

Almased

Figure Plan

The 14-Day-Program

**Special:
Fasting**



Contents

- 2 Fasting with Almased®**
Why you should supplement your fast with delicious Almased® shakes
- 4 Almased® activates the metabolism**
All-natural – what Almased® can do for your body
- 6 The right way of fasting**
Eight things that you should keep in mind during your fast
- 14 “Protein helps to avoid the depletion of valuable body substances”**
Interview with the nutritional scientist Professor Dr. Aloys Berg about fasting with Almased®
- 18 These shakes make fasting easy**
Recipes for delicious Almased® shakes
- 26 The smooth transition after the fast**
Advice and recipes to retain the good mood after fasting
- 28 Editorial**

Why fasting works better with Almased®

A liquid fast is good for the body. But a long, radical fast causes muscle loss. Almased® can help prevent this.

No solid food for weeks, just water, tea, vegetable broth and vegetable juice: Millions of people fast on a regular basis. Instead of talking about hunger and deprivation, they report feeling happy and content, refreshed and energized. And often they also experience a significant weight loss.

But there is a catch: The majority of the lost weight is muscle mass. Eating normal again after fasting leads to a rude awakening: Less muscle mass means lower energy expenditure – the body uses fewer calories than before and stores the excess as fat. This dreaded yo-yo effect – lose weight, gain back more weight – can be avoided by fasting with Almased®.

Therefore, Almased® has developed a program that makes fasting easy and healthy. Almased® supplies

Fasting with Almased®*

- A classic fast has two disadvantages: You feel hungry and not only lose fat but mainly muscle mass.
- Therefore, Almased® has developed a program for protein-modified fasting during which you have three Almased® shakes daily.
- This brochure describes in detail what to keep in mind while fasting with Almased®, illustrates a daily diet plan and provides recipes for the shakes.



A new feeling of ease: With Almased® you can fast right.

high-quality protein: The powder contains mainly non-GMO soy protein, which the body can easily absorb, and has also been shown to sustain muscle mass during the weight loss process. The nutritional scientist Professor Dr. Aloys Berg concludes: “Almased® contains

milk and soy protein that has a high biological value and is easily digestible because of a fermented manufacturing process. Therefore, Almased® fulfills the ideal requirements for protein-modified fasting.”

* Fasting should not be extended to more than 14 days.

Almased® activates the metabolism

All-natural – what Almased® can do for your body, how it works and why it can curb hunger for a longer period of time.

Almased® is made from high-quality non-GMO soy, probiotic yogurt and raw honey. Honey enzymes, protein, bioactive phytochemicals from the soy and yogurt cultures are the most important ingredients. The combination of the ingredients causes a synergistic effect: The components of one ingredient increase the benefits of the others. An innovative product is created: Almased®.

Why is our metabolism so slow? Many diseases occur because the metabolism does not function properly. One of the main causes for a slower metabolism are unhealthy eating habits – usually sugar, salt and fat intake

are too high. However, the quality of our food is another problem: A lot of times, there are not enough nutrients in the food we consume on a daily basis. These nutrients, however, are important for a properly functioning metabolism. As a result, a large number of people have an extremely slow metabolism, which can lead to obesity, lack of energy and other diseases.

How can you lose weight without feeling hungry when using Almased®?

The high-quality and easily digestible protein in Almased® ensures a long-lasting feeling of satiety: One meal replacement (about 260 calories; 8 Tbsp

Almased® achieves

- Optimal metabolism through the combination of its basic ingredients.
- Higher fat burning process without losing muscle mass.
- Almased® consumers have more energy and strengthen their immune system as well as their muscles.
- Almased® can be combined with all common diets and has been shown to increase their success.

of Almased® in 10-12 oz of water with 2 teaspoons of oil) keeps you full for about four hours because Almased® supports the ghrelin level. Ghrelin is a tissue hormone that is produced in the stomach and controls the feeling of hunger.



Why do you lose mainly fat and not muscle mass on the Almased® Diet, unlike on other diets?

The glycemic index measures the effect of a food item on the blood sugar level. Almased has a very low glycemic index. With a low glycemic index, the blood sugar level increases only slightly and the body releases a respectively lower amount of insulin. A lower insulin level helps the body burn more fat while maintaining muscle mass.

Almased® improves your energy level and strengthens your immune system.



Start your day with more energy

Almased® contains important essential nutrients and cell protective phytochemicals. Aside from its other positive effects, Almased® also supports a restful sleep.



