great help to the dieter, with thousands of customers sharing their experiences. You can be sure to get feedback from the consultant.