

CellReset English

You will find here some information concerning the Cell Reset Nutritional System

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1/ What is Cell Reset?

The Cell Reset is a 28-day programme in the first stage of supporting health and in the second stage of reducing the body mass and fat.

Products in the first month:

- 1 item of **ProShape Amino** – essential amino acids – “scaffolding” of the organism
- 3 item of **Herbaslim Tee** – stimulating and purifying herbal tea
- 3 items of **Activize Oxyplus**– vitamin B complex – energy and breakdown process
- 3 items of **Restorate Sensitiv** – purifying process and balancing the amount of sugar in blood
- 1 item of **Basic**

2/ Practical advises for implementing:

Drinking:

Don't drink while eating, chew properly (32 times optimally), the proper digestion begins in the oral cavity thanks to satisfactory chewing of food.

One glass of water:

Should be drunk after 15-20 minutes after a meal.

You should drink at least 2 liters of water during a day. That is 8 glasses of water.

Restorate Sensitive

You should drink 3-4 glasses of Restorate sensitive as you drink daily. It provides minerals to the chemical processes of the organism and regulates the level p of PH.

Tea

You can drink 2-3 cup (no sugar)

Spices

Use herbs and spices without any salt. Try to add pepper!

Use herbs such as basil, coriander, oregano, parsley, chili, garlic, lemon etc)

Avoid

- Vegetables, fruit, dairy products on “white days” and in the first whole week
- **Salt** – the whole amount of salt in the organism should be used in 28 days
- No Lemonade, chewing gums, sweets – also the same products without sugar
- No Powecocotail, Zelschutz etc. During 28 days. It is good to use them after the therapy.
- **Sugar**
- **Alcohol**

Hunger

If you feel hungry (it seldom occurs) eat 5 meals.

The fifth meal will consist of half of the portion then.

Little hunger

4 meals are important – eat smaller quantities

Not eating while following the therapy of Cell-Rest- is very negative.

You inform your organism if you do not eat that there is still enough to digest.

It is important for your proper metabolism.

How to use the 4 week of Programme?

The first week- “the white week” is ideal to start the therapy of Cell-Rest

It is a week of the greatest challenges because we only eat proteins, that we are not used to eating and that are filling up. There are many positive “errors” which appear in the first week and we give our organism a new chance “to start from the beginning”. We do not take any substances that cause lack of balance in the organism. This is an amazing investment in the organism. That is why this first week is advised for thin people who feel satisfied with their weight, but who want to balance important health parameters and want to purify their organism. It is a purification of unwanted fats from the blood circulation. The suitable level of cholesterol is a condition of proper hormone balance. The level of sugar in the blood is also regulated and it is very important for us. The so called bad sugar is removed. This is a key to better well being later on.

The first week consist of “ white days”

Week Nr I: 1-7 “white days”

Remember you have to eat 4 meals a day

Breakfast drink after awakening

250ml of cold herbal tea Herbaslim Tee with 3 spoonfuls of Aktivize
3 capsules of ProShape Amino

Breakfast is 15 minutes later, always cold

Cold food should be always eaten and you can choose:

2 eggs (maximal number a day) – boiled, fried – an omelette or scrambled eggs (no salt, no oil)

15 minutes later 2 spoonfuls of **Restorate** mixed in 250ml cold water

15 minutes later minimum 1 glass of water

Noon:

250ml of cold herbal tea Herbaslim Tee with 3 spoonfuls of Aktivize and **1 Basic (Basic once a day)**

15 minutes later

1. 150g of chicken (without salt, boiled, grilled, steamed, no salt and no oil)
2. 200g of fish (without salt, boiled, grilled, steamed, no salt and no oil)
3. 150 g of turkey (without salt, boiled, grilled, steamed ,no salt and no oil)
4. 200 g of any seafood (without salt, boiled, grilled, steamed ,no salt and no oil)

15 minutes later 2 spoonfuls of **Restorate** mixed in 250ml cold water

15 minutes later minimum 1 glass of water

Afternoon:

250ml of cold herbal tea Herbaslim Tee with 3 spoonfuls of Aktivize and 3 capsules of ProShape Amino

15 minutes later

1. 150g of chicken (without salt, boiled, grilled, steamed, no salt and no oil)
2. 200g of fish (without salt, boiled, grilled, steamed, no salt and no oil)
3. 150 g of turkey (without salt, boiled, grilled, steamed ,no salt and no oil)

