

The basics of Dr Simeons diet programme

Dr Albert Theodore William Simeons was a British-born endocrinologist active in Rome in the 1940s. He worked in a private clinic with wealthy patients from around the world, helping them lose excess weight without harming their health.

In his work, Dr Simeons outlined the causes for obesity. He discovered a formula that works, without exception, for all overweight and obese people. In 1954, he published his research as a book titled *Pounds and Inches*.

Types of fats

For many years, Dr Simeons studied the actual causes of obesity. He developed a workable theory clinically proven by him that obesity is a disorder of the system that controls the body's metabolism.

According to this theory, obesity is caused by wrong eating habits. Previously, people ate often, but in smaller amounts. Today, people tend to eat less frequently and have larger portions, much of which is not needed by the body. At some point, the body stops processing the eaten food and begins to store it as fat.

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

- **Structural fat or cellular fat**, which surrounds cells and is daily used and renewed by the body.
- **Normal energy reserve of the body**, which can be used at any time, for example to provide the muscles with energy while they are working.
- **Fat reserves** contain the fat that the body puts aside and shuts away from daily use. These are the reserves located on the abdomen (visceral fat), in the breasts, on the neck, upper arms, hips, etc. This type of fat is not available for burning.

It is important to know that the body starts burning fats with the fat in the energy reserve (the second one in the list above), then it proceeds with cellular fat and even muscles before it burns even a little bit of the fat reserves.

This is why many diets are not very effective, even if they involve exercise. It is only when the cellular fat and energy reserves are depleted that the body very reluctantly starts burning fat reserves. At that point, it is often difficult to understand why exercising 3–5 times a week and dutifully burning calories does not lead to weight loss and your reflection in the mirror remains the same.

Certainly, eating right over a long period of time can slow down the accumulation of extra fat and gradually burn fat reserves, but this requires unwavering self-discipline, understanding the rules of proper nutrition and the impact of supplements, and exercising to speed up your metabolism.

A different approach is needed if you want a quick and effective way of getting rid of excess weight, significantly improving your figure, and balancing your metabolism. That is exactly what Dr Simeon discovered.

The role of HCG in accessing fat reserves

Dr Simeons' most important finding was that when hCG, a substance produced by the human body (although not in the amount needed for the diet), is present in the body in large quantities, the body opens access to fat reserves, making them available for burning.

It is extremely important to understand that hCG does not burn fat or reduce appetite. Its sole function is to send a signal to the brain to release fat reserves and to use them as nutrients when needed. The second part of A. T. W. Simeons' research, outlining the 500 kcal diet, focused on how to create such a need.

500 kcal diet

Dr Simeons believed that when there was a necessary amount of hormone hCG present in the body, the body would begin to use up fat reserves, even if the person did not eat anything. Unfortunately, it was not as simple as that. It turned out that if the body does not receive certain combinations of additional nutrients, the body

would switch to a defensive mode and stop burning fat entirely. On the other hand, eating too much would cause you to lose no weight at all or to not lose fat fast enough.

The endocrinologist set himself the task of creating a diet that would ensure daily weight loss. It took as many as 16 years of research to complete an accurate list of foods and their quantities which would provide the necessary support for weight loss.

His research revealed that it is necessary to be on the 500 kcal diet for at least 21 days to achieve lasting results. After an average of 40 days, however, the body grows tired and does not put in enough effort to further reduce the fat stores. Diets longer than 40 days should only be undertaken in collaboration with the diet consultant.

We have modernised and localised the Dr Simeons diet programme with the help of thousands of Estonian customers who have shared their experience. See Appendix 2 of the book for a table of permitted foods guaranteed to give you results.

Maintaining the new weight

When a person completes the slimming phase, another task remains – stabilising the new weight during a stabilisation phase.

When creating his diet programme, Dr Simeons considered the body's tendency to maintain a certain weight at certain periods of life. This tendency is also the reason why many diets do not work in the long run, i.e., after weight loss, the body quickly begins to gain back the weight to restore what was normal weight prior to the diet. In order to maintain the new weight, the body needs to be stabilised during a period of three weeks when one's weight should not fluctuate by more than ± 1 kg.

Within these three weeks, the body begins to adjust to the new weight and takes it as the new normality, thus stopping trying to gain weight to restore the old number.

