



THERMOJETICS HERBAL CONCENTRATE

The energetic guide of Thermojetics



Basics of Thermojetics

Thermojetics based program is to increase energy levels in the body to consume the excess fat. When energy expenditure is greater than the supply of dietary calories, the body converts fats into energy and compensates for the difference. Proper energy balance can be achieved either by reducing energy intake (calories), increase energy issue or a combination of both.

Reducing energy intake

The main dietary sources of calories are sugar, fats, proteins and alcohol. Sugar and proteins deal 4 cal./g (16,8 kJ/g), alcohol 7 cal./g (29,4 kJ/g) and fats 9 cal./g (37,8 kJ/g). While all the calories can supply the body with energy, all the calories are not the same in the storage of fat. Excess calories from fat are easier to change in body fat than calories from other sources. In term of Thermojetics diet low in fat and moderate in protein and sugar is ideal. Use alcohol, sugar and salt restrainedly. The key to success is to reduce fat intake..

Basic principles of diet with Thermojetics

1. Because the fat in the diet is converted to fat in the body with almost 100 % efficiency, the basic principle of Thermojetics is to avoid foods. There are included in the fried food, oil, mayonnaise, lard, butter, margarine, full-fat milk and dairy products – sour cream, most cheeses, whipped cream and the like, canned meats, fatty meats, olives, avocados, bananas, grapes, potato crisps, potato chips, nuts, salad dressings (such as Tartar sauce).
2. Eat varied food including fresh vegetable of all kinds, wholemeal pastry, fresh fruit, pulses, low-fat dairy products and lean meat. The important part of Thermojetics program is to reach health by the right food.
3. Limit meals of white flour, sugar, white (selective) rice and canned meat. Except that they have reduced content of fiber at processing there is usually used fat that causes longer durability.
4. Try to eat daily at least three caloric balanced meals with using of Thermojetics program.
5. Use alcohol, sugar and salt only very slightly.

Notice: Specific drinks, spices and herbs including tea, pepper and white mustard support the Thermojetics process. You can include them in your program.

Increase of energy expenditure

Principal way how to increase the expenditure of energy from the body is increased activity. Increased activity naturally increases energy expenditure. Extend your every day time of standing or walking instead of sitting and driving. The most effective ways to increase energy expenditure include aerobics, cardiovascular exercises, brisk walking, jogging, cycling, skating, rowing etc.

Another way to increase the metabolic value and the expenditure of energy is strengthening of the muscles. Muscle tissue is energetic active and consumes more calories. Common recommendations for increasing activity is aerobic exercise 3x 20 minutes weekly and strengthening 2x 20 minutes a week.

Instructions on the diet programm with Thermojetics

The following guide by food with Thermojetics program is simple. It is divided into three columns and five rows representing different food groups. Simply put, the food column Anytime you can really eat any time. The food column Sometimes choose for food no more than 2x a day, of the column Exceptionally maximally 2x a week. In keeping with this rule you consume less fat, low calorie diet.

Food groups

The guide to the diet program Thermojetics divides foods into four groups: fibre and cereals, fruits and vegetables, dairy products, meat and proteins. There is also the whole number of various meals. For continuous monitoring of the daily caloric intake use the recommended sizes of portions and also the number of portions according to instructions.

Group 1: Includes bread, biscuits, pastries, cereals, fibre, etc. The average serving size of this group is one slice of bread or other baked product, 1/2 cup of cereal or other granular (fibre) food, three biscuits.

Group 2: Group of fruits and vegetables. Serving size is one piece of fruit, half a cup of grapes or strawberries (cherries, raspberries, blackberries, gooseberries, etc.) two slices of watermelon, one cup of sliced fruit or one cupful of fresh vegetables.

Group 2 in the program is important because foods contain much water. Choose at least five species of this group every day.

Group 3: It is a milk food. The serving size is one cup of milk, yogurt and similar dairy or 30 g of common cheese.

Group 4: Includes foods high in proteins. The recommended serving size is 100 g of meat, poultry, fish or one cup of cooked peas, beans or lentils.

It is recommended for effective reducing of body fat from each group a certain number of servings per day.

Group 1 - 4 servings daily

Group 2 - 5 servings daily

Group 3 - 2 servings daily

Group 4 - 2 servings daily

There is no need to constantly count calories in food. If you follow the recommended program you will receive daily 1200 kcal (5040 kJ), 20 % fat.

If you are using Thermojetics program to maintain weight, you can increase the number of servings for all groups. Preferably choose foods from the group at Any time.

