

# THE METABOLIC WEEK

FIT AND LIGHT IN SEVEN DAYS.



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## REPROGRAM YOUR METABOLISM

The metabolism week has one major goal: to teach your body to regain its energy through metabolizing fat. In doing so, your body reduces fat deposits and reorganizes many of its metabolic processes.

As soon as your body takes 70 to 80 percent of its energy from burning fat, the ideal metabolic situation will have been reached. In this state, you will feel more vital and struggle less with excess weight. In contrast to all other diets, the aim of the metabolic week is not primarily weight loss in itself. Rather, general well-being is the goal. After completing the metabolic week, this focus on well-being is encouraged for the long term through personalized recommendations and individualized advice.

Most body processes are controlled and influenced by your metabolism. The nutrition and renewal of every body cell, your day-night rhythm, and your sleep-wake phases are some examples. Metabolism regulates everything that has to do with food intake and digestion. It also maintains your body heat and your acid-base balance as well as regulating your blood sugar and blood lipids. Both growth and love life would also be unthinkable without metabolism.

Your own behavior, your own capabilities together with external factors have a significant influence on your metabolism. These include oxygen absorption capacity; CO<sub>2</sub> tax; nutrition; breathing behavior; bowel, liver, and biliary function; heavy metal pollution; lack of minerals; heart rate variability; fatty acid profile (ratio of fatty acids omega-3 and omega-6) and water quality. Your metabolism works perfectly fine if you can deliver and it is able to process the correct vitamins (nutrients, vitamins, and others).

## THE METABOLIC WEEK - MODERN FASTING

During the metabolic week your cells – especially the mitochondria, the small power plants of the cells – learn to use fatty acids as the main energy source. This will boost your body's fat-burning ability and will give you a lot more energy.

Our metabolism affects almost all areas of our lives and is, therefore, an essential part of our health. More than 70 percent of all diseases – some of them with far-reaching consequences – are caused by metabolic disorders.

The most common and well-known diseases and disorders include:

- Obesity (overweight), metabolic syndrome
- Heart attack, stroke, arteriosclerosis, high blood pressure, circulatory disorders
- Ulcerative colitis, Crohn's disease, irritable bowel syndrome, leaky gut syndrome
- ADHD, memory and concentration problems
- Chronic fatigue syndrome
- Chronic inflammation, susceptibility to infections of the bronchi, middle ear, tonsils, stomach
- Food intolerances, allergies, neurodermatitis, psoriasis
- Dementia, Alzheimer's, Parkinson's, multiple sclerosis, depression, schizophrenia, epilepsy
- Cancer, autoimmune disease, Hashimoto's thyroiditis
- Immunodeficiency with recurrent herpes simplex or herpes zoster, diabetes mellitus
- Fibromyalgia, rheumatoid arthritis, PCP
- Migraines, anemia
- Orthopedic diseases such as arthrosis, muscle tension

The metabolism week is based on a finely elaborated concept that we have continuously and consistently developed over the past fourteen months. So far, Seventy people have participated in our test metabolism weeks. Their experiences have been incorporated to optimize our practices.

The greatest successes we have seen this year are: weight loss up to 7 kg with a fat reduction of 5.4 kg. While such results are, of course, not the norm in one week, an average weight reduction of 5 percent of body weight has been achieved with 70 percent of this reduction being due to a reduction in fat deposits. This only works if the body learns to use its fat deposits as an energy source in the seven days of the metabolic week without starving or suffering. Participants report that they did not feel hungry during the week and they now feel more vital and sleep better.

## CONTENT, PROCEDURE AND COSTS

The metabolism week begins with a detailed interview, an analysis of your resting metabolism and a measurement of your unique body composition. This analysis and measurement is repeated at the end of the treatment to mark improvement. The treatment in itself includes seven high-intensity cell training sessions. The metabolic week ends with a final consultation, in which we discuss the results together. You will also receive our recommendations on how to proceed.

Supplements such as special omega-3 oils and an effective metabolic drink are included in the price of 950 francs. If indications exist that could prevent successful participation in the metabolism week occur during the initial consultation or analysis, we will draw your attention to it. In such a case, we will recommend certain preparatory measures prior to starting your personalized week. The following situations could prevent your participation in the metabolism week:



- Disorders in the intestinal environment
- Toxic loads
- Mineral deficiencies
- Liver/bile weakness
- Mismatch of the fatty acids omega-3 and omega-6

**You can start your metabolic week at any time.**

## YOUR ADDITIONAL USE

«Breathe less, perform better» – What may sound strange at first glance is scientifically proven. The breathing technique according to Dr. K. Buteyko teaches that breathing more slowly and finely does indeed support your health. At Personal Training Platform Basel, this breathing technique is part of our services. During the metabolism week, you will benefit from our competence and experience in this technique.

# CONTACT

For an appointment, please register in advance by e-mail or telephone.

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