After the stabilisation phase, it is already much easier to maintain your results by adhering to the principles of a balanced diet and by staying physically active. **For more detailed recommendations, see chapter "Life After Dr Simeons diet".**

Biolit pellets

The part and parcel of the Dr Simeons diet programme is the 500 kcal diet, during which body weight is lost due to fat reserve burning. Biolit pellets play a key role in ensuring that weight loss is done in the right way and is safe for your health.

The main ingredient in Biolit pellets is the sweetener xylitol (also known as birch sugar). A very small amount of E464 is also added to keep the pellets together. It is cellulose of vegetable origin obtained from fruit. The product is classified as a table-top sweetener. To support Dr Simeons diet programme, the method of bioresonance has been used on the pellets without changing the material composition of the pellets.

During Dr Simeons diet, the 480–500 kcal of food is eaten ONLY to maintain a faster metabolism, not to get nutrients. The necessary source of energy are the body's own fat reserves, which, depending on the quality of one's menu prior to the diet, already contain the necessary nutrients (amino acids, fatty acids, vitamins, minerals, insulin, and other nutrients). The combination of the various factors of the Dr Simeons diet programme leads to a situation where fast metabolism is maintained and the necessary nutrients (amino acids, fatty acids, vitamins, minerals, etc.) are taken from the body's fat reserves in the amount of 1,500 to 4,000 kcal daily (the heavier you are, the more nutrients will be obtained from your fat reserves per day).

Please note! Undertaking the Dr Simeons diet without Biolit pellets is unhealthy because 500 kcal is not sufficient for daily caloric intake and would cause severe hunger, weakness, dizziness, and other symptoms related to malnutrition. If you experience any such symptoms during your diet, be sure to contact your personal diet consultant to find out any deviations from the diet programme. Only following the rules will ensure that the body uses fat reserves for nutrition.

Bioresonance – medicine based on vibrations

Bioresonance therapy belongs to the field of alternative medicine and its principles are very similar to those of homoeopathy, which is about 200 years old.

The main idea of bioresonance therapy is that each material and even different organs and blood components in the body have different and unique energy frequencies. Just like radio stations – every station has its own frequency. Similarly, organs in the body and all chemical compounds have their own special frequency.

In the 1960s, Dr Reinhold Voll discovered the frequencies of different organs in the body by measuring electrical resistance in the active points known from acupuncture. It is a field of Chinese medicine that identifies certain points in the human body that reflect the activities of various human organs. Dr 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 creating and rewriting frequencies on an appropriate medium, such as alcohol or sweet xylitol pellets. Today, the equipment in this field is so sophisticated that it is possible to write the frequency of any chemical compound on such a medium.

The same method has been used in the production of the pellets for this diet programme. The amount of hCG hormone prescribed by Dr Simeons has been used to copy the frequency of hCG to the xylitol pellets by means of bioresonance. The resulting sweet pellets can be consumed during the diet due to their caloric content and they guarantee access to the fat stores in the human body. Thus, by following a specific menu during Dr Simeons diet, the body gets 1,500 to 4,500 kcal of nutrients each day needed by the cells.

To date, more than 16,000 people in Estonia have completed the Dr Simeons diet with Biolit pellets. Based on their experience, we can say that the programme can be successfully completed quickly, easily and safely.

Certified biofeedback therapist Ülle Toomeja's comment on bioresonance diagnostics:

“All atoms and subatomic particles that make up the human body are, figuratively speaking, “frozen energy”. Humans can be considered as “complex bundles of frozen energies”. Because all energy vibrates and oscillates at different frequencies, the human body, at least at the atomic level, actually consists of different types of vibrating energy.”

More specifically, vibrational medicine is a field in which diagnosis and treatment of diseases is based on the idea that we are all unique energy systems. In vibrational medicine, different diseases are diagnosed by measuring different frequencies in the human body.

This idea is certainly not new. For example, many doctors routinely perform an electrocardiogram (ECG) on their patients. The electrical activity of the heart provides doctors with information about whether the heart is working properly. Thus, measuring the electrical energy of the heart, the same simple ECG, is actually a form of vibrational medicine.

Modern medicine is gradually accepting a new scientific view: the human body is a complex system. Until now, the obsolete model of the human body as a complex machine has prevailed. According to this old view, the heart is simply a mechanical pump, the kidneys are filters for blood, the muscles and the skeleton are the mechanical frames of pulleys and levers.

