

Day 1: You need a Week off!

You are an Addict & You need to go to Rehab.

The doctor prescribes you a FASTING WEEK – but since our main goal is to get you off your addiction, we are using a different method than the usual ones.

Due to our clear focus, we we will be using some HELPERS to make it easier for you. But it is important that we truly do not take in ANY FOOD – just WATER, occasionally with some pressed citrus added.

On the first day, you can still eat a bit of light stuff, but our recommendation is to eat near to nothing in the evening and already start using the L-Carnitine throughout the day. We need to get you into fat-burning mode, and we want you to already be there in the next morning. Using the routine from **“The Laws of Weight Loss”** like on the chart above is a good idea, but on this day, no real dinner.

A fasting week is usually not leading to sustainable weight loss, by the way. If you want that, you will need to change your eating behaviour after the fasting week – otherwise the weight that you lost will return relatively quickly.

*Fasting puts your body under huge stress and the fact that it got nothing to eat for a whole week will convince it that it was a good idea to build up all that reserves that you had before. But if you continue to eat differently afterwards – like described in **“The Laws of Weight Loss”** you can well achieve that in addition to getting off your addiction.*