Strengthen your immune system

Almased® provides the body with lactic acid and active lactic acid bacteria, which have a beneficial effect on intestinal bacteria and intestinal mucosa, thus strengthening the immune system.



Be more productive

Almased® boosts the metabolism and therefore contributes to improved cell renewal, more energy and easier performance at daily tasks.

Eight important things to keep
in mind during a fast.
Plus: Feel good tips while fasting.

The right way of fasting

Advice: Meditation

Inner calmness and serenity are part of a successful fast. This is best achieved through meditation. It positively influences brain activity, muscle tension, and circulation. Meditating leads to a quick state of relaxation. It is simple: Assume a comfortable seating position and relax. Close your eyes and listen to your inner voice, pay attention to the calm and regular flow of your breath. After each exhale, hold your breath and think intensively about a relaxing word such as "serenity" or "sleep." Practice this for 10-20 minutes daily.

**Meditating helps
to achieve inner
calmness and serenity:
It is very easy.**

Not just your imagination: The “fasting-euphoria” helps you to give up food. Two hormones are important – and Almased®.

Being in a great mood even when you are not eating: Scientists call this phenomenon “fasting-euphoria”. Many people experience this feeling when they give up solid food during a fast. You feel light and satisfied and will

experience inner balance and serenity. Many cultures have known of and have utilized the positive effects of fasting on the human psyche for centuries. Scientists have investigated the phenomenon and found two possible explanations.

Both are related to the release of hormones. The feeling of hunger during a fast increases the release of the hormone ghrelin. This hormone signals the body that it is hungry, but also diminishes fear and depression, as scientists of the University of Texas found out recently. This is how nature ensured that humans in primeval times were brave enough to hunt when they were hungry.

Today, this effect can still be noticed because the mood improves. In addition, the production of serotonin increases after about three days of fasting. Serotonin causes inner harmony and satisfaction – the result is the so-called “fasting-euphoria”.

For most people who fast, the detoxifying effect is just as important as the weight loss.



Advice: Mood

After a few days of fasting, people often feel relieved and slightly euphoric. The body has adjusted to not getting any food. The reason: Starting on day three, the production of the stress hormone cortisol decreases and at the same time the brain releases the feel good hormone serotonin. Moderate exercise improves the revitalizing effect, but you should not let euphoria trick you into exaggeration.



Advice: Exercise

Many people think that they should not exercise at all while fasting. The contrary is true: Exercise is part of a fast. People who fast generally do not lack energy because the body uses its reserves, which ensures that it gets nutrients. Exercise

signals the body that it needs muscle mass and should break down fat instead. But do not get overly ambitious: Start with a slower exercise routine and stop if you feel exhausted.

Fasting is hip: Madonna and Beyoncé swear by it

Stars like Madonna, Oprah Winfrey and Beyoncé publicly swear by fasting and have a number of followers.

While fasting, detoxifying means that the reward for giving up food is a healthy body and a radiant appearance. Researchers have found that at

least five percent of damaged cells are destroyed and replaced with new cell material during a fast. Toxins are released from the cells and discharged, the colon is cleansed and liquid is flushed from the tissue, which results in a better skin. However, all common fasts –

whether they are done according to the fasting pioneer Buchinger, Mayr, Thalasso or Master-Cleanse – have significant disadvantages: The starving body not only taps into fat reserves to get the energy it lacks, but also utilizes easily available muscle protein – which results

in loss of muscle instead of fat. Additionally, many minerals, which are not only important for bones and teeth, are not supplied sufficiently during a longer fast. For about a week, the body can live on its reserves. After that, a lack of nutrients occurs.

These problems can be avoided: Fasting with Almased® lets you profit from the advantages without having to worry about the disadvantages. Muscle mass remains intact, the body gets what it needs – fasting the healthy way. For a healthy fast, you should remember the following eight points:

1. The body needs protein:

While fasting, it is important to consume high-quality, easily digestible protein – at least 90 grams per day. This equals approximately 180 grams of Almased®.

2. Few carbohydrates:

The carbohydrates in Almased® – 45 grams in three servings of Almased® – are sufficient during a fast. You do not need to count the carbohydrates from the vegetables used to prepare the broth.

Advice: Contrast showers and sauna

Consuming less food can bring down your cardiovascular system. The quick change of cold and warm stimuli keeps it functioning well. Start with a warm shower and then alternate between short cold showers and longer warm showers.