Notice

It is recommended to consult with your doctor using of Thermojetics program and all other types of diets, eventually weight maintenance, especially for children, pregnant and lactating women, always in people with chronic kidney disease and diabetes.

Guide by food with Thermojetics

	Anytime	Sometimes	Exceptionally
Group 1 <i>Bread and cereals</i>	<i>Whole cereal grains including oatmeal, brown rice, wholemeal wheat bread or roll, biscuits</i>	<i>Cakes, waffle, sweet cereals, pies, whole cereal pastry</i>	<i>White pastry, cakes, French rolls, desserts, stuffings</i>
Group 2 <i>Fruit and vegetable</i>	<i>All fruits, vegetables especially green and yellow, white potatoes, vegetable juices, sugarless fruit juices</i>	<i>Dried fruit, 4 olives, tinned vegetables, sugarless fruit juice</i>	<i>Sugared fruit juice, conserves, 1/2 of a cup of chips, 3 Dg crisps</i>
Group 3 <i>Milk products</i>	<i>Dry curd, buttermilk, low-fat cheeses, low-fat yogurt</i>	<i>2 % low-caloric cheeses, 2% of low-fat milk, yogurt, milk ice-cream</i>	<i>4 % full-fat soft also hard cheese, creamed yogurt, ice-cream</i>
Group 4 <i>Proteins</i>	<i>Fresh fish including codfish, salmon, tinned tuna or salmon, white chicken meat, pork sirloin, egg whites, beans, lentils</i>	<i>Fish including herring, mackerel, trouts and sardines, dark meats, poultry, beef steak, lean ham, pork shoulder, kidneys, calf and lamb meat, soja beans</i>	<i>Fried fish and poultry, tuna in oil, steaks, pork and beef roast meat, 3 slices of bacon, sausages, tinned beef, hot dog, chop</i>
Different	<i>Snack – two cups of popped corn or cereal chips (without fat)</i>	<i>1 teaspoon of oil (for a day), butter, mayonnaise, margarine, 1 dry cake or ginger-bread, sponge-biscuit, pretzel</i>	<i>1 spoon of whipped cream or cream sauce, 1 piece of chocolate, succade bar, slice of pate, 3 Dg of nuts</i>

Recommended dosage of Thermojetics

One „mocca“ spoon into 0,2 l of liquid (cold or hot water) twice a day. Preferably in the morning instead of morning coffee and after lunch. Thermojetics is a tea concentrate and it is of course possible to mix it also into black or green tea. This dosage is suitable especially when we want to achieve a rapid influx of energy. If you stir the daily dose (2 „mocca“ spoons) in larger quantity of water (ideal is for example a 1,5 l bottle) and you drink continuously, Thermojetics helps you to suppress feelings of hungry. We don't recommend drinking on an empty stomach because at more sensitive people it can cause discomfort. People, who have tried that they can't sleep after coffee they drink in the evening we don't recommend consummation in late afternoon hours or in the evening because it can have the same „effects“.

Thermojetics can be used in three different ways:

1) In combination with the **Cellular Nutrition** – this way of using has that advantage that you needn't anxiously watch the various foods groups and therefore we also recommend it to our clients. The principle is simple, because you reduce calories supply by low-energetic substitute of food (Shake F1) Thermojetics helps natural process of fissure of fats that is running in the organism and it fissures fats that are placed there where we usually don't want to have them. We consider combination of **Thermojetics + the Cellular Nutrition** for the most optimal combination of products at reduction of weight.

2) Separately in the reduction regime that is described above. This way is rather more difficult but if you have a strong will results will surely come.

3) Separately as the maintenance program. The maintenance program is intended for clients that are satisfied with their actual weight however they are worried of the fact that the weight could increase due to consummation of foods that just don't belong to the group of balanced nutrition. The maintenance program consists of irregular consummation of Thermojetics drink, especially after a „dietetic sin“

Thermojetics – now it is called **Herbal Concentrate** – instant tea with herbal extracts, and it is now available not only in the original flavour but also in fruit flavours of **lemon** and **peach**.

Closer information about our latest products and other actualities: **www.alfafit.cz**

tel. O2: **220 570 220**

tel. UPC: **283 871 324** (calling of the UPC net is free of charge)

GSM: **777 000 450**

GSM: **603 470 093**

Questions: **info@alfafit.cz**

Orders: **objednavky@alfafit.cz**

AlfaFIT s.r.o. operator of webpages hl.cz & alfafit.cz