Bioresonance therapy is a vibration-based method that treats the human body as a balanced energy system and helps it to heal. The method of bioresonance therapy works by measuring and influencing the weak electromagnetic field around a person. The oscillation frequency of unbalanced cells differs from the oscillation frequency of balanced cells. Every biochemical reaction in the body is preceded by an electromagnetic oscillation.

By restoring the correct oscillation frequencies of unbalanced cells, the self-regulatory processes at the cellular level begin to improve and body's biochemistry is balanced. This is where healing begins. The goal of bioresonance therapy is to restore the human body's natural capacity for self-regulation and to reach the full balance that exists in every human being."

How to use Biolit pellets

During Dr Simeons diet, Biolit pellets must only be taken during phase 1 and phase 2, i.e., during loading and the 500 kcal diet. **In the morning, pour 4 pellets under your tongue directly from the jar and let them melt. Do not eat, drink or brush your teeth for 30 minutes before and after taking the pellets.** You can only drink unflavoured water just before putting the pellets under your tongue. In order to maintain their effectiveness, please store Biolit pellets in their original packaging, away from electronic devices. Do not touch them with your fingers.

Warning! Excessive consumption (more than 10 g of the product, i.e., more than two packs of pellets) can cause diarrhoea. It is recommended to follow the prescribed amount of 4 pellets per day.

How to understand that the Biolit pellets are working?

You will not experience any hunger when taking Biolit pellets during the weight loss phase and following all the rules for the diet.

Anyone who has tried to limit themselves to 500 kcal per day without Biolit pellets can confirm that the hunger they experienced was maddening in just a few days. Even if this disturbing feeling is ignored, the effects of starvation on health can be seen in a week: weakness, pain, tiredness, worn-out appearance, moodiness.

When taking original Biolit pellets that have been stored correctly, you will not feel any hunger. However, cravings can still occur, it is important to be able to tell the difference. Using the recommended supplements to prevent cravings is also advisable.

Results of a health research

In the spring of 2021, at the request of Dr Simeons diet team, the private clinic Biokliinik performed a comprehensive health research to assess the impact of Dr Simeons diet on participants' health indicators. The research was led by Dr Natalia Trofimova, a doctor and dietitian with 40 years of experience. The data of the research is based on the changes observed in the health indicators of 28 people during the diet programme. The compiled material provides, inter alia, necessary information for physicians who have no previous experience with the method.

Full report of the health research is available in the Estonian language at www.simeonsidieet.ee/terviseuuring.

Based on this research, the following general conclusions can be drawn about the effects of Dr Simeons diet and health risks.

- Body weight and fat mass decreased, so did waist-to-hip ratio and visceral fat.
- Weight loss was mainly due to a reduction in fat stores. Skeletal and smooth muscle mass decreased only slightly.
- The decrease in BMI correlated with baseline BMI before the start of the diet. The higher the baseline BMI, the more it decreased regardless of age.
- Metabolic conditions related to body weight, blood sugar, blood pressure, fatty liver, and blood lipids improved.
- There was a reduction in the risk of developing type 2 diabetes, as evidenced by the normalisation of blood sugar, glycohemoglobin, and lipid profiles.
- There was no reduction in vitamin D levels during the diet, rather an increase could be seen. Iron, folic acid, and vitamin B12 also remained within the reference values.
- The trace element profile did not decrease.
- Liver function values decreased towards reference values. Some study participants with fatty liver had reduced levels of hepatic steatosis.

- The results of ultrasound examination showed that the participants did not develop any gallstones.
- Some participants in the research complained of constipation during the diet. This situation was successfully resolved with the use of probiotics.
- Laboratory evidence of malnutrition (total serum protein and blood prealbumin) showed a minimal declining trend but remained within the reference value. Thus, a summary of laboratory parameters does not indicate malnutrition during Dr Simeons' 40-day diet.
- According to the bioresonance diagnostic study, the general condition of the participants did not deteriorate, but rather showed an improvement. Participants with hypertension tended to experience a slight drop in their blood pressure.
- At the end of the diet, participants evaluated both their physical and emotional condition positively. According to their subjective assessment, their general emotional condition improved – depression and panic disorders, irritability and fatigue were reduced and sleep improved.