Sweating in the sauna relieves your kidneys because part of the metabolic waste is released through the skin. However, you should not start going to the sauna until your third or fourth day on the fast since your cardiovascular system needs to be stable.



Fasting with Almased® is the ideal beginning of a healthier lifestyle

3. Important fats:

Three tablespoons of oil (olive, flaxseed or walnut are good choices) should be part of the daily diet. They are necessary for many bodily functions, e.g. brain function or production of cell membranes and hormones. It is unhealthy to completely cut out those healthy fats from the diet.

4. Stay hydrated:

You should drink at least 32 oz of mineral-rich water (e.g. Gerolsteiner®) daily in addition to the Almased® shakes.

5. Consume bioactive phytochemicals:

Consuming sufficient plant nutrients is also important to

ensure an optimal metabolism. There are plenty in the delicious Almased® shakes.

6. Stay regular:

Only a well-functioning intestine guarantees an optimal fast. To support the intestinal flora, you may take probiotics that contain a mixture of lactobacilli and bifidobacteria.

7. Regulate nutrients:

During a liquid fast, the body often does not get enough nutrients. Therefore, it may be beneficial to take a daily multi-vitamin and minerals as well as omega-3 supplements.

8. Keep your acid-base balance in mind:

A balanced acid-base level is a prerequisite for a well-functioning metabolism. During a diet, the body produces acid waste products at an increased level. This results in a slower metabolism and reduced weight loss process. Studies have shown that the majority of the population does not consume enough minerals. Minerals are important for the acid-base balance in the human organism. Potassi-

Tip: Quicker weight loss

During a diet, the body produces acid waste products at an increased level, which slows down the fat burning process. Alkaline mineral citrates, such as magnesium, potassium and calcium citrates, can help avoid this from happening. They neutralize accumulated acids, which leads to quicker fat loss.

The Result: Weight Loss

During one week of fasting, men generally lose between eleven and fourteen pounds, women around nine pounds*. Physical activity pays off: Exercise supports weight loss results and overall well-being. If you want to keep off the weight permanently, pay attention to a healthy diet and regular exercise.



* Weight loss may vary from person to person

um is the counterpart to sodium and ensures that fluids are flushed from the tissue. Potassium and magnesium combined are important for the neural stimuli transfer. They ensure that you will not “lose your nerves” during a diet. Calcium is important for the fat burning process and increases the thermogenesis (energy consumption through increased heat production). Therefore, you should ensure that your body gets enough magnesium, calcium and potassium. Take a supplement if necessary. Monitoring your pH level helps to keep track of your acid-base balance. To test the pH level, test the first urine of the day. Briefly place the strip in the urine stream and read it after 15 seconds.

Usually, the morning urine is acidic (below 6.8). If you take a mineral supplement before bedtime, your first urine of the day should be more alkaline (above 6.8). Test your urine a few times per day to receive a more precise overview if your body is acidic or alkaline. Keep in mind that medications may change the pH level. Talk to your health care provider to find out if this test is appropriate for you.

Fasting alone does not lead to permanent weight loss

If you stick to the advice mentioned, you will be able to fast in a healthy and safe manner. In addition, the pounds will melt away. Almased®-modified fasting is the ideal first step towards a healthier lifestyle.

“Fasting with Almased® shakes helps to avoid the depletion of muscle mass”

What does science say about fasting? What do you have to keep in mind? An interview with nutritional scientist Professor Dr. Aloys Berg of Freiburg, Germany.

Can fasting also be harmful? After all, during a radical fast with only water and tea, the body soon begins to lack important nutrients. It switches into starvation mode and de-

pletes the muscles. Nutritional scientist Professor Dr. Aloys Berg explains how the negative effects of strict fasting can be avoided and what Almased® can do for the body in this context.

Fasting with Almased® retains muscle mass.

We repeatedly hear about adults who have completed a fast - is this a fad?

I think so: “Fasting is trendy.” There have never been as many books about the different ways of fasting as there are today. However, there have always been certain fasting periods during which people voluntarily refrain from food, in all cultures and at all times, such as the biblical fast or fasting for Ramadan. Unlike religiously motivated fasting, people today increasingly fast as a means to help with chronic diseases and to lose weight.

What happens during a traditional liquid fast?

It’s like a power outage - you do not have any more energy and have to rely on the emergency back-up. Because of the lack of energy provision through food, the body has to dip into its own energy reserves. However, beginning on approximately the second day, it will switch from its regular metabolism to a starvation metabolism with a low energy turnover. The main problem with this is that the body has to use its own protein building blocks to develop new glucose



**Prof. Dr. Aloys Berg,
Nutritional Scientist
and Practicing
Lifestyle Therapy
Physician**

- this is a health concern as our body does not have storage for this.

