

The diet to end all diets!

VITAL HEALTH RECOMMENDATIONS



Upgrade your life - Level 1

This nutrition regime will result in a rapid improvement of many chronic and other conditions and restore vitality beyond expectations in a very short period of time.

It is designed to

- a) load the body with vital nutrients to restore overall health,
- b) eliminate food cravings,
- c) bring back high levels of vitality,
- d) alkalise your body, and
- e) starve most diseases.

Who is it for? This is particularly suitable for everyone whether they are healthy or not as this pumps more body-repairing nutrients into your system. We all know that eating late in the day is not very helpful for the body but a habit almost impossible to break. This is one way to get on top of it to free up the body from late food.

Basic principles. Slowly work your way to eating 1% of your body weight in low carb vegetables for both breakfast and lunch, ie. If you weigh 90kg get to 900g of vegetables - this should be done in a safe and comfortable way. Add a hundred grams of protein to that. If you are a sports person or work in a very physical profession please talk to your nutrition coach for specific amount of protein.

Getting there smoothly. This is where it gets to be quite ingenious:

Step one - Introducing Pre-Meals. Eat 250g of those vegetables then and your 100g of protein, just before your breakfast and lunch. Add 50 grams to your veggie component every day, for both breakfast and lunch. At one stage, in 3-5 days, you won't be able to eat your normal breakfast and lunch as the premeals will get bigger, more filling, nourishing and satisfying.

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Remember the Golden Rules

- You have permission to eat whatever and whenever you want.
- You will always try to eat a few minutes before you get hungry.

Here is a sample pre-meal sizes. This is just a guideline. You can do at your pace. You must make sure its safe and comfortable.

Day	Veggies	Proteins (in grams)	Total weight
1	250	100	350 g
2	300	100	400 g
3	350	100	450 g
4	400	100	500 g
5	450	100	550 g
6	500	100	600 g
7	550	100	650 g
8	600	100	700 g

What size suits me?

Breakfast and lunch need to be closer to 1% of your current weight. Most people can easily get to the 1% in 3-10 days. Some won't be able to eat this much - hence the phrase 'safely and comfortably'. Stop where you feel comfortable, but work towards 1% 'safely'.

Weight	Breakfast	Lunch
50 kilos	500g	500g
60 kilos	600g	600g
70 kilos	700g	700g
80 kilos	800g	800g
90 kilos	900g	900g
100 kilos	1000g	1000g

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Voilà, that's it.

Results should be very present after at least two weeks if not earlier since your nutritional supply is greatly boosted.

Q&A

- 1. How do I cook these vegetables?**
 - a. Raw, steamed, boiled, grilled, baked, pan-fried - are all good.
 - b. Add your choice of mild herbs, sauces or other add-ons to make it enjoyable.
 - c. Rotate vegetables every three-four days, at least weekly.
- 2. Which vegetables?** All of them, except potatoes.
- 3. Which proteins?** All of them. Lentils, beans, legumes, peas etc all good. Choose smaller animals and birds if you choose non-veg. Avoid shell fish.
- 4. Can I start just breakfast to start with?** Yes, of course.
- 5. Can I start upgrading breakfast and lunch at the same time?** Of course.
- 6. What about dinner?** When your breakfast and lunch (pre-meals!) are large enough or closer to 1% of your body weight, you will stop needing any dinner. But, always have at least a clear soup. By the time you are on this program, which is usually within 10 days, you will be on an intensely nourishing nutritional program with anything between 400-800% more body-repairing nutrients compared to your previous normal diet!
- 7. What if I don't get hungry for dinner?** Still have a soup. Boil/steam a handful of vegetables, blend it with some hot water. Add salts and your favorite herbs.
- 8. How much water?** Sip, don't drink!! Sip plenty of clean water throughout the day. Start with 1% of your body weight when you get up. Another dose at around 11 am. And the final dose in the afternoon. This is different to different people, as you would imagine.
- 9. How long does it take to be on the diet?** Usually, people take around 10 days to start the full program. Within 2 weeks of this program will help you convince its effects.
- 10. What if I am hungry at night anyway?** Once you get to your 1% you won't be. If you find you are anyway, eat more than your 1% during those two meals.

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Additional habits that will boost your body:

1. **Chew.** Chew everything at least 30 times.
2. **Sip.** Drink your water in sips, swirl it around the mouth to give it plenty of digestive saliva. Your stomach and intestinal tract will sing your praises and boost your health even more. Everything you send to your stomach without lots of saliva is like sending a letter without stamps.
3. **Before you starve.** Eat 10 minutes before you are hungry.
4. **Are your neck and shoulders tense?** Get someone to give you a daily (can be just for a couple of minute) neck and shoulder massage. It will boost blood flow and nutrient flow to the brain
5. **The bigger the better.** When it comes to breakfast and lunch, eat as much as you can.



Upgrade your life - Level 2

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Want to really go all out to amazing vitality, cognitive function and health?

Add this 9 pm to 9 am routine:

1. **Bedtime.** Be in bed by 9:30 pm and in deep sleep by 10pm. A light and filling dinner and hot shower usually help us fall asleep easier.
2. **The good sleep.** A good sleep has three signs. 1) Easy to fall asleep. 2) the sleep is peaceful and eventless (no talking, nightmares, nightsweats, sleep walking or sleep talking) and we feel refreshed when wake up.
3. **Morning ablutions.**
 - a. Oral. Brush your teech, scrape your tongue, massage your gums, and floss.
 - b. Emptying your bowel and bladder. Healthy people empty their bowel and bladder easily and quickly when they wake up. Needing any stimulants says that your body needs to be upgraded.
4. **Hydrate.** Sip lukewarm water that is equal to 1% of your body weight before any activity.
5. **Pump your blood.** Click this link <https://bit.ly/3Tn01Nh>. You will find plenty of videos there. Do a 20-min workout in the morning and another 20 min when you come home from work or finish work. Initially, please do it at 10-20% intensity, so that you can complete it every single time. By the end of a few weeks you see yourself doing at 50-100%.
6. **Breakfast.** Do your breakfast as given above.