

## Short description of the diet programme

Dr Simeons diet is divided into four successive phases with a definite duration and purpose. The table below provides an overview of the diet programme.

Phase	Duration	Purpose	Description
<b>Phase 1 Loading</b>	2 to 3 days	To create a layer of fat to make starting with the diet more comfortable	It takes up to 3 days for Biolit pellets to have an impact on the body. To make the transition smoother, the first step in the diet programme is to consume foods high in calories and fat
<b>Phase 2 500 kcal diet</b>	21 to 38 days	To lose as much weight as possible by using fat reserves	The body burns fat thanks to Biolit pellets and the 500 kcal diet, the menu is based on a list of permitted foods.  You can choose the duration of the phase yourself, going from a minimum of 21 days to a maximum of 38 days
<b>Phase 3 Unloading</b>	3 days	To free the body from the effects of Biolit pellets	500 kcal diet without Biolit pellets
<b>Phase 4 Stabilisation</b>	3 weeks	To get the body used to the new normal weight for lasting results	Returning to one's normal menu, excluding foods containing sugar and starch.  The goal is to maintain a body weight of $\pm 1$ kg of the final weight so that the body can adapt to the new weight

## Preparation for the diet programme

Before starting the Dr Simeons diet, it is important to make sure that you are in good health, motivated and psychologically prepared, have the necessary supplies, and the timing is right.

### Contraindications

Make sure that no contraindications prevent you from starting the diet.

The Dr Simeons diet is contraindicated in only a few cases:

- if you have kidney stones
- if you had an open abdominal surgery less than 2 years ago;
- if you have type 1 diabetes in which case the pancreas does not produce any insulin at all;
- if you are pregnant or breastfeeding;
- if you have low haemoglobin;
- if you are underweight.

If you are currently being treated for cancer or have a pacemaker, you should only start your diet with your doctor's consent.

**Please note! If you are taking any medication prescribed by your doctor or have a chronic illness, please consult your Dr Simeons diet consultant before starting the diet.**

## Psychological readiness

In order to be successful in weight loss, you need motivation, purpose, and sufficient knowledge to make progress according to the rules and without damaging your health.

Everyone has their own reasons for starting a weight loss journey. The clearer a person's understanding of their need to diet, the easier it is to undertake the programme. It is important to understand that weight loss should be motivated by one's own well-being, self-confidence and health, not because of any external pressure. The better the psychological preparation, the better the results.

Psychological readiness also means that you understand that the chosen weight loss method is the right and workable choice for you. To achieve this, it is important to familiarise yourself with the details of the diet programme so that when you start your journey, you have the necessary knowledge about the next phases and the activities required for them.

It is also important to understand that the journey does not end with the diet programme. It is necessary to follow a healthy lifestyle in order to maintain your new slimmer figure. The fact that you gain weight when eating more than your body needs applies no matter what you weigh. However, Dr Simeons diet provides the knowledge and benefits required to keep your new figure as easily as possible.

**Recommendation! In order to be better prepared psychologically for your diet programme, read this diet guide thoroughly.** If you have any questions, ask for advice from Dr Simeons diet consultant.

## Necessary accessories

For the successful and comfortable completion of the weight loss programme, you need certain items at home before starting.

Item	Purpose
<p><b>Digital bathroom scale</b></p>	<p>Weighing yourself every morning is part of Dr Simeons diet programme. The best time for weighing yourself is right after waking up in the morning and going to the toilet. To prevent anomalies, keep the scale in one place and on a firm surface.</p> <p><b>Make sure you have digital scale for weighing yourself with an accuracy of at least 100 g.</b></p>
<p><b>Digital kitchen scale</b></p>	<p>The second phase of Dr Simeons diet, the 500 kcal diet, requires careful weighing of food items. In order to follow the menu properly and achieve the maximum possible weight loss, a kitchen scale is essential.</p> <p><b>If necessary, purchase a digital kitchen scale that shows the weight of foods up to 500 g in increments of 1 gram.</b></p>
<p><b>Small boxes for storing food and taking it along</b></p>	<p>In order to stick to the menu and avoid temptations, it is best to prepare your meals in advance during the second phase of Dr Simeons diet (the 500 kcal diet) and take them with you when you leave home.</p> <p><b>Make sure you have suitable boxes at home to pack and take your meals with you.</b></p>
<p><b>Tape measure</b></p>	<p>Before starting the programme and after the weight loss phase, it is recommended to write down your measurements. This way, in addition to the weight change, you can also see how your body has changed.</p> <p><b>If desired, make sure you have a tape measure to reflect the changes in your body.</b></p>

## **When to start the diet programme?**

For women who are menstruating, the best time to start the Dr Simeons diet is immediately after the end of their period. You can start later, but it is recommended to start at least 10 days before the next menstrual period to prevent a weight loss plateau, as the body is in a defensive mode and retains water.

It is wise to plan your diet so that it does not coincide with travelling longer than for 1–2 days during the diet programme. Otherwise, it might make more sense to start the diet after returning from the trip as it is more difficult to stick to the menu and follow the rules outside one's home.

It is important that the diet period is stress-free, so schedule the programme in such a way that there is enough free time to contribute to the successful completion of the diet.

Of course, it is not always possible to plan everything in advance. So, know that even if you slip on Dr Simeons diet, it will stop or slow down your weight loss only temporarily. In this case, it is important to understand what went wrong, correct the mistake, and after 1–2 days everything will continue as it should.