What is your opinion or that of medical experts regarding zero-calorie fasting?

As a nutritional scientist and practicing physician in the field of lifestyle therapy, I do not



recommend zero-calorie fasting to my patients. While there is no objection to an occasional day of fasting, both the German Nutrition Society (DGE) and the German Obesity Society (DAG) do not view a traditional fast as a suitable method to lose weight. When professionally supervised, fasting can be the beginning of a lifestyle change and help improve eating behavior. Most of the mentioned positive effects of fasting have not been sufficiently proven. Also, the term “detoxification”, which is constantly mentioned in association with

fasting, is also not scientifically justifiable. In any case, weight loss is not the focus of fasting.

Where is the error in the thought process “weight loss through zero-calorie fasting”?

We all know the statement: “The body can survive 4 minutes without oxygen, 4 days without water and 40 days without food.” Even though this is correct, there is no reason to do a zero-calorie fast for 40 days to lose weight. Not eating anything unquestionably leads to weight loss, however, because the energy turnover decreases, even after 40 days this only accounts for 15 to 18 lbs. When not eating and therefore not supplying the necessary protein, these 15 to 18 lbs weight loss do not equal 15 to 18 lbs of fat. Depending on disposition and the amount of exercise, up to 50% of the lost weight can be muscle loss. This muscle loss will cause ma-

Three Almased® shakes daily - no worries about the typical side effects of fasting.



lor problems for the subsequent weight stabilization because our muscles burn the most calories.

How can people fast in a better way?

The traditional fast is not a method for healthy and successful weight loss. We deplete our muscles and cannot make up for this after the fast. The ideal way to lose weight without losing muscle mass is a modified liquid fast with Almased® shakes. We can replace all three meals per day with these shakes without having to worry about side effects. With Almased®, the body does not become too acidic and the dreaded negative nitrogen balance that is responsible for muscle loss during a fast can also be avoided. And we do not have to worry about a decrease in focus or performance.

How do you explain the success of Almased® on weight loss?

Today, we know a lot about the effects of Almased® and how these benefits come about. First of all, with its ingredients soy and yogurt, Almased® contains protein that is easily absorbable and helps to maintain muscle mass without putting a strain on nitrogen excretion. Additionally, the honey in Almased®, which is specially selected, provides carbohydrates in an adequate amount and, most importantly, in a

**“You should consume at least 64 oz of liquids each day”:
Water is always part of it.**



slow-release concentration. Aside from these macronutrients, there are also a plethora of micronutrients that are responsible for the success of Almased® on the metabolism. Amongst those are bioactive peptides and secondary phytochemicals like isoflavones. These improve the usage of the body’s own fat and reduce the storage of new fat. Advantages that are especially important for successful weight loss.

These shakes make fasting easy!

This is how fasting makes sense: The following 14 recipes for Almased® shakes ensure a healthy fast without hunger and muscle loss.

Prepared with cucumber, mint, bell pepper or lime – these Almased® shakes not only taste delicious but are also the ideal basis for a healthy fast. Nutritionists call this protein-modified fasting: Having one of the shakes in this bro-

chure for breakfast, lunch and dinner ensures that you provide your body with all the nutrients it needs – and you will still lose weight quickly. This is how you can fast without feeling hungry and without any negative side effects.



Ingredients:

12 oz low fat milk, 10 Tbsp Almased®, a pinch of cilantro, lemongrass or ginger to taste, 2 Tbsp canola oil, pepper, salt in moderation and – if desired – 1 Tbsp boiled basmati or whole grain rice.
(without rice: 615 kcal/Protein: 43g/Carbs: 41g/Fat: 32g
with rice: 629 kcal/Protein: 43g/Carbs: 44g/Fat: 32g)

*Almased®
Asian
Style*



Coco Cocktail

Ingredients:

7 Tbsp Almased®, 2 oz coconut water, 3.5 oz club soda, 3.5 oz low fat milk
(208 kcal/Protein: 25g/Carbs: 23g/Fat: 2g)

... tastes great!

Almased® Cocktail with Chocolate



Ingredients: 6.5 oz low fat milk, 1 Tbsp non-fat yogurt (plain), 8 Tbsp Almased®, ½ cup cold coffee, ¼ tsp unsweetened cocoa powder

Mix milk, yogurt and Almased® in a blender. Add coffee and cocoa powder and blend again.