4. 200 g of any seafood (without salt, boiled, grilled, steamed ,no salt and no oil)

15 minutes later 2 spoonfuls of **Restorate** mixed in 250ml cold water

15 minutes later minimum 1 glass of water

Evening:

250ml of cold herbal tea Herbaslim Tee with 3 spoonfuls of Aktivize

15 minutes later

1. 150g of chicken (without salt, boiled, grilled, steamed, no salt and no oil)
2. 200g of fish (without salt, boiled, grilled, steamed, no salt and no oil)
3. 150 g of turkey (without salt, boiled, grilled, steamed ,no salt and no oil)
4. 200 g of any seafood (without salt, boiled, grilled, steamed ,no salt and no oil)

15 minutes later 2 spoonfuls of **Restorate** mixed in 250ml cold water

15 minutes later minimum 1 glass of water

Second and third week-“green days”

Breakfast

The same like in first week.

Noon, afternoon, evening

The same like in first week and about 150g of fresh green vegetables salad (without mayo, cheese and cured meat). It is best with lemon, no vinegar and oil .

You can also eat one 1 green apple a day before 5pm.

In the second and third week add 2 “white days”

The fourth week add 3 “white days”

How to keep my weight after the therapy?

1. Eating is your best remedy but in meat, chicken, fish etc there are unhealthy additions such as for example salt. Remember to read the information about the ingredients on the labels.
2. When you buy quick meals such as sausages or hamburgers etc. remember that they contain additives to provide better taste and cheap filling up mass – so called raising agents etc.
3. Buy fresh products. Wash your products (potatoes, vegetables etc.)
4. Roast once a day, do not eat fruit. They contain fructose and it changes into fat. It is harmful because it accumulates on the liver. Eating fruit makes you feel hungry.
5. Eat a green vegetable every day. It would be good to eat green vegetables five times a day and reduce the amount of fruit to once a day.
6. If you eat bread, remember the best one is rye bread. What is more it is best when it is baked by yourself because then you know what ingredients it has. Spelt products are very healthy.

Use natural products with the smallest number of additional substances as much as possible.

When you complete your therapy and achieve your aim you should programme your internal routine:

1. Have a “white day” every week (one day a week)
2. Majority of days should be healthy with raw non-proceed food and good ingredients.
3. Try to feel free at the weekend. Enjoy your life! Don’t apply any limitations. Use your common sense. Eating must be a quality of life but it must be your responsibility to reduce the days of having an appetite by applying “white days”. If the days of being a gourmand appear more often when you may need two “white days ” to feel the right weight.

4. Take Aktivize Oxyplus, Restorate Sensitive and ProShape Amino every day. If you subscribe to the products it will be cheaper.

The metabolism is regulated after 28 days of the therapy and you have a high level of metabolism. The level of cholesterol – LDL and HDL have been positively changed. HDL should be 28% or more.

You have a possibility now to keep a good figure if you do not provide more calories to your organism than you burn.

The negative impact on your organism cause:

1. Too much salt
2. Sugar and sweets
3. Quick carbohydrates (white bread, rice, maize corn, chocolate, desserts, ice-cream etc)
4. Too much fruit (fructose is good but not in big quantities)
5. Alcohol

How the Pregnenolon supports growth?

Pregnenolon is a powerful, natural hormone, which is directly synthesized from cholesterol in the mitochondria, “power stations” included in all human cells. Pregnenolon is produced in the organism and converted to other important hormones, such as dehydroepiandrosteron (DHEA), estrogens, progesterone and testosterone.

The process of getting old causes a serious reduction of the production of pregnenolon and hormones, which are its precursors. Progesterone, for example is synthesized in the brain, spinal cord and peripheral nerves from its direct precursor, pregnenolon. Recent research indicates that progesterone performs an important role in supporting vitality of nervous cells and creating the myelin sheath, “isolating” the level of fat, which allows the electrochemical signals to carry impulses from one nerve to another one.

The recent clinical reports summed up the potential implications of increased progesterone: synthesis of progesterone in the brain, neuro-protective and brain-lining influence of that neurosteroid offers interesting, therapeutic possibilities of preventing and healing illnesses of the degeneration of the nervous system as well as acceleration of the regenerating processes and maintaining cognitive functions during the process of aging.