(273 kcal/Protein: 33g/
Carbs: 30g/Fat: 3g)

Almased® with Vegetable Juice

Ingredients: 6.5 oz water, 10 Tbsp Almased®, 1.5 oz of vegetable or tomato juice

Blend water with Almased®, then add the vegetable or tomato juice. Garnish the shake with a cherry tomato.

(236 kcal/Protein: 31g/
Carbs: 23g/Fat: 1g)



Almased® with Mint

Ingredients: 5 oz low fat milk, 5 oz cold mint tea, 10 Tbsp Almased®

Blend milk and mint tea with Almased®. For added flavor, season with chopped mint leaves.

(288 kcal/Protein: 36g/
Carbs: 29g/Fat: 3g)



Almased[®] with Vanilla

Ingredients: 12 oz low fat milk, 10 Tbsp Almased[®], 1 whole vanilla bean

Soak vanilla bean in warm milk (simmer at most). Let milk cool and blend with Almased[®]. Add cinnamon if desired.
(375 kcal/Protein: 43g/Carbs: 41g/Fat: 4g)



Almased[®] with Cucumber

Ingredients: 4 oz low fat milk, 4 oz non-fat Greek yogurt, 7 Tbsp Almased[®], ½ cucumber, ½ fresh stick of lemongrass, chives

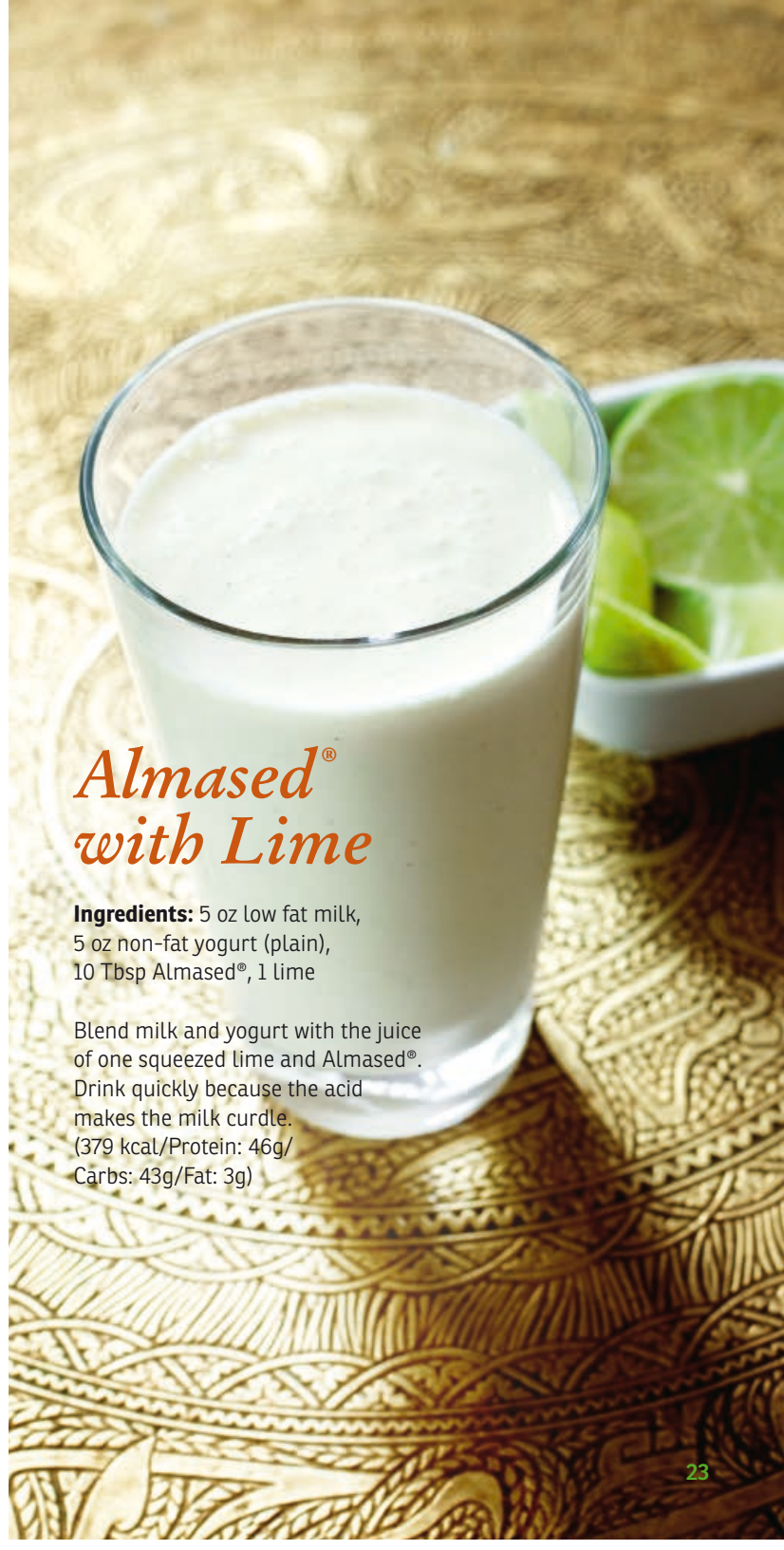
Chop cucumber, lemongrass and chives. Blend with milk and Greek yogurt and season with pepper and salt.
(300 kcal/Protein: 39g/Carbs: 32g/Fat: 2g)



Almased[®] with Lime

Ingredients: 5 oz low fat milk, 5 oz non-fat yogurt (plain), 10 Tbsp Almased[®], 1 lime

Blend milk and yogurt with the juice of one squeezed lime and Almased[®]. Drink quickly because the acid makes the milk curdle.
(379 kcal/Protein: 46g/Carbs: 43g/Fat: 3g)



An Earthy Variation

Ingredients: 3 oz mushrooms, 10 oz low fat milk, 8 Tbsp Almased®, 2 Tbsp olive oil

Sauté mushrooms in oil. Let them cool off and mix in blender. Add milk and Almased® and blend. If desired, add chives, garlic, pepper and salt in moderation. (561 kcal/Protein: 38g/Carbs: 36g/Fat: 32g)

A Nutty Variation

Ingredients: 10 oz low fat milk, 8 Tbsp of Almased®, 1 Tbsp walnut oil, 2 Tbsp walnuts

Blend milk, Almased®, walnuts (replace with almonds or peanuts if desired) and walnut oil in blender – done! For an extra kick: Add some chili. (521 kcal/Protein: 39g/Carbs: 35g/Fat: 28g)



Buttermilk Cocktail

Ingredients: 10 oz buttermilk, 10 Tbsp Almased®

Season with a pinch of cinnamon or some lemon juice. (395 kcal/Protein: 41g/Carbs: 31g/Fat: 18g)



The smooth transition after the fast

After fasting you feel great and relaxed. Here are some tips and recipes that will help retain this feeling.

It makes sense: Falling back into old habits after a fast will soon diminish the positive effect that fasting has on mind and health.

Body and mind profit

It is time for new resolutions: First and foremost, it is important to smoothly transition from fasting to eating normal

again. The recipes on these pages will help. Starting with those three meals will take care of your body and soul. Then gradually add regular meals to your daily diet and include plenty of vegetables. Eat balanced meals, reduce sugar and fat intake and exercise moderately and you are on the right track.

Almased® with Müsli

Ingredients: 8 oz low fat yogurt (plain), 1 Tbsp unsweetened müsli or bran flakes, 7 Tbsp Almased®

A great Almased® shake that provides energy for a long morning and beyond. (321 kcal/Protein: 35g/Carbs: 34g/Fat: 5g)

Ingredients (for two servings):

16 oz non-fat Greek yogurt, 1 finely chopped onion, plenty of chives, 2 Tbsp ground flax-seeds, 2 Tbsp flaxseed or canola oil, 4 oz skim milk, 13 Tbsp Almased®, season with salt and pepper (and chili powder if desired)

Herb Dip

The dip tastes best if it has been sitting in the fridge for a few hours or is prepared a day in advance. Add Almased® shortly before consuming. Also delicious on bread. (927 kcal/Protein: 93g/Carbs: 56g/Fat: 36g)



Almased® Energy Mix with Yogurt

Ingredients: 4 oz non-fat Greek yogurt, 4 oz regular non-fat yogurt (plain), approx. 3 oz strawberries, raspberries or other berries, 7 Tbsp Almased®

A delicious Almased® recipe if you prefer a variation that you can eat with a spoon instead of drinking. (319 kcal/Protein: 42g/Carbs: 34g/Fat: 1g)



Do you have more questions about Almased®? Find the answers on our website:
www.almased.com



...simply because it works